

**Scripture Reading: Daniel 10:2-3; 12;
Luke 4:1:14; Isaiah 58:6-9;
Galatians 2:20**

Scripture Reading: Daniel 10:2-3; 12

In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

Scripture Reading: Luke 4:1:14

And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness,

And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

Scripture Reading: Isaiah 58:6-9

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 go free, and that ye break every yoke?

7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Scripture Reading: Isaiah 58:6-9

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

Scripture Reading: Galatians 2:20

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

This message is suitable after 21 days full fast. It focuses on gratitude, transformation and obedience.



AFTER THE FAST

— LIVING THE ANSWER —

1. The Fast is Over, but the Work Continues

In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.



**Then said he unto me,
Fear not, Daniel: for
from the first day that
thou didst set thine
heart to understand,
and to chasten thyself
before thy God, thy
words were heard, and
I am come for thy
words.**



Daniel fasted 21 days, and God heard him from the first day. Fasting does not twist God's arm. It tunes our hearts.

The **first word** to note from these scriptures is '**Mourning.**' Daniel's fast was not a ritual – it was a grief driven intercession.

The **second word**, or phrases '**The three full weeks.**' The three full week represents **persevering prayer.** The phrase emphasizes **consistency and endurance.**

Heaven hears immediately – even when answers arrive later.

The **third word** is '**no pleasant food.**' Daniel's fast was a partial but costly fast.

The **fourth word** is '**Nor did I anoint myself.**' It is setting aside comfort. He was anointed by God during the fast.

After this fast, the work continues. Fasting is not the finishing line – it's the starting point.

2. What fasting produces: sensitivity, not superiority

Luke 4:1; 14

And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness,

And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.



Luke 4:1 and **Luke 4:14** together formed a powerful before and after of Jesus' fasting and they are deeply connected. Jesus had just been baptized, affirmed by the Father, and anointed by the Spirit.



Only note this:

'Then Jesus returned in the power of the Spirit.'
What had been deposited in you all these years will be demonstrated in public. Jesus did not stay in the wilderness. He came out equipped. The wilderness refines you. It does not define you.



Jesus fasted 40 days and came out full of the Spirit, not full of pride. After fasting, because of:

Spiritual pride

Emotional letdown

Returning to old patterns

3. God's desired fast leads to changed living

Isaiah 58:6-9

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 go free, and that ye break every yoke?

7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward.

9 Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

Isaiah 58 reminds us that true fasting results in:

Loosing injustice

Compassion for the needy

Rebuilding broken lives

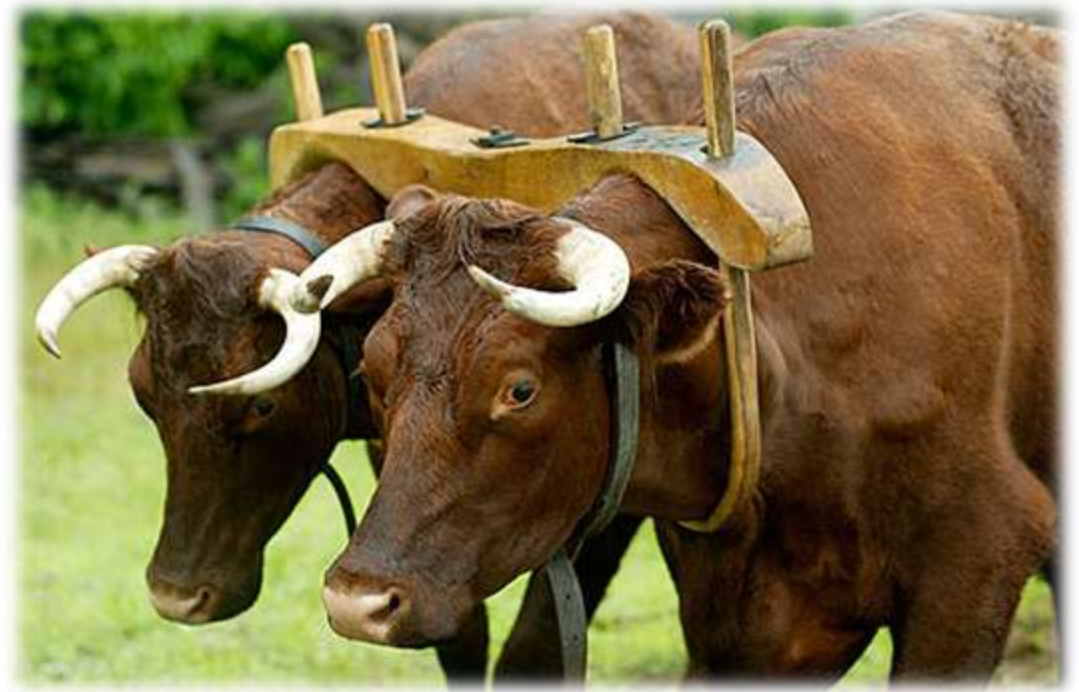
God's chosen fast is about liberation. This fast focuses on **justice and freedom**, not just food. Let's dissect the phrases here.

Bonds of wickedness is the sinful systems, habits and injustice in this world.

Let's see the personal bonds of wickedness: Addictions to **alcohol, drugs gambling, pornography**. Greed and materialism (humans are never satisfied, always chasing more.) Unforgiveness and bitterness (emotional prisons) **Lust and sexual immorality. Pride and self-righteousness. Fear and shame** that paralyses faith. These bonds distort identity and keep people from freedom in Christ.

Heavy burdens are the crushing loads place on people that God never intended them to carry – often imposed by others, by systems, or by life circumstances made worse by sin and injustice.

A **yoke** was a wooden bar placed on the necks of oxen to control their **direction, speed, and strength**. Spiritually a yoke represents anything that controls, restricts, or forces a person to live under domination.



Yoke is anything that enslaves people spiritually or socially. This is accomplished in ways; you bombard heaven against spiritual wickedness, evil, high thoughts in high places. Then you go into the highways and by ways and releases them in the **power of Jesus Christ.**



4. After the fast, offer your life

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

The fast is not something we give to God. Rather it is the life that we give to God after the fast.

In conclusion, our fasting is sincere but imperfect. God send Jesus who entered this world and started fasting as his first work. And he became our ultimate example.

