

*However, this kind does not go out except by prayer  
and fasting. [Matthew 17:21 MKJV]*

# Fasting

**How to Seek God for  
Divine Intervention**

**NOAH SIMPE  
BEDIAKO**

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publications

Unless otherwise indicated, all Scripture quotations are taken from the *King James Version* of the Bible.

Fasting - How to Seek God for Divine Intervention

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# Contents

1. Fasting —5
2. Making Fasting Effective—11
3. When to Fast—23
4. Pitfalls in Fasting—35
5. Fundamental Preconditions of Fasting—38
6. The Results of Fasting—43
7. Prophetic Laws of Fasting—48

# Fasting

*Fasting is the sacrificial act of abstaining from food, pleasure, exertion and wickedness, to seek the face and favour of God routinely or under certain circumstances.*

In this definition, certain truths stand out clearly. These truths enlighten us to understand the practice of fasting.

## **Fasting is a Sacrificial Act of Abstinence**

Fasting is a sacrificial act. It is not something that God demands, neither is it an act of faith nor does it fulfill any religious obligation that is necessary for Christianity. Fasting is self initiated. Fasting is actually a sacrifice that men of faith offer. God does not demand it but He rewards it.

It must however be clear that all forms of fasting involve self-denial, self-restraint, self-discipline, moderation, and asceticism (harshness).

One day, somebody said “you guys do very well, you have the grace to fast.” He continued, “I am not like you, God has not given me the grace to fast.”

Please, for your information, there is no such thing as the grace to fast. We all fast because we are willing to fast. We find the need to fast and we do it.

All fasting involves harshness. We are all harsh to our bodies when we fast. Even our Lord Jesus Christ felt the pangs of hunger during His fast in the wilderness. The Bible tells us that one day our Lord Jesus Christ “*was led by the Spirit up into the wilderness, to be tempted by the Devil. (2) And when He had fasted forty days and forty nights, **He was afterwards hungry.** (3) And when the tempter came to Him, he said, If You are the Son of God, command that these stones be made bread. (4) But He answered and said, It is written, “Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.” (Matthew 4:1-4 MKJV)*

He was not only feeling hungry, He felt like eating. He felt like eating bread made from

stones.

You can also fast if you would choose to. You must see the need and subject yourself to denial, harshness, discipline, and moderation.

Begin the day with intense prayer and state your purpose or motivation for the fasting clearly. This would help you to focus and be committed to continue.

Hunger during the early days of a long fast is normal, so if it becomes impossible to endure, you may sip a little juice. This would refresh the body to be able to continue in prayer. If at the end of the first day of the fast you feel enervating weakness and strong hunger, it may be advisable to take some amount of fruit juice. Notice that there is some difference between lusting for food and feeling debilitating weakness and strong hunger.

Lusting after food is just a strong feeling to eat, but hunger is that strong famishing that feels like you will collapse if you don't eat immediately. The object of lust is taste and that for hunger is strength.

Caution must be exercised when beginning the fasting. The body needs to adjust gradually. The

body gets used to routines; hence, give it time to adjust. Also, remember that there are differences between individuals. Know yourself and make the fast your own sacrifice.

## **Fasting is not Just the Abstinence from Food, but also from Pleasures, Exertion and Wickedness**

One day the children of Israel were upset with God because they had fasted and God had taken no notice. The prophet Isaiah said,

Isaiah 58:3 MKJV

*They say, Why have we fasted, and You do not see? Why have we afflicted our soul, and You take no knowledge? Behold, in the day of your fast you find pleasure, and crush all your laborers.*

## **Fasting Must Purposefully be to Seek the Face and Favour of God**

The great servant of God, Moses, took time off his busy schedule as the 'President of Israel' to spend 40 days and nights in a lonely mountain



just to seek the face of God.

What shall we say of Our Lord Jesus Christ? He spent 40 days and nights to seek God. The Apostle Peter fasted after Christ ascended.

These men took time off to pursue God. Their souls panted after God as a deer pants for the waters.

I fast routinely purposefully to seek the face of God and to gain greater revelation of Him. I also fast specifically, to return to the Lord. Sometimes, I drift off; I get carried away by the appeal and deceitfulness of the world, riches, and the flesh. In such times, I retreat and seek the Lord.

In Joel 2:12, the prophet advised Israel to seek God.

Joel 2:12 MKJV

*Yet even now, says Jehovah, turn to Me with all your heart, and with fasting, and with weeping, and with mourning.*

In my moments of fear, anxiety, and weakness, I cry out to the Lord, He leads me to the rock that is higher than I, and I run after Him. When my heart is overwhelmed as a pastor, I fast and sing

to my God;

Psalms 61:1-4 MKJV

*Hear my cry, O God; attend to my prayer.*

*(2) From the end of the earth I cry to You when my heart is faint; Lead me to the Rock higher than I.*

*(3) For You have been a shelter for me, a strong tower before the enemy.*

*(4) I will dwell in Your tabernacle forever; I will trust in the hiding place of Your wings.*

You can also fast and seek God.

