



Go Nuclear—Part 2
Benefits and Rewards of Fasting
Matthew 9:14-15

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Objective Sentence and Aim: Everyone should fast because of the benefits that fasting offers.

Introduction; Published in “The Lancet” on May 29, the study—The highest proportion of overweight and obese people – 13% of the global total – live in the United States, a country which accounts for only 5% of the world’s population, according to a first-of-its-kind analysis of trend data from 188 countries. An estimated 160 million Americans are either obese or overweight. Nearly three-quarters of American men and more than 60% of women are obese or overweight. These are also major challenges for America’s children – nearly 30% of boys and girls under age 20 are either obese or overweight, up from 19% in 1980. When looking at obesity alone, there are more obese adults living in America today – 78 million – than in any other country in the world. China follows at a distant second with 46 million obese and India with 30 million – countries which together represent 15% of the world’s obese population. Approximately one-third of American men (32%) and women (34%) were obese in 2013 compared with about 4% of Chinese and Indian adults.

Dr. Paul Bragg; The Miracle of Fasting: *In my opinion, the greatest discovery by modern man is the power to rejuvenate himself physically, mentally, and spiritually with “Rational Fasting.”*

Psalm 35:11, 14 AMP Malicious witnesses rise up ... but as for me, when they were sick, my clothing was sackcloth (mourning garment); I humbled my soul with fasting, and I prayed with my head bowed on my chest (**1 Peter 5:5-7**) . . .

- #1. Benefits of Fasting** (*Matthew 9:14-15* Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast? 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.)

- A. *Dr. Paul Bragg:* Nature will not let you get away with abusing your body. You must pay a big price every time you insult your body with dead and devitalized foods. Of course, you could take some kind of “drug” to deaden your body, but you are living in a fool’s paradise if you think you can eat any old thing and then swallow some kind of “pill” and get away with it. We are punished and greatly rewarded by our bad and good habits of living**
- 1. Favor** (*Matthew 6:16-18* When you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.)
- a. **Esther 4:16** Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die.
 - b. **Ezra 8:21-23** Then I proclaimed a fast there at the river Ahava, so that we might humble ourselves before our God to seek from Him a safe journey for us, our children, and all our possessions. ²² For I was ashamed to request troops and horsemen from the king to protect us from the enemy along the way, because we had told the king, “The hand of our God is favorable toward all those who seek Him, but His power and His anger are against all those who abandon (turn away from) Him.” ²³ So we fasted and sought [help from] our God concerning this [matter], and He heard our plea.
 - c. Shut your ... mouth!!! Fasted seven days while working on construction in the middle of summer. That week we were putting a tin roof on a giant pole barn.
 - d. Anna received favor from God and received what she desired to see more than anything else in the world—Jesus the Savior of Israel. **Luke 2:36-38** Anna, a prophet, was also there in the Temple. She was the daughter of Phanuel from the tribe of Asher, and she was very old. Her husband died when they had been married only seven years. ³⁷ Then she lived as a widow to the age of eighty-four. ^[c] She never left the Temple but stayed there day and night, worshipping God with fasting and prayer. ³⁸ She came along just as Simeon was talking with Mary and Joseph, and she began praising God. She talked about the child to everyone who had been waiting expectantly for God to rescue Jerusalem.
 - e. **Franklin Hall:** If there is that something lacking in your life, even if you have the Baptism of the Holy Spirit, the Fasting experience is for you. There would be more success instead of so many failures in the ministry. The power and demonstration in the Spirit would be manifested and gifts of the Spirit would commence to operate. If there is any one agency that can do this quickly and perfectly, it is the consecration fast. It is the sure route to the anointing.
- 2. Health** (*Dr. Paul Bragg:* Most people think they can attempt to break all nature’s good and just laws of Healthful Living. How very wrong they are...you cannot ever break a natural law. It will break you. **Hosea 4:6** My people are destroyed for a lack of knowledge....)
- a. **Hippocrates:** Everything in excess is opposed by Nature.
 - b. **Ben Franklin:** To lengthen your life, lessen your meals. Eat to live, and not live to eat—many dishes, many diseases. Who is strong? He or she that can conquer bad habits.
 - c. **Proverbs 17:22 (AMP)** A happy heart is good medicine *and* a joyful mind causes healing, But a broken spirit dries up the bones.

