

This past Sunday, Pastor George ministered,
“The February 2024 EMIC Fast.”

This is the prophet Isaiah speaking, prophetically showing us things for today.

Isaiah 60:1-3; (KJV)

*“Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. For, behold, the darkness shall cover the earth, and **gross darkness** the people: but the LORD shall arise upon thee, and His glory shall be seen upon thee. And the Gentiles shall come to thy light, and kings to the brightness of thy rising.”*

‘Gross darkness’ in other translations

Amplified Classic = Dense darkness.

ESV = Thick darkness.

NLT = Darkness as thick as night.

Look at what has been happening in our nation and in the nations:

- a. Anti-God decisions are being made. **Demonstration of gross Darkness.**
- b. Many were delighted with the Hamas attack on October 7, 2023. **Deep and thick Darkness.**
- c. Protests that we see against Israel. **This is people walking in darkness.**
- d. Attack on our children with what they are being taught in our public schools. **Darkness.**
- e. Personal attacks on our families. **Darkness that can seem to be overwhelming.**

Both the darkness and the light are existing at the same time. The church is light within this darkness. The devil is pushing gross darkness very hard; but we have a tool we can use that can bring about change beginning at a spiritual level.

The tool is corporate proclaimed fasting.

A Proclaimed Fast. A dedicated fast that has residual results.

Joel 2:15-16; (KJV)

“Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet.”

(NLT) “Blow the ram’s horn in Jerusalem! Announce a time of fasting; call the people together for a solemn meeting. Gather all the people—the elders, the children, and even the babies. Call the bridegroom from his quarters and the bride from her private room.”

A proclaimed fast is when believers come together for the purpose of changing situations. **Fasting doesn’t change God, it is meant to change us.**

Together, we set our faces towards God to receive significant breakthroughs. It is important to understand that it is not the fasting itself that brings the deliverance, or the breakthrough. Jesus has already obtained deliverance through the complete work of redemption. Holy Spirit who lives inside of you knows how to pray to bring the deliverance Jesus has already provided. Fasting simply brings the spirit man, which is in union with Holy Spirit, into ascendance over the flesh.

Fasting helps to limit the influence of the physical appetites so that you may more effectively hear from and respond to the Spirit. This enhances intercession as Holy-Spirit-led intercession sets the captives free!

Brother Kenneth Copeland, in the BVOV Magazine, September 1987 affirmed “Fasting doesn’t change God — it changes us.”

Brother Copeland said fasting enhances our intercession for others. Fasting doesn’t change God’s plan but through fasting allows us to change to come into agreement with His plan; and allows our flesh to walk in the power of Holy Spirit to fulfill what we have heard from Holy Spirit.

Fasting can turn the voice of the flesh down and allow the voice of God to be turned up.

A breakthrough that came from fasting.

A City Saved through Fasting and Prayer.

Jonah 1:1-2; (KJV)

“Now the word of the LORD came unto Jonah the son of Amittai, saying, Arise, go to Nineveh, that great city, and cry against it; for their wickedness is come up before me.”

We are seeing a lot of wickedness in our day, the devil is pushing his darkness.

3:1-4 “And the word of the LORD came unto Jonah the second time, saying, Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee. So Jonah arose, and went unto Nineveh, according to the word of the LORD. Now Nineveh was an exceeding great city of three days' journey. And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown.”

Vv. 5-6 “So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.”

Sackcloth and ashes refer to the act of humility. It was used as an idiom to publicly express or show sorrow or regret for having done something wrong. Today, as the New Testament church, fasting is an act of humility, as we put things down and focus more on God.

Psalms 35:13; (KJV)

“I humbled my soul with fasting.”

2 Chronicles 7:14; (KJV)

"If my people, which are called by My Name, shall humble themselves [by fasting], and pray, and seek My face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

Vv. 7-8 *"And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands."*

V. 10 *"And God saw their works, that they turned from their evil way; and God repented of the evil, that He had said that He would do unto them; and He did it not."*

Pastor George shared that following much time of prayer, He is proclaiming an EMIC 21-day fast from **Monday, February 5 through Sunday, February 25, 2024.**

We are waiting a month before starting so that we may be taught before we begin.

"Why 21 Days?"

Daniel 10:2-3; (KJV)

*"In those days I Daniel was mourning (or fasting) three full weeks. **I ate no pleasant bread**, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."*

Although we see different lengths of fasts in the Bible, i.e.; Daniel speaks of a 10-day fast (Daniel 1:12), it is the 21-day fast that is referred to as the "Daniel Fast," as many believe 21-days can cause both a behavior change (habit) and a spiritual change.

Pleasant bread = the bread of desires, rich food. The opposite is plain food which has no seasonings.

“Pleasant bread” in our day refers to what we enjoy eating or doing. What about fasting things that consume our time and thoughts, i.e., your phone, Instagram, or the news. These are things that can be cut back to remove their dependency.

The key is to lay aside what the flesh craves for 21 days.

i.e., Coffee may be considered, “pleasant bread.”

Set it aside to let God and your flesh know just how serious you are to see the desired results.

The Purpose of Our Fast.

Matthew 6:16-18; (NKJV)

*“Moreover, when you fast (not IF you fast), do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and **your Father who sees in secret will reward you openly.**”*

Paul said he fasted often (2 Corinthians 11:17).

Two different meanings for the word ‘reward:’

First reward - payment for services rendered- work that demands payment.

Second reward - to give away, to restore, it is a gift.

What are we fasting for? Purpose, both corporate and personal.

- a. An awakening to God in the Body of Christ. What do we need to wake up to?
- b. An awakening to God in America.
- c. An awakening to God in the Nations.
- d. An awakening to God in Israel.
- e. Personal and Ministry breakthroughs.

We do not receive these answers because we fast.

We receive answers because we believe in faith.

A corporate, proclaimed fast positions us for breakthrough.