## **It is Both Important to Fast Routinely and in Difficult Times**

The Bible says, “Seek Jehovah while He may be found; call on Him while He is near. (7) Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return to Jehovah, and He will have mercy on him; and to our God, for He will abundantly pardon.” (Isaiah 55:6-7 MKJV)

I see you fasting in Jesus’ name.

# Making Fasting Effective

*Fasting is effective when accompanied by earnest and sincere; (1) Waiting and watching, (2) Supplication and prayer, (3) Repentance and mourning*

We must remind ourselves that the very essence of fasting is to seek the face and favour of God. There are certain master keys that make this whole exercise effective;

1. Seclusion
2. Supplication
3. Bathing
4. Meditation
5. Resting
6. Recording
7. Obedience

## The First Key is Seclusion

Fasting is effective when God has our undivided attention.

In Hosea 2:14-15 (MKJV) the Lord said,

*“Therefore, behold, I will lure her and bring her into the wilderness, and speak comfortably to her.*

*(15) And I will give her vineyards to her from there, and the valley of Achor for a door of hope. And she shall sing there, as in the days of her youth, and as in the day when she came up out of the land of Egypt.”*

God desires to have uninterrupted sweet fellowship with us.

You will recognize that Moses waited in the mountains. He went there to be away from the interruption of the camp. He went out to a place where he would not be interrupted. Anna, the prophetess, stayed in the temple and served the Lord in fasting. Our Lord Jesus Christ was led to the wilderness. He shared uninterrupted fellowship with the Father. Peter chose the rooftop, to be away from the women and his wife.

You must also have a place to seek God without interruption. It may be important to disconnect your phone and other means of communication. Remember, Moses and Peter were married, yet they had sweet fellowship with God in seclusion.

Even though you are married, you can still have

sweet fellowship with God in seclusion. Paul, the apostle, taught this in his letter to the church in Corinth;

1 Corinthians 7:1-5 MKJV

*Now concerning what you wrote to me: It is good for a man not to touch a woman.*

*(2) But, because of the fornications, let each have his own wife, and let each have her own husband.*

*(3) Let the husband give to the wife proper kindness, and likewise the wife also to the husband.*

*(4) The wife does not have authority over her own body, but the husband. And likewise also the husband does not have authority over his own body, but the wife.*

*(5) **Do not deprive one another, unless it is with consent for a time, so that you may give yourselves to fasting and prayer.** And come together again so that Satan does not tempt you for your incontinence.*

There is nothing wrong with having sex during a period of fasting and prayer, but the need for seclusion is necessary. That is the reason for staying away from each other.

I know you are busy, but you are not the president, chief justice, and finance minister. The man Moses served in these three capacities all at

once, yet he could leave all these just to be with God.

It is true that things might go wrong in your absence; Aaron made a golden calf while Moses was away waiting on God, yet that did not deter God and Moses from appointing to meet again.

You are not too busy to meet with God in seclusion. If you know the need you will make the time.

## The Second Key is Supplication

Start your day or fast with prayer and supplication. Spend quality time speaking with God. Tell Him clearly why you have come to wait upon Him.

When Daniel fasted for three full weeks, he prayed. He actually continued in prayer until the angel appeared. The Bible records this, read it;

Daniel 9:20-22 MKJV

*And **while I was speaking, and praying, and confessing my sin, and the sin of my people Israel, and presenting my cry before Jehovah my God for the holy mountain of my God;***

(21) **yes, while I was speaking in prayer**, even the man Gabriel, whom I had seen in the vision at the beginning, touched me in my severe exhaustion, about the time of the evening sacrifice.

(22) And he enlightened me, and talked with me, and said, O Daniel, I have now come out to give you skill and understanding.

So Daniel spoke in prayer until the angel came.

## **The Third Key is Bathing and Grooming**

This is the very teaching of our Lord Jesus Christ on fasting. He taught this in the book of Matthew.

Matthew 6:16-18 MKJV

*And when you fast, do not be like the hypocrites, of a sad face. For they disfigure their faces so that they may appear to men to fast. Truly I say to you, They have their reward.*

(17) *But you, when you fast, anoint your head and wash your face,*

(18) *so that you do not appear to men to fast, but to your Father in secret. And your Father who sees in secret shall reward you openly.*

## The Fourth Key is Waiting on God Through Watching and Meditating on the Word

Remember the days when Our Lord Jesus Christ fasted in the wilderness? His mind and heart was fixed on the word.

Between Matthew 4:1 and Matthew 4:11, He said “it is written” three times.

