



Why Pray & Fast?

The same story is also found in:

> Mark 2:18-22; Luke 5:33-39.

Matthew 9:14-17 (AMP)

14 Then the disciples of John came to Jesus, inquiring, Why is it that we and the Pharisees fast often, [that is, abstain from food and drink as a religious exercise], but Your disciples do not fast?

15 And Jesus replied to them, Can the wedding guests mourn while the bridegroom is still with them? The days will come when the bridegroom is taken away from them, and then they will fast.

Mourning and Fasting are equated as equal.

1. Fast (G3522)

"from 3523; to abstain from food (religiously):--fast."

2. Mourn (G3996)

"from 3997; to grieve (the feeling or the act):--mourn, (be-)wail."

(G3997) - "Grief, Mourning, Sorrow"

16 And no one puts a piece of cloth that has not been shrunk on an old garment, for such a patch tears away from the garment and a worse rent (tear) is made. 17 Neither is new wine put in old wineskins; for if it is, the skins burst and are torn in pieces, and the wine is spilled and the skins are ruined. But new wine is put into fresh wineskins, and so both are preserved.

Fasting does a work IN US!!!

Fasting works in us to fix / patch what is broken. (The patch on the old garment)

Shrunken and Shriveled: We've reduced our spiritual world down to something smaller, and we've become inflexible / unchangeable in it.

(Apply) - Wrong beliefs

- Religion

- Dead Faith

- Lost Hope / bad experiences

- Traditions

Fasting also works to revitalize / soften / renew what has become old / brittle / hard / inflexible so it can expand again.

Otherwise when the new power of the Spirit begins to move in us, we will not be able to contain it, we'll break apart, and all will be lost.

- Apply - Fearful of his moving**
 - Skeptical**
 - Little / Weak Faith**
 - Fear of Man**
 - Un-accepting of the new**

Isaiah 58:3-12 (AMP)

3 Why have we fasted, they say, and You do not see it? Why have we afflicted ourselves, and You take no knowledge [of it]?

Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor. [Lev 16:29.]

4 [The facts are that] you fast only for strife and debate and to smite with the fist of wickedness. Fasting as you do today will not cause your voice to be heard on high. 5 Is such a fast as yours what I have chosen, a day for a man to humble himself with sorrow in his soul? [Is true fasting merely mechanical?] Is it only to bow down his head like a bulrush and to spread sackcloth and ashes under him [to indicate a condition of heart that he does not have]? Will you call this a fast and an acceptable day to the Lord?

6 [Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke?

7 Is it not to divide your bread with the hungry and bring the homeless poor into your house when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood?

Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor. [Lev 16:29.]. 4 [The facts are that] you fast only for strife and debate and to smite with the fist of wickedness.

6 [Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke?

7 Is it not to divide your bread with the hungry and bring the homeless poor into your house when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood?

Why should I go through the hassle? What will it do in me?

- A. It will change us from being ungodly to being more Godly.**
- B. The supernatural things that are supposed to happen through a christian's life - will begin happening.**

8 Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard. [Ex 14:19,20; Isa 52:12.]

9 Then you shall call, and the Lord will answer; you shall cry, and He will say, Here I am. If you take away from your midst yokes of oppression [wherever you find them], the finger pointed in scorn [toward the oppressed or the godly], and every form of false, harsh, unjust, and wicked speaking, [Ex 3:14.]

10 And if you pour out that with which you sustain your own life for the hungry and satisfy the need of the afflicted, then shall your light rise in darkness, and your obscurity and gloom become like the noonday. 11 And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not.

12 And your ancient ruins shall be rebuilt; you shall raise up the foundations of [buildings that have laid waste for] many generations; and you shall be called Repairer of the Breach, Restorer of Streets to Dwell In.