

# When you Fast

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[ 0 : 00 ] Thank you for tuning into this message by David Entry. Every true revival is a product of the strong preaching of God's word. May you receive a word from this message that will spark a revival in you.

Thank you Jesus. In Jesus name. In Jesus name. Somebody put your hands together for the Lord. Day number three.

Day number three. It's the day of resurrection. The day God the Father, God the Son, God the Holy Spirit, all three are going to do something amazing in your life.

Praise the Lord. Always have it in mind that something is building for you. It's not a waste of process. A waste of your time.

It is. When you are fasting, sometimes you lose weight. Fasting is not for weight loss. So if the main reason why a person is fasting is to lose weight, it's not fasting.

[ 1 : 09 ] It's starvation. Fasting is a deliberate and an intentional, it's voluntary. So no one can force you to fast. Nobody can force you to fast.

Fasting is always voluntary. So deliberate, voluntary, intentional abstinence from some form of physical gratification. And particularly, if you want to look at the dictionary, the real definition of fasting is abstinence from food.

Some people fast from coffee. I'm fasting from TV. Fasting from movies. That's not fasting. But if it works for you, fine.

I mean, it's always better to abstain from something or withdraw from something. But really, it's abstaining from food. And drink. Dry fasting, which is only you don't even drink water.

That's dry fasting. But normal fasting is you can drink water. But some people do tea and coffee and smoothie. Anything that can go through a straw.

[ 2 : 21 ] You see, if you start doing that, then your stomach doesn't rest. So your stomach begins to even want more. So you blend banana and then you suck it through the straw.

Eventually, you blend beggar. You blend and suck it through the straw. Praise God.

So it's really abstaining from food. Staying away from food intentionally with the purpose of seeking God. For spiritual power.

But when you fast, sometimes you lose some muscles. You lose some flesh. The physical benefit is sometimes your body begins. Your body is always working. So when you put food in your body, it uses the food for energy.

And then the extra one is tossing your body. So when you are fasting, your brain begins to tell you that it's not good. You are suffering.

[ 3 : 24 ] And then you begin to feel the growling in your tummy. And then sometimes you actually even, there are times you might have headaches. You have headaches.

Sometimes you feel sick a bit. It is all not going to do anything bad to you. You are not dying. It's just your brain playing up on you. But the body itself, your body is really having a good time.

It's your brain that is telling you. But the body now begins to feast on stored food. Your body can feast on it for 21 days. And 40 days, actually.

40 days. People, we can go 40 days without food and the body will survive. But you can't go 40 days without water. So Jesus, he never said food and water. He said he did not eat.

So 40 days without food and the body will be okay. Fasting, even though you lose muscles, you gain spiritual muscles. Nobody fasts properly and never gains.

[ 4 : 23 ] You don't fast properly and never gain. As I said yesterday, when we fast, it's not just for spiritual power to be like a man of God.

But we fast because Satan has an appetite for you. And Satan is coming after you. He's got a plan for you. A comprehensive plan. Listen, Satan knows how to pick you up.

But because of that, you have to fast. Some of you are about to enter a relationship for marriage. But Satan has determined that it will backfire.

You think you can just walk into marriage? I had to fast for my wife. Those of you who listen to the message. Three days. Three days. Dry fasting.

Yeah. Fast because the enemy was fighting that this will not happen. So you have to take the fasting series. So it gives you power over the enemy.

[ 5 : 23 ] You cannot fast and be vulnerable. But number two, when we fast, it also builds your spirit. It boosts your spirit. Your spirit man.

How many of you since we started fasting have been feeling, you can tell, you're able to handle some temptations easily? You can tell that I can take on that temptation.

It's not a problem. You feel you are in a good spiritual shape. Am I talking to somebody? Yeah. Fasting has a way of putting you in a good spiritual shape. It brings you closer to God and it takes you farther away from some rubbish.

So when you fast, you keep getting closer to God. It builds your spiritual man. It builds spiritual capacity. And as I said yesterday, it prepares you for the answers that God is bringing.

Sometimes God is about to bring some answers, but you're not ready. You're not ready. You're not ready. Answer for marital breakthrough, but you're not ready. Answer for financial breakthrough, but you're not ready.

[ 6 : 26 ] Answer for some new job. You're a big role, but you're not ready. So God has to join the fasting. He has a way of preparing your heart. Preparing your heart. Some of the things that you should be doing, as I said, during fasting is praying.

Prayer must be constant in fasting. Sometimes during lunch break, since you are not ready, use it to pray or read your Bible. Have intermittent times of praying.

Sometimes when you remember, start praying. Excuse yourself from useless conversations. Redraw yourself from useless conversations, whether on the phone or on FaceTime or physical.

Redraw yourself from some useless conversations. Because this is a season of fasting. One of the things I learned many, many years ago, over 30 years ago, is that when you are fasting, you are spiritually light or you are a bit open.

So when you are fasting and you entertain certain gossips, certain conversations, certain sins, it's much more complicated than you think.