Matthew 4:1-11 MKJV

*Then Jesus was led by the Spirit up into the wilderness, to be tempted by the Devil.*

*(2) And when He had fasted forty days and forty nights, He was afterwards hungry.*

*(3) And when the tempter came to Him, he said, If You are the Son of God, command that these stones be made bread.*

*(4) But He answered and said, **It is written**, “Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.”*

*(5) Then the Devil took Him up into the holy city and set Him upon a pinnacle of the Temple.*

*(6) And he said to Him, If you are the Son of God, cast yourself down. For it is written, “He shall give His angels charge concerning You, and in their hands they shall bear You up, lest at any time You dash Your foot*



*against a stone.”*

(7) Jesus said to him, **It is written again**, “You shall not tempt the Lord your God.”

(8) Again, the Devil took Him up into a very high mountain and showed Him all the kingdoms of the world and their glory.

(9) And he said to Him, All these things I will give You if You will fall down and worship me.

(10) Then Jesus said to him, Go, Satan! **For it is written**, “You shall worship the Lord your God, and Him only you shall serve.”

(11) Then the Devil left him. And behold, angels came and ministered to Him.

In Psalm 119, we learn how the Psalmist fixed his eyes on the word.

The Lord Jesus Christ always answered and said, **It is written**, “Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.” (Matthew 4:4 MKJV)

You will for sure achieve much with fasting if you search out God’s Rhema. Have you not read that “Then faith is of hearing, and hearing by the Word of God.” (Romans 10:17 MKJV)

Remember, what is going to deal with the problem is your faith and not the fasting. So

as you wait on God through meditating on the word, you build the requisite faith to command your mountains to move. One day, *“the apostles said to the Lord, Give us more faith. (6) And the Lord said, If you had faith as a grain of mustard seed, you might say to this sycamine tree, Be rooted up and be planted in the sea! And it would obey you.”* (Luke 17:5-6 MKJV)

In this same word you find great wisdom and understanding to continue. The Psalmist said,

Psalms 119:98-100 MKJV

*“Through Your Commandments You make me wiser than my enemies, for they are ever with me.*

*(99) I have more understanding than all my teachers; for Your testimonies are my prayer.*

*(100) I understand more than the old men, because I keep Your Commandments”.*

In this same word you find healing for your body. Do you remember this?; *“My son, listen to my words; bow down your ear to my sayings. (21) Let them not depart from your eyes; keep them in the midst of your heart. (22) For they are life to those who find them, and health to all his flesh”.* (Proverbs 4:20-22 MKJV)

Beloved, the Bible says *“Blessed is the man who has*

*not walked in the counsel of the ungodly, and has not stood in the way of sinners, and has not sat in the seat of the scornful. (2) But his delight is only in the Law of Jehovah; and in His Law he meditates day and night. (3) And he shall be like a tree planted by the rivulets of water that brings forth its fruit in its seasons, and its leaf shall not wither, and all which he does shall be blessed.” (Psalms 1:1-3 MKJV)*

There are over thousand scriptures that reinforce this. The word of God says *“This book of the Law shall not depart out of your mouth, but you shall meditate on it by day and by night, so that you may be careful to do according to all that is written in it. For then you shall make your way prosperous, and then you shall act wisely.” (Joshua 1:8 MKJV)*

Seeing the value of the word, remember the devil will try everything in his capacity to stop you from meditating on the word.

***“To meditate is not just to ponder the word of God but also to mutter out the word”.***

Pray, study the Bible, listen to tapes, and mediate continually.

## The Fifth Key is Rest When You Feel Tired

One day, Peter, the apostle, was fasting and he became hungry. While he waited for the women to prepare him a meal, something happened; he fell asleep, he fell into a trance. Read this;

Act 10:9-10 MKJV

*On the next day, as these went on the road, and drawing near the city, Peter went up on the housetop to pray, about the sixth hour.*

*(10) And he became very hungry and desired to eat. But while they made ready, an ecstasy fell on him.*

It is not out of place to fall asleep when fasting and praying. In these times, you may receive a vision as Peter did.

The Bible says, “For God speaks once, yea, twice, but not one takes notice. (15) In a dream, a vision of the night, when deep sleep falls on men; while they slumber on the bed; (16) then He opens the ear of men and seals their teaching, (17) so that He may turn man from his act, that He might hide pride from man.” (Job 33:14-17 MKJV)

When you get tired, rest.

## **The Next Key is Obedience**

Obey every instruction God gives you during a fast. Always compare your revelation with the word and obey the truth.

## **The Last Key is to Break the Fast Effectively**

The longer the fast, the greater the caution you must take when breaking it. Sometimes the breaking of a fast is as difficult as the fast itself.

### **Breaking a Day's Fast**

The following will help you to properly break a day's fast;

- **3 hours to the end of the fast:** Start with just water for about an hour.
- **2 hours to the end of the fast:** Take some fruit juice, preferably oranges.
- **1 hour to the end of the fast:** Take a light meal

Remember, breaking a fast is the most important.

