

Day 5 - All In Fast 2024

Read Isaiah 58:6, Hebrews 12:1 -

One of the primary reasons we need to fast is because it releases us from the bondage of sin. **“Besetting sins are habitual sinful behaviors or attitudes that victimize and enslave people.” A besetting sin will enslave you and takes away your will.** You will cry out, “I can’t help myself.” It’s a bondage that needs to be loosed by prayer and fasting. See Matthew 17:21. Any sin that doesn’t leave with ordinary “willpower” possibly is a besetting sin. But God has provided a way of escape. (See 1 Cor. 10:13).

Besetting - euperistatos - skillfully surround.

If Satan has had you believe and you have said the following regarding sin in your life, that sin might be a besetting sin.

“I tried before and can’t break it.”

“I don’t want to do this, but I can’t help it.”

“I need an answer but can’t find it.”

These are Satan’s lies that convince us that we have no power against sin. When Satan controls our thoughts; he controls our lives. When he lies to us about our lives, and we believe them, we are in bondage.

Deciding to fast means you are willing to give up food to show a commitment to your will to be free! In other words, you are willing to go ALL IN, for your freedom! You are making a life-freeing choice to be delivered. Remember when Jesus asked the man who was lame, “Do you want to be made well?” (John 5:6). He knew the man wanted to be cured. He asked the question to build the man’s “willpower.” Jesus wanted the MAN to DESIRE the power that He could give him. God wants us to look within, and DECIDE, of our own will, to follow Him. God wants people to quit sinning voluntarily, and then instead, love Him voluntarily.

1. Check to see if an external power is responsible for your bondage. External powers are:
 - a. Believing you struggle with a particular bondage because it runs in your family (i.e., alcoholism, drug abuse).
 - b. Thinking you were born with a specific bondage (i.e., homosexuality, lesbianism).

It is possible through fasting to regain control of your body, renew your mind, reach into your spirit, and take control over all external powers that you think are responsible for your bondage.

Recognizing the external powers that have made us weak and kept us bound is the first step toward recovering control of ourselves.

2. Confess lack of faith.
 - A. Read Matthew 17:19, 20.
 - B. If you previously have not had the faith you need, confess this to God.
 - C. Increase your faith by praying and reading the Word of God.
3. State your besetting sin.
 - A. Write out the specific bondage (the principle, not details) you want to break.
 1. You will strengthen your will by stating what you want.
 2. You focus your energies on the problem.
 3. You build up anticipation to break the problem.
 4. You build up your faith in God to expect an answer.

Read the rest of verse 20. You can tell the MOUNTAIN of bondage to be removed!

4. Fast repeatedly until you get a breakthrough. When Jesus said, "This kind goeth not out but by prayer and fasting" (v. 21), the verb action in the original language is continuous. Jesus meant we should continuously fast to get power over besetting sins. The longer we fast, the more we obey God, and the more determined we become.

You and I MUST BELIEVE that prayer, fasting, and the power of His Word can deliver, and transform US, and ANYONE!