[ 7 : 32 ] Because it's not like the other times. Because this time, your spirit is so open, vulnerability is high. At the same time, attainability is also high. So yeah, the download speed is high.

Are you getting what I'm saying? Yeah, so, but you have to pray. And then besides the praying, one of the things I have not said, when you start fasting, repent. There are things you haven't repented of.

There are things you have to repent. Say, God, this thing that I did, forgive me. I repent. I repent from this thing. Repentance means that I won't do it again.

And I'm not going to. I reject. I forsake that behavior. I forsake that action. God have made. You have to repent. When Nehemiah fast, he repented on the behalf of his people.

Sometimes your mother has fought so many pastors. Yeah, you know, you join your family. Your brother, when your brother started going to church, you join your mother. You are insulting these foolish pastors, stupid people, stupid church people, and all that.

[ 8 : 37 ] In your time of fasting, now that your eyes are open, pray and ask God for forgiveness. Repent on the behalf of your ignorant mother. Repent on the behalf of your ignorant wife who was throwing stones at the church and at the pastor.

So in a time of fasting, it's a time of prayer, but it's also a time of repentance. Examine your heart and ask God, forgive me for what I did.

Forgive me for going there the other time. It's so good to fast in January because Christmas things can happen. Christmas, you have to maybe fast and ask God to forgive you for overeating so much.

But the truth is, when you are fasting, there is a place for repentance. So you and God have it okay. Sort out that thing.

Don't think it doesn't matter. And God has to give me something because I'm fasting. Somebody learning something. The scripture we read today, it says that, verse 23, The steps of a good man are ordered of the law.

[ 9 : 42 ] Yes. God orders your steps. And I realize that sometimes he does this thing by his spirit upon you. One of the things fasting does for you is you seek God's face and he guides you.

You have seen a lady you like. You are interested in her. Do you know whether your destiny should be compatible? Do you know her blood situation? No, it doesn't have to be blood type.

Spiritually, some blood shouldn't mix. Because if you mix your blood with her, you produce an arm rubber. No, no, no.

You get what I'm saying? How many people don't think about these things? And then, may you never marry someone who will die early? Yes. Yes. Yes.

Yes. Yes. Did you hear what I just said? Yes. People don't know the dynamics of life. So, those who say, I don't have time for church.

[ 10 : 41 ] Don't worry. Don't make it personal. Don't make it. Some people can come and pray. They are staying at home by this time. Staying and watching TV. Foolish person.

When you know your case, your case is not a pleasant one. You can bless case. You are staying at home. God, it's too cold.

Meanwhile, your situation is frozen. You see somebody you want to marry, you want to start business with somebody, you have to spend time praying.

God gives you direction. Pray and fast. When you fast, you tend to enjoy divine direction. That's what I'm trying to say. Amen. You are about to make a major decision.

Sometimes you hear God say, uh-uh, uh-uh, uh-uh. No, don't go down that direction. Other times you hear anything. You just keep living.

[ 11 : 34 ] But sometimes the answers don't come at the time of prayer and fasting. Sometimes two months later, you end up making a decision.

You will realize that it's connected to what you prayed and ask God, help me. Do you understand that? So you might not even hear God say A or B. But after some time, you made a certain decision and it will be the best decision you made.

Why? Because a while ago, you prayed about it and asked God, God, lead me. God, guide me. God, lead us. You have fasted. You have fasted about this matter. No, God will not say no.

He will answer you. He will guide you. He will guide you. He will guide you. In Isaiah 58, he says that, and the Lord shall guide you continually. The Lord will guide you continually and satisfy your soul in drought and strengthen your bones.

You shall be like, when you see a garden, a water gardener, a gardener that looks very fresh, very nice. Very nice. The steps of a good man are ordered by the Lord.

[12:40] Let me add this to the steps of the good man are also ordered by the Lord. Sometimes, as you fast, you fast, God will stop some things in your life. He will stop you from taking some decisions.

He will stop you from continuing some things. He will stop you himself. He will stop. So, get ready. Some of you, if this fasting, your relationship ends up breaking, God probably stopped it.

Yes. God stopped it because he has something better for your future. Verse 23 of today's reading says that, the steps of a good man are ordered by the Lord.

And he delights in his ways. The step, God has a way of guiding you. Making you take the right steps. How many of you have taken some steps that turn out to be right and you are so happy?

One decision leading to another decision. You are about to pray that, Lord, lead me to make the right decisions in life. Driving is full of decisions.

[13:46] Every car crash is based on a decision. It's always decision. Someone decided to overtake. Or someone decided to slow down. Someone decided, okay, let me just.

It's always, driving is full of decisions. So, if you see someone has been injured in a car crash because of a certain decision. There are two aspects when we talk about decision. Positive and negative.

It's not the only positive one. God, show me who to marry. Show me who. There are decisions too that you are about to make and you have to pray that, God, guide my heart away from it. Guide my heart away from it.