## **Breaking a Long Fast**

- **Day 1 - 4 Days to the end of the fast:** Drink half glass of diluted fruit juice, 3 to 4 times. Preferably, dilute it with water.
- **Day 2 - 3 Days to the end of the fast:** Drink double the quantity of the diluted water, say every two hours.
- **Day 3 - 2 Days to the end of the fast:** Take undiluted juice and a little fruits.
- **Day 4 - A Day to the end of the fast:** On this day, take several fresh fruits then follow it with fresh vegetables.

# When to Fast

## When the People of God were Suffering Contrary to the Word of God

Daniel 9:1-4 MKJV

*In the first year of Darius the son of Ahasuerus, of the seed of the Medes, who was made king over the realm of the Chaldeans,*

*(2) in the first year of his reign, I, Daniel, understood the number of the years by books, which came of the Word of Jehovah to Jeremiah the prophet, that he would accomplish seventy years in the desolations of Jerusalem.*

*(3) And I set my face toward the Lord God, to seek by prayer and holy desires, with fasting, and sackcloth, and ashes.*

*(4) And I prayed to Jehovah my God, and made my confession, and said, O Lord, the great and awesome God, keeping the covenant and mercy to those who love Him, and to those who keep His commandments,*

Whenever the word of God is not happening in your life as it is written, it is time to seek God to understand why, and find a way out.

Daniel knew that there must be a way out but he did not know how. But as he sought God in fasting and prayer, the angel brought him the necessary information, upon which he acted.

Read this;

*Daniel 9:20-23 MKJV*

*And while I was speaking, and praying, and confessing my sin, and the sin of my people Israel, and presenting my cry before Jehovah my God for the holy mountain of my God;*

*(21) yes, while I was speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, touched me in my severe exhaustion, about the time of the evening sacrifice.*

*(22) And **he enlightened me, and talked with me, and said, O Daniel, I have now come out to give you skill and understanding.***

*(23) At the beginning of your prayers the commandment came out, and I have come to explain. For you are greatly beloved; **therefore understand the matter, and attend to the vision:***



## **In Times of Great Difficulty - Sickness, Captivity, Battle, Trial, or Hardship**

In Acts 27, Paul, the apostle, and some brethren had a hard time at sea, and they fasted and abstained from food for 14 days.

Act 27:33-36

*And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.*

*(34) Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.*

*(35) And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.*

*(36) Then were they all of good cheer, and they also took some meat.*

You may read the full story in Acts 27. Fasting has a way of averting great danger and trial.

Act 27:1-44

*(1) And when it was determined that we should sail into Italy, they delivered Paul and certain other*

*prisoners unto one named Julius, a centurion of Augustus' band.*

*(2) And entering into a ship of Adramyttium, we launched, meaning to sail by the coasts of Asia; one Aristarchus, a Macedonian of Thessalonica, being with us.*

*(3) And the next day we touched at Sidon. And Julius courteously entreated Paul, and gave him liberty to go unto his friends to refresh himself.*

*(4) And when we had launched from thence, we sailed under Cyprus, because the winds were contrary.*

*(5) And when we had sailed over the sea of Cilicia and Pamphylia, we came to Myra, a city of Lycia.*

*(6) And there the centurion found a ship of Alexandria sailing into Italy; and he put us therein.*

*(7) And when we had sailed slowly many days, and scarce were come over against Cnidus, the wind not suffering us, we sailed under Crete, over against Salmone;*

*(8) And, hardly passing it, came unto a place which is called The fair havens; nigh whereunto was the city of Lasea.*

*(9) Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them,*

*(10) And said unto them, Sirs, I perceive that this voyage will be with hurt and much damage, not only*

*of the lading and ship, but also of our lives.*

*(11) Nevertheless the centurion believed the master and the owner of the ship, more than those things which were spoken by Paul.*

*(12) And because the haven was not commodious to winter in, the more part advised to depart thence also, if by any means they might attain to Phenice, and there to winter; which is an haven of Crete, and lieth toward the south west and north west.*

*(13) And when the south wind blew softly, supposing that they had obtained their purpose, loosing thence, they sailed close by Crete.*

*(14) But not long after there arose against it a tempestuous wind, called Euroclydon.*

*(15) And when the ship was caught, and could not bear up into the wind, we let her drive.*

*(16) And running under a certain island which is called Clauda, we had much work to come by the boat:*

*(17) Which when they had taken up, they used helps, undergirding the ship; and, fearing lest they should fall into the quicksands, strake sail, and so were driven.*

*(18) And we being exceedingly tossed with a tempest, the next day they lightened the ship;*

*(19) And the third day we cast out with our own hands the tackling of the ship.*

*(20) And when neither sun nor stars in many days*

*appeared, and no small tempest lay on us, all hope that we should be saved was then taken away.*

*(21) But after long abstinence Paul stood forth in the midst of them, and said, Sirs, ye should have hearkened unto me, and not have loosed from Crete, and to have gained this harm and loss.*

*(22) And now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship.*

*(23) For there stood by me this night the angel of God, whose I am, and whom I serve,*