- d. **Proverbs 3:5-8** Trust in the LORD with all your heart, and lean not on your own understanding; ⁶ in all your ways acknowledge Him, and He shall direct your paths. ⁷ do not be wise in your own eyes; fear the LORD and depart from evil. ⁸ It will be health to your flesh [your marrow, your nerves, your sinews, your muscles—all your inner parts], and strength [physical well-being, refreshment] to your bones.
- e. **Proverbs 4:20-22** My son, give attention to my words; incline your ear to my sayings. ²¹ Do not let them depart from your eyes; keep them in the midst of your heart; ²² For they *are* life to those who find them, and health [healing] to all their flesh.
- f. **Source Unknown:** The process of fasting eliminates pollutants from the blood. Your life is in your blood (**Leviticus 17:11**) and as your blood goes, so is your life. Fasting removes toxins and surplus food supply so it can work.
- g. **Dr. Paul Bragg:** I believe that 99% of all human suffering is caused by wrong and unnatural eating.... Sickness is Nature's way of indicating that you are filled with toxic wastes and internal poison ... it is nature trying to purify the body from an overload of toxins. In fasting, you are working with Nature to help expel the wastes and poisons you have accumulated in your body. When you overeat, you encourage fermentation and putrefaction, create discord of harmony, thus inviting millions of microbes to breed in your intestines.
- h. **Franklin Hall:** Fasting gives the body a much needed holiday, a vacation in which to recuperate. It never occurs to most people that the body seldom has a rest from its ordinary labors. We overtax and overload all the organs with by-products of our wrong living, eating, drinking and thinking. We do not grant these millions of little cells which labor so incessantly for our physical well-being any rest, no not even a Sabbatical rest.
- i. **1 Corinthians 3:16-17** Do you not know that you are the temple of God and *that* the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which *temple* you are.

3. **Peace** (*Pastor Dan: We are both spiritual and physical beings. What we do physically affects us spiritually and what we do spiritually affects us physically. Our physical condition can often influence our spiritual lives more than we realize.*)

- a. **Dr. Paul Bragg:** Fasting works in three ways—you purify your body physically, mentally and spiritually and therefore enjoy super-vitality and super health! Your mind becomes like a sponge which can absorb new facts and knowledge! Greatest of all is the inner peacefulness and spiritual tranquility that make life worth living. Through fasting you find “Peace of Mind”, the greatest and rarest boon of modern life.
- b. **Psalm 35:11-14 AMP** Malicious witnesses rise up; they ask me of things that I do not know. ¹² They repay me evil for good, to the sorrow of my soul. ¹³ But as for me, when they were sick, my clothing was sackcloth (mourning garment); I humbled my soul with fasting, and I prayed with my head bowed on my chest.
- c. **Mahesh Chavda :** Your attitude is affected in a godly way and you derive great spiritual benefits through fasting .
- d. **2 Chronicles 7:14; 1 Peter 5:5-8** *Pastor Dan:* Through fasting you wash out selfish ambition and pride from your life (**Matthew 13:22 ... cares of this life**). Fasting enables us to conquer our natural appetites which can hinder us from a fruitful relationship with God. The appetite of acquisition, sex, hunger and the spiritual appetite are things in our lives that we must constantly keep under.

- e. **Deuteronomy 8:3** Humbled you, allowing you to hunger
- f. **Galatians 2:20** *Mahatma Gandhi*: A genuine fast cleanses the body, the mind, and soul. It crucifies the flesh and to that extent sets the soul free.
- g. *Franklin Hall*: I have experienced a sublimation of the Spirit, during a prolonged fast, which is difficult to put into words. It must be experienced to be known. There is a spring to the step, a feeling of joyous release, of gladness which fairly overwhelms one. There is, too, an exaltation of spirit, a broad and more generous sympathy, love and understanding for all things and for all mankind, a feeling of well-being, and of peace with God, with one's fellowmen and women, with the world, and with all things which are a part of our everyday living.

Closing and invitation: Pastor Dan: Fasting will help you see life's priorities more clearly. God will become first in your life and you will get clarity concerning your values in life like Mary did at the feet of Jesus. You will see balance return to areas of your life where there is imbalance. You'll start valuing and appreciating the things God has given you, being thankful. You will stop complaining. You will be more sensitive to God's Spirit—the fruit of Spirit will grow and the nine gifts of the Holy Spirit will work more effectively in your life. Things will become clear to you. Your hidden areas of weakness or susceptibility will come to the surface so that God can deal with them. You will discover hidden pockets of anger, bitterness and other things from which God seeks to cleanse from your life.

Dr. Paul C. Bragg M.D. Ph.D; in the book *Miracle of Fasting*, quotes Doctor Allan Cott, M.D some of the benefits of fasting: Fasting is easier than dieting, Fasting is the quickest way to lose weight, Fasting gives the body a physiological rest, Fasting is used successfully in the treatment of many physical ills, Fasting lowers cholesterol and blood pressure levels, Fasting is a calming experience, often relieving tension and insomnia, Fasting leads to improved dietary habits, Fasting frequently induces feelings of euphoria, a natural high, Fasting increases the pleasure of eating, Fasting is a rejuvenator, slowing the aging process, Fasting is an energizer, not a debilitator, Fasting often results in a more vigorous sex life, Fasting aids in the elimination process, Fasting helps to eliminate or modify smoking, drug and drinking addictions, Fasting is a regulator, educating the body to consume only as much needed, Fasting rids the body of toxins, giving it an internal shower, Fasting does not deprive the body of natural nutrients, Fasting can be used to uncover the sources of food allergies, Fasting under proper supervision can be tolerated easily up to 4 weeks, Fasting does not accumulate appetite; hunger pangs disappear after day or two or three, Fasting is a rite in all religions; the bible alone has 74 references to fasting, Fasting under proper supervision is absolutely safe, Fasting is not starving it is natural cure.