

## **Advancing Disciplines #2 What Fasting Does For Us**

### **1. Fasting destroys the hold of the flesh**

**Matt 9:14-17 NKJV**

**14 Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" 15 And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast. 16 No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse. 17 Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved."**

**Fasting has the same effect on your old wineskin as if you went out bought a new one.**

### **2. Fasting removes unbelief from your life**

**Matt 17:14-21 NKJV**

**14 And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, 15 "Lord, have mercy on my son, for he is an epileptic\* and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to Your disciples, but they could not cure him." 17 Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. 19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?" 20 So Jesus said to them, "Because of your unbelief;\* for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there, and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting."**

**Unbelief can stop your faith from receiving or unbelief can hinder your ministry to others.**

**This kind of unbelief will leave through prayer & fasting.**

**1 Cor 11:23-32 NKJV**

**23 For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; 24 and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." 25 In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me." 26 For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes. 27 Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. 28 But let a man examine himself, and so let him eat of the bread and drink of the cup. 29 For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. 30 For this reason many are weak and sick among you, and many sleep. 31 For if we would judge ourselves, we would not be judged. 32 But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.**

**Blood of Jesus represents His spiritual death...**

**Body of Christ represents His suffering for our healing...**