*(24) Saying, Fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee.*

*(25) Wherefore, sirs, be of good cheer: for I believe God, that it shall be even as it was told me.*

*(26) Howbeit we must be cast upon a certain island.*

*(27) But when the fourteenth night was come, as we were driven up and down in Adria, about midnight the shipmen deemed that they drew near to some country;*

*(28) And sounded, and found it twenty fathoms: and when they had gone a little further, they sounded again, and found it fifteen fathoms.*

*(29) Then fearing lest we should have fallen upon rocks, they cast four anchors out of the stern, and wished for the day.*

(30) *And as the shipmen were about to flee out of the ship, when they had let down the boat into the sea, under colour as though they would have cast anchors out of the foreship,*

(31) *Paul said to the centurion and to the soldiers, Except these abide in the ship, ye cannot be saved.*

(32) *Then the soldiers cut off the ropes of the boat, and let her fall off.*

(33) *And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.*

(34) *Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.*

(35) *And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.*

(36) *Then were they all of good cheer, and they also took some meat.*

(37) *And we were in all in the ship two hundred threescore and sixteen souls.*

(38) *And when they had eaten enough, they lightened the ship, and cast out the wheat into the sea.*

(39) *And when it was day, they knew not the land: but they discovered a certain creek with a shore, into the which they were minded, if it were possible, to thrust*

*in the ship.*

*(40) And when they had taken up the anchors, they committed themselves unto the sea, and loosed the rudder bands, and hoised up the mainsail to the wind, and made toward shore.*

*(41) And falling into a place where two seas met, they ran the ship aground; and the forepart stuck fast, and remained unmoveable, but the hinder part was broken with the violence of the waves.*

*(42) And the soldiers' counsel was to kill the prisoners, lest any of them should swim out, and escape.*

*(43) But the centurion, willing to save Paul, kept them from their purpose; and commanded that they which could swim should cast themselves first into the sea, and get to land:*

*(44) And the rest, some on boards, and some on broken pieces of the ship. And so it came to pass, that they escaped all safe to land.*

## **Before Embarking on Major Decisions**

Proverbs 3:5-6 MKJV

*Trust in Jehovah with all your heart, and lean not to your own understanding.*

(6) *In all your ways acknowledge Him, and He shall direct your paths.*

Before Nehemiah decided to rebuild the walls of Jerusalem, he spent time in prayer and fasting. He trusted the Lord for strength to embark on the project. You may read the full account in Nehemiah 1.

Nehemiah 1:1-11

*The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, in the twentieth year, as I was in Shushan the palace,*

(2) *That Hanani, one of my brethren, came, he and certain men of Judah; and I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem.*

(3) *And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire.*

(4) ***And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,***

(5) *And said, I beseech thee, O LORD God of heaven, the great and terrible God, that keepeth covenant*

*and mercy for them that love him and observe his commandments:*

*(6) Let thine ear now be attentive, and thine eyes open, that thou mayest hear the prayer of thy servant, which I pray before thee now, day and night, for the children of Israel thy servants, and confess the sins of the children of Israel, which we have sinned against thee: both I and my father's house have sinned.*

*(7) We have dealt very corruptly against thee, and have not kept the commandments, nor the statutes, nor the judgments, which thou commandedst thy servant Moses.*

*(8) Remember, I beseech thee, the word that thou commandedst thy servant Moses, saying, If ye transgress, I will scatter you abroad among the nations:*

*(9) But if ye turn unto me, and keep my commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to set my name there.*

*(10) Now these are thy servants and thy people, whom thou hast redeemed by thy great power, and by thy strong hand.*

*(11) O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants, who desire to fear thy name: and prosper, I pray thee, thy servant this day, and*



*grant him mercy in the sight of this man. For I was the king's cupbearer.*

## **To Draw Close to God**

The children of the bride chamber need not fast; but when the bridegroom is taken, they will fast. We fast to get closer to God and to get refreshed.

Mark 2:18-20

*And the disciples of John and of the Pharisees used to fast: and they come and say unto him, Why do the disciples of John and of the Pharisees fast, but thy disciples fast not?*

*(19) And Jesus said unto them, Can the children of the bridechamber fast, while the bridegroom is with them? as long as they have the bridegroom with them, they cannot fast.*

*(20) But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days.*

## **To Renew Your Strength**

When you feel like giving up, fast!

