

Rewards That Come From The Fast The Lord Has Chosen.

by Darrell Alexander

(Mat 6:17) But thou, when thou fastest, anoint thine head, and wash thy face;

(Mat 6:18) That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Jesus said that when we fast in secret that our Father sees us, and there are rewards that He gives to us in the open, and that being the case we should expect them to manifest as a result of fasting with the right heart and right motives.

Now let me say there are many kinds of fasts some are full fasts where you eat no food and drink only water, some fasting is done as a partial fast where you may eat a little fruit and salad, and then if needed for purposes of extra strength maybe a baked potato or some rice without all the extras in it like chicken and vegetables sour cream and tater toppers.

Let me encourage you if you are not used to fasting or have never fasted, don't try to go and do a full fast because after just a day or so you will be so miserable that you will be trying to keep you mind off of your hunger and feeling sick that you will miss out on the blessing of fasting, so start by fasting a day or so with just fruit or maybe just fasting breakfast and lunch and then eat at dinner time.

The Flesh is Never Satisfied

Most of the time we do not limit our self in any way, I mean we as the body of Christ for the most part do not consider telling our flesh our body no! If we want to stay up late and watch a little extra television we do, I mean that what snooze alarms are made for, right, if our flesh wants a little more cake it gets it, it seems like that about anything that our flesh wants to be more comfortable, lazy and full we make every effort to get it and fast. If you don't believe me try this, tell your flesh it is going to get up at 4:00 a.m. and pray 45 minutes and then run a mile in the morning! see how fast your flesh starts to buck and give you a hard time. Jesus said that "the spirit is willing but the flesh is weak" and you

just said "man sure seems strong to me". It's not but it is undisciplined, you see we can train our flesh to do and want anything we want to train it to do, it will crave what it is used to doing, take your favorite TV program if you have been watching it for a while, your flesh will crave that show and things like it, that's why pornography is so addictive it feeds that flesh and the flesh is never satisfied it always more and stronger, lust may start with just looking at the catalogs of women's lingerie then after a little while that is not enough and before you know it you will find yourself in places that you would never have dreamed you would go, why the flesh is never satisfied.

A Fasted Life

So what do we do? We train our flesh, you and I and every human being on earth can train our flesh to do anything by disciplining what we allow it to watch, to eat, to go. Live a fasted life, what is that you ask, well in the most basic sense, we simply tell it no, I mean after all you told it to breath smoke and like it 20, 30, 40 time a day or more.

So start to train your flesh in the anointing of God, when you sit down and eat make a quality decision that in the Name of Jesus, you will eat just enough to keep up the energy you need but that when you feel you could eat just a little more, don't, push the plate back, don't ever eat all you want, train your flesh that TV is not important to you right in the middle of your most favorite program, get up and turn it off, and spend time with your wife, and talk to her, instead of just at commercial time, and then after she gets up from the off the floor, turn the TV off and leave it off for a week, then a month and read the word of God, get wild and call the cable company and cancel all the programs except the most basic you can get. Make a decision to never let anything but the Word of God have dominance over you.

12 Rewards of Fasting

So Brother Alexander, if I do all this just what do I get out of it, you mean besides your wife and family actually enjoy seeing you come through the door at night? because you have been spending time with them and your faith has been built and the love of God is flowing out of you to them and you have a trim body and a clear mind.

Lets look at 12 of the rewards we can and should receive from fasting.

Isaiah 58:6-*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? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.*

The fast the Lord has chosen, must be one that He is pleased with therefore it must be a fast that involves faith, because without faith we can not please God, so this fast is blessed from the very start, Amen, what is the first reward?

1. *...to loose the bands of wickedness.* Now this word wickedness comes from the Hebrew word reh'-shah and it means "a wrong" to loose a wrong, now one of the Names of the Lord is **Jehovah-Tsidkenu**- The Lord our righteousness, or the God that makes things right, Glory to God! Has there been a wrong done in your life? have you ever been promised a promotion or a raise on your job and then were told there was not enough money in the budget now, but all the upper management got there's, or after it was known that you are a believer the job went to someone else, that was wrong, but thank God He is the God that makes things right Jehovah-Tsidkenu, and He will make it right for you, He is the God that repays, and He will repay back to you. What is wrong will be made right.
2. what else...*to undo the heavy burden...*a heavy weight, a pressing down, a yoke, look at

Isaiah 10:27 And it shall come to pass in that day, *that* his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.

One of the rewards of fasting is that weight, that pressing down where you feel you can not make it will be broke off of you and you can be free, regardless of what everyone around you is shouting in your ear.

