

**THE FASTED LIFE**  
**Teaching taken from Supernatural Ministries Training Institute**  
**Dr. Mark T. Barclay**

**Living a fasted life is better than “periods” of fasting.**

**FASTING is not necessarily what moves God. Your faith moves God. Fasting simply puts your flesh under subjection and allows your spirit to be in control, thus allowing you to be in faith.**

**1. Follow the example of Jesus Christ. Matt. 4:2 (NKJ)**

And when He had fasted forty days and forty nights, afterward He was hungry.

**2. Fasting will give you super power over demons. Matthew 17:14-21 (NKJ)**

**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.**

**21 However, this kind does not go out except by prayer and fasting.”**

**3. Fasting can bring heaven’s visitations. Acts 10:30-32 (The Message)**

Cornelius said, "Four days ago at about this time, midafternoon, I was home praying. Suddenly there was a man right in front of me, flooding the room with light. He said, 'Cornelius, your daily prayers and neighborly acts have brought you to God's attention. I want you to send to Joppa to get Simon, the one they call Peter. He's staying with Simon the Tanner down by the sea.'

**4. Fasting brings the Holy Spirit on the scene Acts 13:2 (NKJ)**

As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”

**5. The early church believers fasted together over important matters.**

**Acts 14:23 (NKJ)**

So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

## **6. Learn to fast “pleasant bread.” Daniel 10:2-3**

2 In those days I, Daniel, was mourning three full weeks.

3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel fasted three full weeks (21 days) of pleasant bread.

A suggestion would be to fast like this (water only; & just fast sweets, breads, meats, etc.)

### **7 days:**

Day 1 - No desserts

Day 2 - No meats

Day 3 - No snacks or sweets

Day 4 - Soups only

Day 5 - Salads & vegetables only

Day 6 - Liquids only

Day 7 - Water only

## **7. Fasting chastens your soul (feelings, emotions, attitudes, thoughts, pride) and puts your old nature back under control. Psalm 69:10 (NKJ)**

When I wept *and chastened* my soul with fasting, that became my reproach.

## **8. The Kind of Fast that God likes. Isaiah 58:6-9 (The Message)**

**6-9" This is the kind of fast day I'm after:**

**to break the chains of injustice,  
get rid of exploitation in the workplace,  
free the oppressed, cancel debts.**

**What I'm interested in seeing you do is:**

**sharing your food with the hungry,  
inviting the homeless poor into your homes,  
putting clothes on the shivering ill-clad,  
being available to your own families.**

**Do this and the lights will turn on,**

**and your lives will turn around at once.**

**Your righteousness will pave your way.**

**The God of glory will secure your passage.**

**Then when you pray, God will answer.**

**You'll call out for help and I'll say, 'Here I am.'**

- A. To loose bands of wickedness - It breaks the power of satan and demons in your life because they basically get in & work through that part of your flesh that is not under subjection.
- B. To undo heavy burdens.
- C. To let the oppressed go free - It will break any oppression, depression, grief and sorrow that you may be carrying.
- D. To break every yoke.
- E. Share your bread with the hungry.

The idea of fasting is to deny yourself (flesh) the things it demands and craves after. It arrests the flesh and puts you back in the spiritual realm. **Suggestion:** Take your food or food money for that day and give it to someone in need.

### **9. Benefits of fasting properly. Isaiah 58:9 -12 (The Message)**

**9-12**"If you get rid of unfair practices,  
quit blaming victims,  
quit gossiping about other people's sins,  
If you are generous with the hungry  
and start giving yourselves to the down-and-out,  
Your lives will begin to glow in the darkness,  
your shadowed lives will be bathed in sunlight.  
I will always show you where to go.  
I'll give you a full life in the emptiest of places—  
firm muscles, strong bones.  
You'll be like a well-watered garden,  
a gurgling spring that never runs dry.  
You'll use the old rubble of past lives to build anew,  
rebuild the foundations from out of your past.  
You'll be known as those who can fix anything,  
restore old ruins, rebuild and renovate,  
make the community livable again.

- A. Your light will break forth in the morning. Darkness, mystery, and dilemma will be dissolved in your life. God's light & wisdom will be shed upon your circumstances.
- B. Your healing shall spring forth speedily. Fasting seems to speed along your healing process & maybe even turn the recovery system into a miracle.
- C. Your righteousness shall go before you. Sin is broken, flesh is dethroned, and your right reputation will go before you.
- D. The glory of the Lord shall be your rear guard. The Lord will move in as your protection & fortress. His presence will be felt in your heart & seen in your life.
- E. Then the Lord will answer your call. Your prayers will be answered more swiftly & the Lord will dispatch whatever & whoever it takes to answer your humble cry.
- F. The Lord will guide you continually. Your head & feelings clear up, & you clearly hear the voice of your Shepherd, the Lord Jesus Christ. You are much more keen to the leading of the Holy Spirit now.