Isaiah 40:29-31 MKJV

*He gives power to the weary; and to him with no vigor; He increases strength.*

*(30) Even the young shall faint and be weary, and the young men shall utterly fall;*

*(31) but those who wait on Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk and not faint.*

## Pitfalls in Fasting

**T**here are times when fasting is very useless. Such fasts get no results at all. What results in this?

### **Fasting When You are Disobeying Express Instructions**

Isaiah 58:1-3 MKJV

*Cry aloud, do not spare, lift up your voice like a ram's horn, and show My people their rebellion, and the house of Jacob their sins.*

*(2) Yet they seek Me daily, and delight to know My ways, as a nation that did righteousness, and one who did not forget the ordinance of their God. They ask of Me the ordinances of justice; they take delight in drawing near to God.*

*(3) They say, Why have we fasted, and You do not see? Why have we afflicted our soul, and You take no knowledge? Behold, in the day of your fast you find pleasure, and crush all your laborers.*

## **Fasting to Prove a Point**

Isaiah 58:4 MKJV

*Behold, you fast for strife and debate, and to strike with the fist of wickedness; you shall not fast as you do today, to make your voice to be heard on high.*

## **Fasting to Strike a Fist of Wickedness**

Isaiah 58:4 MKJV

*Behold, you fast for strife and debate, and to strike with the fist of wickedness; you shall not fast as you do today, to make your voice to be heard on high.*

## **Fasting to Make Your Voice Heard on High**

Isaiah 58:4 MKJV

*Behold, you fast for strife and debate, and to strike with the fist of wickedness; you shall not fast as you do today, to make your voice to be heard on high.*

This is hypocrisy. This is showmanship. It gets no results.

## **Finding Pleasure in the Day of Your Fast**

Isaiah 58:3 MKJV

*They say, Why have we fasted, and You do not see? Why have we afflicted our soul, and You take no knowledge? Behold, in the day of your fast you find pleasure, and crush all your laborers.*

## **Fasting to Fulfill Religious Obligations**

Isaiah 58:5 MKJV

*Is it such a fast that I have chosen? A day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread sackcloth and ashes under him? Will you call this a fast and a day pleasing to Jehovah?*

# Fundamental Preconditions of Fasting

Isaiah 58:1-6 MKJV

*Cry aloud, do not spare, lift up your voice like a ram's horn, and show My people their rebellion, and the house of Jacob their sins.*

*(2) Yet they seek Me daily, and delight to know My ways, as a nation that did righteousness, and one who did not forget the ordinance of their God. They ask of Me the ordinances of justice; they take delight in drawing near to God.*

*(3) They say, Why have we fasted, and You do not see? Why have we afflicted our soul, and You take no knowledge? Behold, in the day of your fast you find pleasure, and crush all your laborers.*

*(4) Behold, you fast for strife and debate, and to strike with the fist of wickedness; you shall not fast as you do today, to make your voice to be heard on high.*

*(5) Is it such a fast that I have chosen? A day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread sackcloth and ashes under him? Will you call this a fast and a day pleasing to Jehovah?*

(6) *Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed ones go free, and that you break every yoke?*

## Obedience

Zechariah 7:1-6 MKJV

*And it happened in the fourth year of King Darius, the Word of Jehovah came to Zechariah in the fourth of the ninth month, in Chislev.*

(2) *And Sherezer and Regem-melech and his men had been sent to the house of God, to seek the favor of Jehovah,*

(3) *to speak to the priests who belong to the house of Jehovah of Hosts, and to the prophets, saying, Should I weep in the fifth month, consecrating myself, as I have done these many years?*

(4) *And came the Word of Jehovah of Hosts to me, saying,*

(5) *Speak to all the people of the land, and to the priests, saying, When you fasted and mourned in the fifth and seventh months, even those seventy years, did you truly fast to Me, even to Me?*

(6) *And when you ate, and when you drank, was it not for you the eaters, and for you, the drinkers?*

This leads to the release of more revelation.

## **Showing Forth Goodness and Compassion**

Isaiah 58:7-8 MKJV

*Is it not to break your bread to the hungry, and that you should bring home the wandering poor? When will you see the naked and cover him; and you will not hide yourself from your own flesh?*

This leads to more influence;

*(8) Then shall your light break out as the dawn, and your health shall spring out quickly; and your righteousness shall go before you; the glory of Jehovah shall gather you.*

## **Be Considerate to Others**

Isaiah 58:9-12 MKJV

*Then you shall call, and Jehovah shall answer; you shall cry, and He shall say, Here I am. If you take the yoke away from among you, the pointing of the finger, and speaking vanity;*



*(10) and if you draw out your soul to the hungry, and satisfy the afflicted soul;*

This leads to more prosperity;

*then shall your light rise in darkness, and your darkness shall be as the noonday.*

*(11) And Jehovah shall always guide you and satisfy your soul in dry places, and make your bones fat; and you shall be like a watered garden, and like a spring of water whose waters fail not.*

*(12) And those who come of you shall build the old ruins; you shall raise up the foundations of many generations; and you shall be called, The repairer of the breach, The restorer of paths to dwell in.*

## **Honour Christian Fellowship**

Isaiah 58:13-14 MKJV

*If you turn your foot because of the Sabbath, from doing what you please on My holy days, and call the Sabbath a delight, the holy of Jehovah, honorable; and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words,*

More promotion leading to a higher life;