3. *...to let the oppressed go free*, one of the tools of the devil uses is depression, Christians all over the world go a pill of some kind to get help from being depressed. The Hebrew word here for oppression is to crush, bruise, to discourage, now beloved all that pill is doing is masking the depression for a while to make you think things are better or that you can bear it for a while until you have to take another pill, but God says if you will push the plate back a little and fast and seek Him that one of the rewards is to be made free, what is in place of depression, the joy of the Lord, start speaking out the blessings of God on your life, "well brother I just can't think of any" well how about this if you are saved you are going to heaven and not hell, and the God of all creation calls you His family His very body. You have the ability given by the head of the Church to use your mouth and change every circumstance with His anointed word. So take a Gos-Pill of joy.
4. *...and that ye (say YE means Me) break every yoke...*this would mean whatever binds, in other words what you could not seem to get victory over and stop doing, now you can. Things like weight, if you are always trying a new diet to get that weight off and seem to always fail, here is a key or perhaps you are one that needs to put it on but are caught into a trap of seeing yourself as to fat and you only weigh 105 pounds, you can be free, what about pornography are you struggling with lust in this area? You don't want to, you have tried to stop, well now you can be free and that yoke can be destroyed by the power of the fast. What about anger that yoke can be broke, pride, any yoke any bondage you will receive an increased anointing to come out a winner.

5. verse 8 *Then shall thy light break forth as the morning...* You will see revelation knowledge abound in your heart, read II Peter 1:16-19 he said they were eye witnesses to the dead being raised, lepers being healed, Jesus turning the money changers tables over, on the Mt. with Moses and Elijah and Jesus, but

We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts:

Revelation will open up to you and upon this rock, the rock of revealed truth will I build my Church and the gates of hell will not prevail against it ! Psalm 18 28 **God will light your candle**, what is that you might be asking well look at this passage out of Proverbs Pro 20:27 *The spirit of man is the candle of the LORD, searching all the inward parts of the belly.* He will light your spirit the inward man. Glory....

6. *...and thine health shall spring forth speedily...* Praise God, get rid of those migraines, stop those sinus conditions, take your health from God and then take all that money you save by not having to go to the Doctor and sow some seed into the gospel.
7. *...and thy righteousness shall go before thee...* When I go out with my wife I open all the doors for her, the car door so she can get in easy, also when we pull up to say a restaurant I get out of the car and go ahead of her and get to the door first and open it for her to go through. I go before her to make the way easy and clear. So righteousness goes before us it shows up in my life as.....Favor (see Esther 4:15, 5:1-3 Proverbs 8:35)
8.the glory of the LORD shall be thy reward. the Darby Translation says it this way, the glory of Jehovah shall be thy **rearguard**. The anointing will be my rear guard, when someone is speaking bad about you or one might say backstabbing you, do worry God says I got your back, remember in the recent war with Iraq when the troops were heading into Bagdad that some of the opposing forces had planned to let the troops pass and then fall in behind them and cut off the supply line to them, but what happen instead of the troops turning around and going

back to fight them, another unit of soldiers came in and became the rear guard for the supply line and fought their battle so they could pass. Amen that's a rear guard that is what God did for the children of Israel (see Exodus 14:10-19) he became a cloud by day and a fire by night and through the enemy was right there, they could not touch God's people.

9.Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I *am*...You will receive swift answers to your prayers. Read Isaiah 65:21-24 especially that 24th verse it reads...***And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.*** Fresh bread does not just happen for you to go to the store and get, you think bread, then you must have grain then a harvester then a mill to process it, then an oven to bake it, then a bag to put it in and printing on that bag and a little tie to seal the bag and a man to get up early in the morning to get it to the store so it can be put on the shelf so you can come in and say "hey! Do you have any fresh bread" when was that need met? a long time before you ever ask.
10. Verse 10.... *then shall thy light rise in obscurity, and thy darkness be as the noonday.* as you minister to the others while on your fast of the items you did buy to eat or with the money you would have spent, what will happen? *then shall thy light rise in obscurity, and thy darkness be as the noonday,* the confusion leaves your mind clear and you can hear and receive from God, and one God idea will change your life forever.
11. Verse 11.....***And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones.***..you can have continual guidance and direction no more lean times but the fat of the land shall be yours.
12.***and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.*** Prosperity on every hand, every thing is producing. I had a person write me not too long ago and after reading my mission said that they just could not believe that prosperity teaching, it was not right, but what is really odd to me is that this person is the seed of Abraham and a Rabbi, and if you will look at what

God told Abraham when He met him to declare the covenant, the book of Galatians, says God preached the gospel to him.

Gal 3:8 And the scripture, foreseeing that God would justify the heathen through faith, preached before the gospel unto Abraham, saying, In thee shall all nations be blessed.

The gospel, the good news, Jesus came and preached to the poor, (Luke 4:18) well what would be good news to a poor man! that he doesn't have to be poor no more! So God told Abraham in Gen 17:2 *And I will make my covenant between me and thee, and will **multiply** thee exceedingly.* In other words "I will make you RICH Abraham. Glory to God!!

Twelve rewards of fasting, why wait start today and reap the things God has for you.