



THE REWARDS OF FASTING

A. God Will Reward You Openly

1. Matthew 6:16 – “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.”
2. Always decide the purpose of the fast.
3. Believe for the reward at the beginning of the fast, and then you will have something to base your faith on all the way through the fast.
4. You can consider the things you are praying for as rewards.

B. God's Chosen Fast

1. The fast that is pleasing to God:
 - Isaiah 58:6-14 – “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?” (v.6)
2. The fast that is not pleasing to God: fasting for strife and selfish motives
 - Isaiah 58:1-5

C. Rewards to Believe for While Fasting

1. Isaiah 58:6 – “...break every yoke.”
 - To remove every binding, oppressing yoke among you and the brethren.
2. Take the food you fasted and give it to the poor (v.7).
 - Proverbs 19:17 – “He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he pay him again.”
3. You can expect to receive revelation knowledge from the Word.
 - a. Psalm 119:130 – “The entrance of thy words giveth light; it giveth understanding unto the simple.”
 - b. John 3:21 – “But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.”
 - c. Isaiah 58:8 – “...thy righteousness shall go before thee...”
 - Your breastplate will be in place.
 - d. Reward: God will be your rear guard.
4. The Lord will answer your cry, but you must get rid of the oppression, strife, and vanity. These things will stop the reward.
 - a. Isaiah 58:9 – “...putting forth of the finger...”
 - Get strife out from among yourselves.
 - b. Strife will stop the fast from being effective.
 - c. If you are not operating in love, the fast is worthless (no power).



5. You will have no darkness or gloom. Your darkness will be bright as the noonday (v.10).
6. The Lord will guide you. He will make your bones strong (v.11).
7. You will begin to restore the revelation that tradition has broken down (v.12).
8. You will ride upon the high places of the earth and receive the heritage of Jacob (v.14).

D. The Heritage of Jacob

1. Deuteronomy 32:7-14 – “...he led him about, he instructed him, he kept him as the apple of his eye” (v.10). “So the Lord alone did lead him, and there was no strange god with him. He made him ride on the high places of the earth, that he might eat the increase of the fields...” (vv.12-13)
2. The inheritance:
 - a. Compassed about by the Lord
 - b. Instructed by the Lord
 - c. Apple of God’s eye
 - d. No strange god (will not be deceived by Satan)
 - e. Ride upon the high places
 - f. Eat the increase of the earth

E. Right And Wrong Fasting

1. Always keep the Word before you.
2. Pray in the Spirit.
3. Resist condemnation.
4. Break the fast with juices or light food.

F. Ministering Unto the Lord

- Acts 13:1-3 – “As they ministered to the Lord, and fasted, the Holy Ghost said...” (v.2)
1. We should minister to the Lord when fasting.
 2. Sing with grace in your heart unto the Lord.
 - Colossians 3:16 – “...singing with grace in your hearts to the Lord.”
3. Praise is the key to stopping Satan.
 - a. Psalm 8:2 – “Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger.”
 - b. Psalm 9:1-3 – “I will be glad and rejoice in thee: I will sing praise to thy name, O thou most High. When mine enemies are turned back, they shall fall and perish at thy presence” (vv.2-3).



THE REWARDS OF FASTING - REVIEW QUESTIONS

1. The Father will _____ fasting.
2. Always decide the _____ of the fast.
3. There are fasts that are _____ to God and not _____ to God.
4. You can expect to receive _____ knowledge from the Word.
5. _____ will stop the fast from being effective. (Strife)
6. If you are not operating in _____, the fast is _____.
7. According to Isaiah 58, fasting how God chooses, results in receiving the heritage of Jacob. This includes:
Being _____ about by the Lord.
Being _____ by the Lord.
Being the _____ of God's eye.
Not being _____ by satan.
Riding on the _____ places.
Eating the _____ of the earth.
8. Four tips for right fasting:

Always keep the _____ before you.
Pray in the _____.
Resist _____.
Break the fast with _____ or _____ foods.
9. We should _____ unto the Lord when fasting.



THE REWARDS OF FASTING - REVIEW QUESTIONS – KEY

1. (reward)
2. (purpose)
3. (pleasing, pleasing)
4. (revelation)
5. (Strife)
6. (love, worthless)
7. (compassed)
(instructed)
(apple)
(deceived)
(high)
(increase)
8. (Word)
(Spirit)
(condemnation)
(juices, light)
9. (minister)