*(14) then you shall delight yourself in Jehovah; and I will cause you to ride on the high places of the earth, and feed yourself with the inheritance of Jacob your father. For the mouth of Jehovah has spoken.*

## The Results of Fasting

Joel 2:12-14-18 MKJV

*Yet even now, says Jehovah, turn to Me with all your heart, and with fasting, and with weeping, and with mourning.*

*(13) Yes, tear your heart and not your robes, and turn to Jehovah your God: for He is gracious and merciful, slow to anger, and of great kindness, and He pities because of the evil.*

*(14) Who knows if He will turn and have pity and leave a blessing behind Him, a food offering and a drink offering to Jehovah your God?*

*(15) Blow a trumpet in Zion, sanctify a fast, call a solemn gathering.*

*(16) Gather the people, sanctify the congregation, gather the elders, gather the children and those who suck the breasts. Let the bridegroom go forth out of his chamber, and the bride out of her room.*

*(17) Let the priests, the ministers of Jehovah, weep between the porch and the altar, and let them say, Have pity on Your people, O Jehovah, and give not*

*Your inheritance to shame, for a proverb among those of the nations. Why should they say among the people, Where is their God?*

***(18) Then Jehovah will be jealous for His land and pity His people.***

Fasting achieves so many things but mainly, it provokes God's zeal to;

1. Avert evil
2. Send blessing - rain
3. Restore the wasted years
4. Work wonders and signs
5. Anoint - pour out my spirit
6. Save souls
7. Bring deliverance

## **Avert Evil**

Joel 2:19-20 MKJV

*Yes, Jehovah will answer and say to His people, Behold, I will send you grain, and wine, and oil, and you shall be satisfied with it. And I will no more make you a curse among the nations.*

*(20) But I will remove the northern army far from you, and will drive him into a barren and deserted land, with his face toward the eastern sea and his rear toward the western sea. And his stench shall come up,*

*and his ill odor shall come up, because he was doing great things.*

## **Send Blessing - Rain**

Joel 2:21-24 MKJV

*(21) Fear not, O land; be glad and rejoice. For Jehovah will do great things.*

*(22) Do not be afraid, beasts of the field; for the pastures of the wilderness grow green; for the tree bears its fruit, and the fig tree and the vine yield their strength.*

*(23) Be glad then, sons of Zion, and rejoice in Jehovah your God. For He has given you the former rain according to righteousness, and He will cause the rain to come down for you, the former rain and the latter rain in the first month.*

*(24) And the floors shall be full of wheat, and the vats shall overflow with wine and oil.*

## **Restore the Wasted Years**

Joel 2:25-27 MKJV

*And I will restore to you the years which the swarming*

*locust has eaten, the locust larvae, and the stripping locust, and the cutting locust, My great army which I sent among you.*

*(26) And you shall eat in plenty, and be satisfied, and praise the name of Jehovah your God, who has dealt with you wonderfully; and My people shall never be ashamed.*

*(27) And you shall know that I am in the midst of Israel, and that I am Jehovah your God, and no one else; and My people shall never be ashamed.*

## **Anoint**

Joel 2:28-29 MKJV

*And it shall be afterward, I will pour out My Spirit on all flesh. And your sons and your daughters shall prophesy; your old men shall dream dreams; your young men shall see visions.*

*(29) And also I will pour out My Spirit on the slaves and on the slave women in those days.*

## **Work Signs and Wonders**

Joel 2:30-31 MKJV

*And I will show wonders in the heavens, and in the earth, blood and fire and pillars of smoke.*

*(31) The sun shall be turned into darkness, and the moon into blood, before the coming of the great and awesome day of Jehovah.*

## **Save Souls**

Joel 2:32 MKJV

*And it shall be, whoever shall call on the name of Jehovah shall be saved; for salvation shall be in Mount Zion and in Jerusalem, as Jehovah has said, and in the remnant whom Jehovah shall call.*

## **Bring Deliverance**

# Prophetic Laws of Fasting

The Bible actually talks about fasting, but seldom teaches on fasting. The practice of fasting in my opinion, is obscure and hidden in the pages of the Scriptures. However, Isaiah, the prophet, in a prophetic word in chapter 58, teaches and speaks God's thought on the subject of fasting and its place in His worship.

***Law 1:***

**What Matters is Not How Long or  
How Often You Fast, But Who You  
Are**

Effective fasting begins with a heart that keeps the ordinances of God. When God finds a heart that seeks Him in spirit and in truth, He acknowledges the fast. A contrite heart and a



broken spirit is very important in activating answers to prayer. A Christian who keeps the commandments of God gets results with fasting. The Lord is concerned about whether or not you will keep His commandant, especially the word you would receive in the time of fasting.

This is because in the season of fasting, the Lord speaks to us to direct us. Our mental and spiritual faculties become alert to the voice of God. One thing therefore that is important to the Lord, is whether or not we will keep His commandments.

