

This past Sunday, Pastor George ministered “**Fast Forward.**” The LORD spoke a clear word to me [Pastor George] while preparing my last message of 2023. He told me to proclaim a 21-day Daniel Fast beginning Monday, February 5. Today is the 21st day.

What does fasting do for us?

- Fasting is an assistance to receiving.
- Fasting turns down the voice of the flesh.
- Fasting turns up the voice of the Spirit.
- Fasting positions us to receive greater clarity for the issues we face.
- Fasting makes us more sensitive to the leadings of the Holy Spirit.
- Fasting doesn't change God — it changes us.

Each of you have seen in the past three weeks we have stepped into a greater place of worship because of the fast; as we have seen a greater demonstration of God presence.

Daniel 10:2-3;

“In those days I, Daniel was mourning 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.”

“Pleasant bread” represented things that the flesh craves that we choose to set aside.

We needed 21 days of spiritual focus to receive answers, direction, clarity, and breakthroughs.

This was a “Proclaimed Fast.”

A proclaimed fast is when we all set our faces toward God.

This proclaimed fast is what enabled us to rise up, as we have turned our faces, our attention, our hearts more to God.

2 Chronicles 20:3-4, 13;

“And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. And Judah gathered

themselves together, to ask help of the LORD: even out of all the cities of Judah they came to seek the LORD. And all Judah stood before the LORD, with their little ones, their wives, and their children."

They asked help of the Lord. The result of that "Proclaimed Fast" was total victory.

There are rewards to fasting.

Matthew 6:17-18; (NKJV)

*"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.**"*

1. A greater Awakening to God in the Body of Christ - the awakening is already here, but we are seeing a greater awakening.
2. An Awakening to God in Israel - people are coming to know there God as never before.
3. An Awakening to God in America and the Nations.
4. The 2024 Elections - no corruption, no delays in these elections.
5. Breakthroughs for KCM, EMIC, KCBC, and the Victory Channel.
6. Personal Breakthroughs (Answers, Direction and Clarity) - This fast is working for me. I refuse to give up with what I see or don't see but speak words of faith as I have sown time in this fast to see things turn around and to walk into greater victory.
7. Prepare for All that is Coming.

We must claim the rewards listed in Isaiah 58:6-14 (NKJV)

Verse 6

"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"

Verse 7

“Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?”

Pastor George shared how thankful he is to this congregation – both here ‘On the mountain,’ and for our ONLINE Campus who also sent clothing.

*“Our congregation truly responded to ‘**Project Isaiah 58:7**’ during this fast. Pastor Brian Sanders and Linda Wright said that this was the MOST they have ever received at one time. And, that it came at the perfect time. Our new storage building was transformed into a Resource Center. We had a number of people come from the congregation to receive clothing and food. We are donating some to Linda at Life Unlimited. However, she doesn’t have the room to receive everything. We are donating the rest to an organization called “Deeper Love Ministries!”*

Hector Munoz, EMIC Executive Director

Verse 8

“Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard.”

Passion translation “Gods glory covered us from our past.”

Verse 9

“Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,”

Verse 10

“If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.”

This is a supernatural promotion. King James says your light will rise in obscurity in order to promote you.

Noonday, in the Passion translation = double light. No matter how dark things are around you, God's light is much brighter; and here is shared it is 'double brighter.'

Verse 11

"The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail."

Verse 12

"Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In."

Verse 13

"If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words,"

Pastor shared if he had a bumper sticker made, it would say:

My delight: I  Fasting!

Verse 14

"Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."

The fast is almost over. Now what?

Do we go back to what we were eating, spend hours on social media or binge watch movies?

"NO! VERILY I SAY UNTO YOU, "NO!!"

We have gained very important spiritual ground. Refuse to go back to the way we were.

NOTE: If you have given up various foods during the fast, please use wisdom as you introduce some of those foods back into your body. Do things gradually, perhaps starting with broth, or a light soup as it takes time, 3-4 days to adjust your digestive system.

Philippians 3:14;

"I press toward the mark for the prize of the high calling of God in Christ Jesus."

We continue to press toward the mark each day, and sometimes multiple times each day.

Hebrews 10:38-39;

*"Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him. **But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul.**"*

How do we effectively move forward?

By living a fasted life.

Colossians 3:1-3;

*"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. **Set your affection on things above, not on things on the earth.** For ye are dead, and your life is hid with Christ in God."*

Let's Fast Forward...

Make a lifestyle of reading the Word, praying, ministering to the LORD — and fasting.

What does a fasted life produce?

Fasting is one of the ways to shed the low life.

Matthew 10:39; (AMPC)

“Whoever finds his [lower] life will lose it [the higher life], and whoever loses his [lower] life on My account will find it [the higher life].”

- Living a fasted life enables us to continually throw off things that hinders us. It will help us run our race more effectively. Why? Because we are no longer weighed down by the flesh and its demands.
- Living the fasted life keeps us tapped into the power source. It puts us in a greater position to receive from God.
- It prepares us for what is coming.
- It helps us to do those things which are pleasing to Him.
- It keeps the doors open to answers, direction, clarity, and breakthroughs.

As the LORD leads, periodically take time to fast a meal or fast a whole day. We are throwing off things that have hindered us.

Brother Kenneth E. Hagin said; “We don’t always eat everything we want to eat. We live a fasted lifestyle.”

Pastor shared that he senses a momentum of faith, and there are things coming that I need to be ready for. That is for us too!

Personally, I am not through fasting. There are some things that I set aside that I am not going back to. They aren't bad. But I am pressing into God like never before.

There are some things coming that I want to be ready for. I want to be in a much better position to receive directions. I want to be tuned into **“God’s Early Warning System.”**

- There are still hostages to be released.
- There are elections taking place.
- There are things all of us are believing for.
- We must continue to press into The Greater Awakening.

Ask yourself this question:

"Lord, am I through with this fast — or is there something I need to do?"