Some of us, even the decision for your child who is yet to be born. The name, sorry. The name of that child. You know, so, sometimes you don't know a decision you are about to make.

A decision after church. You just decided to go and visit that your old friend. And then you ended up going to fornicate. How many of you have experienced that before? God, lead me in my decisions.

[14:58] Pastor, when we fast and we ask God, it gets answered. You ask God. Some of you will be shocked how you just make a decision.

You are about to make a decision to study this program. And then something happened. Just for some reason, you chose. Or you are choosing a university. For some reason, you just know. And you went there. And that changed your story for good. Beautiful story.

Decisions. Decisions. Decisions. Decisions. Decisions. This season, you will not be caught in between. You are not sure what to do. What to do. What to do. God will guide you.

He will guide you continually. In today's reading. In the verse 5. There is a song like that. The song we used to sing. Commit.

Verse 5 says that. Commit your way to the Lord. Trust also in him. And he shall bring it to pass. Yes. Commit your way to the Lord. You want to say, God. The rest of this year.

[15:53] This man. Every decision I am about to make. Let me not make decisions based on how I feel. Let me make decisions based on your plan. Your program for my destiny. What you have prepared for me. What you have prepared for my future.

For a moment. Lift up your voice and begin to pray. In the name of Jesus. Hallelujah. Hallelujah.

The Bible says. Believe in the Lord Jesus Christ. And you. Shall be saved. In your household. Say. God. Our God is a household God. He's a household God.

Sometimes you are safe. Because you are under this canopy. But how about your mom? How about your dad? How about your sister? How about that person significant in your family?

Satan has always plans for people. Unfortunately. It's not based on whether you are in church or not. So. Karibaji. He has plans for people who are not in church.

[16:55] He will eat them like chewing gum. Chewing gum. You know. The chewing gum you do. And then you do the balloon. But.

It says that. Believe in the Lord Jesus Christ. You shall be saved. You. And your household. So. Sometimes. God saves you. And it's not just about you.

It's about the house. This year. That crisis. That will tear your family apart. Should never happen. We are the only group of people who can foil the plans of Satan.

We are the only group of people who can say no to Satan. And he stops. Yes. We are the only group of people who can pray and stop something that is planned to happen ahead of time.

Yes. Don't wait. Pastor. Why will people wait? So. Crisis time. And they are. You know. Harry. Can you pray for me? No. No. No. No. No. We are dealing with that prayer now. That sudden evil attack on your family.

[18:12] On your mother. Some of us. Maybe your mother is next in line. Especially those of you who. Every year somebody has to die in their family.

You know. There are people like that. Every year. I buried my uncle. Any demonic surprise attack. That is meant against your family. That is meant against your life.

That is meant against your peace. Any demonic situation. That has been programmed. To crush you. To attack you. To bring pain. To bring pain.

To bring sorrow. Over your life. Over your family. We overturn. We overturn. In the name of Jesus. Shout the tendrils amen.

Don't. Don't. Don't take the declarations here for granted. That's how God.

[19:10] Sometimes the way God wants to help you. Is to get you here. To order your steps here. Yeah. Yeah. To order your steps here. You are here.

So your family will not hear bad news. Your family will not suffer. Your family will not suffer. Your family will be spared.

Your family will be excused. From demonic harassment. From satanic agendas. In the name of Jesus. Clap your hands and begin to pray right now.

In the name of Jesus. In the name of Jesus. In the name of Jesus. Your family will not suffer mishap.

Your family will not suffer evil. Your family will not come under attack. Clap your hands and begin to pray right now. God will spare your family. God will spare your family.

[20:15] You shall not sorrow. Your family will not bury a child. In the name of Jesus. Every programming of death.

Every demonic assignment of death. Against your family. Every sudden diagnosis of cancer. We cancel it. We terminate it.

We cancel it. We terminate it. We cancel it. In the name of Jesus. So shall it be.

Clap your hands for the Lord. Please be seated. This fasting. You shall hear some unbelievable news.

This fasting. God will turn your captivity around. This fasting. I stand here as a prophet. And I prophesy over your life. That God will turn the situation around.

[ 21:14 ] God will change the narrative. He will turn your captivity around. This season of fasting will mark the beginning of wild testimonies in your life.

In the name of Jesus. Jesus. You will testify. You will testify. You will testify. You will testify. If you believe in it.

Put your hands together. And give the Lord a big big shout of praise. Say in the name of Jesus. In the name of Jesus. The hand of the Lord is upon my life.

Hand of the Lord is upon my life. No evil. No sudden evil. Will overtake me. No sudden harm. Will come near my life.

God will guide me. Continually. In these 21 days of fasting. I will encounter heaven. Heaven will break loose into my life. With strange testimonies.

[ 22:10 ] With strange miracles. I prophesy. I am the blessed of the Lord. And I shall testify. To the glory of Jesus. I am blessed.

I am blessed. I am blessed. I am blessed. In Jesus name. So shall it be. Amen. Clap your hands for the Lord.

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