John 15:7

*If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.*

The Lord told Isaiah,

Isaiah 58:1-2 MSG

*“Shout! A full-throated shout! Hold nothing back--a trumpet-blast shout! Tell my people what’s wrong with their lives, face my family Jacob with their sins!*

*(2) They’re busy, busy, busy at worship, and love studying all about me. To all appearances they’re a nation of right-living people-- law-abiding, God-honoring. They ask me, ‘What’s the right thing to do?’ and love having me on their side.*

**Law 2:**

**What Matters is Not How Long Or  
How Often You Fast, But Your Motive  
for Fasting**

Fasting is a sacrifice that must be offered in spirit and in truth. Reality and purity of conscience is supreme to the Lord. Jesus rebuked the Pharisees for their hypocrisy. He said;

Matthew 6:16-18 MSG

*“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small-time celebrity but it won’t make you a saint.*

*(17) If you ‘go into training’ inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face.*

*(18) God doesn’t require attention-getting devices. He won’t overlook what you are doing; he’ll reward you well.*

Take a look at this same passage in the King James Version of the Bible:

Matthew 6:16-18

*Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that*

*they may appear unto men to fast. Verily I say unto you, They have their reward.*

*(17) But thou, when thou fastest, anoint thine head, and wash thy face;*

*(18) That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.*

Isaiah 58:3-5 MSG

*But they also complain, ‘Why do we fast and you don’t look our way? Why do we humble ourselves and you don’t even notice?’ “Well, here’s why: “The bottom line on your ‘fast days’ is profit. You drive your employees much too hard.*

*(4) You fast, but at the same time you bicker and fight. You fast, but you swing a mean fist. The kind of fasting you do won’t get your prayers off the ground.*

*(5) Do you think this is the kind of fast day I’m after: a day to show off humility? To put on a pious long face and parade around solemnly in black? Do you call that fasting, a fast day that I, GOD, would like?*

### **Law 3:**

**What Matters is Not How Long or How Often You Fast, But What You Do as a Christian on a Normal Day**

Isaiah 58:6-8 MSG

*“This is the kind of fast day I’m after:*

- 1. to break the chains of injustice,*
- 2. get rid of exploitation in the workplace,*
- 3. free the oppressed,*
- 4. cancel debts.*

*(7) What I’m interested in seeing you do is:*

- 1. sharing your food with the hungry,*
- 2. inviting the homeless poor into your homes,*
- 3. putting clothes on the shivering ill-clad,*
- 4. being available to your own families.*

*(8) Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The GOD of glory will secure your passage.*

#### **Law 4:**

### **What Matters is Not How Long or How Often You Fast, But What You Do During the Fast**

The day of fasting is not a day to find pleasure. It is a day of consecration; a day to seek the Lord. The day of fasting is a time to pray and study the word of God. Cut down on chores and have time with God.

## **The Condition of Humility**

Isaiah 58:9 MSG;

*If you;*

- 1. Get rid of unfair practices,*
- 2. Quit blaming victims,*
- 3. Quit gossiping about other people's sins;*

*Then when you pray, GOD will answer. You'll call out for help and I'll say, 'Here I am.'*

## **The Condition of Self-sacrificing**

Isaiah 58:10-12 MSG;

*If you are generous with the hungry and start giving yourselves to the down-and-out,*

- 1. Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight - Breaking territorial confinement*
- 2. I will always show you where to go - Divine guidance and direction*
- 3. I'll give you a full life in the emptiest of places-- firm muscles, strong bones. You'll be like a well-watered garden, a gurgling spring that never runs dry -*

## Prosperous conditions

4. *You'll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again - Restoration.*

## **The Condition of Observing the Lord's Day**

Isaiah 58:13-14 MSG;

*"If you watch your step on the Sabbath and don't use my holy day for personal advantage, If you treat the Sabbath as a day of joy, GOD's holy day as a celebration, If you honor it by refusing 'business as usual,' making money, running here and there—*

(14)

1. *Then you'll be free to enjoy GOD! Oh,*
2. *I'll make you ride high and soar above it all.*
3. *I'll make you feast on the inheritance of your ancestor Jacob."*

*Yes! GOD says so!*

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# Fasting

## How to Seek God for Divine Intervention

Fasting is a sacrificial act. It is not something that God demands, neither is it an act of faith nor does it fulfil any religious obligation that is necessary for Christianity. Fasting is self initiated. Fasting is actually a sacrifice that men of faith offer. God does not demand it but He rewards it

*“The children of the bride chamber need not fast; but when the bridegroom is taken, they will fast”,* said Jesus. We fast to get closer to God and to get refreshed.

In this book, Rev. Simpe teaches on the keys that make fasting effective, how to avoid the pitfalls in fasting, how the people of God used fasting to secure divine intervention, and how you can practically go on a fast, whether for several days or for a day.

***Fasting is effective when accompanied by earnest and sincere; (1) Waiting and watching, (2) Supplication and prayer, (3) Repentance and mourning***

## NOAH SIMPE BEDIAKO

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