

(3-3-24)

FASTING AGAINST DEVILS!

TEXT: Matthew 17:18 And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour.

21 Howbeit this kind goeth not out but by prayer **and fasting**.

Ephesians 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Joel 2:12 Therefore also now, saith the LORD, turn ye even to me with all your heart, and **with fasting**, and **with weeping**, and with mourning:

Acts 10:30-31 (KJV): And Cornelius said, Four days ago I **was fasting until this hour**; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, **thy prayer is heard**, and thine alms are had in remembrance in the sight of God.

Acts 10:30-31 NIV: Cornelius answered: ;Three days ago I was in my house **praying** at this hour, at three in the afternoon...."

1 Corinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves **to fasting and prayer**; and come together again, that Satan tempt you not for your incontinency.

1 Corinthians 7:5 NIV: Do not deprive each other except perhaps by mutual consent and for a time, so that you may **devote yourselves to prayer**...

2 Corinthians 6:4 But in all things **approving ourselves** as the ministers of God, in much patience, in afflictions, in necessities, in distresses,

5 In stripes, in imprisonments, in tumults, in labours, in watchings, **in fastings**;

NIV: in beatings, imprisonments and riots; in hard work, sleepless nights and

hunger;

2 Corinthians 11:27 In weariness and painfulness, in watchings often, **in hunger and thirst, in fastings often**, in cold and nakedness.

"He also mentioneth we watchings and fastings, as voluntary acts of discipline, which he used for the end mentioned, 1Co 9:27, for the keeping under his body, and bringing it into subjection, and that he might the better attend and discharge the work of the ministry." (Poole)

NIV: 27 I have labored and toiled and have often gone without sleep; **I have known hunger and thirst and have often gone without food**; I have been cold and naked.

Mail (March 1, 2024):

Obesity now greater risk to...health than hunger for first time - with 1 BILLION too fat worldwide...

1 Corinthians 9:27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

1 Corinthians 6:12...I will not be brought under the power of any.

Psalm 35:11 False witnesses did rise up; they laid to my charge things that I knew not.

12 They rewarded me evil for good to the spoiling of my soul.

13 But as for me, when they were sick, my clothing was sackcloth: **I humbled my soul with fasting...**

Psalm 69:10 When I wept, and **chastened my soul with fasting...**

Leviticus 23:27 Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall **afflict your souls**, and offer an offering made by fire unto the LORD.

29 For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people.

2 Chronicles 20:3 And Jehoshaphat feared, and set himself to seek the LORD, and **proclaimed a fast** throughout all Judah.

2 Samuel 12:16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.

1 Kings 21:9 And she wrote in the letters, saying, **Proclaim a fast**, and set Naboth on high among the people:

10 And set two men, sons of Belial, before him, to bear witness against him, saying, Thou didst blaspheme God and the king. And then carry him out, and stone him, that he may die.

Fox News (Feb. 29, 2024):

"Fasting-like diet could slow the aging process, study suggests...The findings...published in Nature Communications on Feb. 20...Half of the group was randomly assigned to the FMD [Fasting Mimicking Diet], adhering to the diet for five days followed by 25 days of normal eating for three or four cycles...the FMD adopters' biological age was reduced by an average of 2.5 years based on the functioning of their cells and tissues, the researchers found...

'I think it is surprising that three cycles of the FMD done for only five days a month (15 days total) - which allow people to have modified/low calorie but regular meals and without changing the normal diet of the participants for the rest of the month - **can have such an effect on biological age**' [says] senior author...'

'If the cycles were continued for three cycles a year for 20 years...the FMD could reduce biological age by 11 years...'...."

=====

Psalms 103:5 Who satisfieth thy mouth with good things; so that **thy youth is renewed** like the eagle's.

Joshua 14:10 And now, behold, the LORD hath kept me alive, as he said, these forty and five years, even since the LORD spake this word unto Moses, while the children of Israel wandered in the wilderness: and now, lo, I am this day fourscore and five years old.

11 As yet **I am as strong this day as I was in the day that Moses sent me**: as my strength was then, even so is my strength now, for war, both to go out, and to come in.

Fox News (Dec. 6, 2023):

Fasting could reduce signs of Alzheimer's disease, studies suggest: 'Profound effects

[Researchers at University of California San Diego School of Medicine]

NeuroscienceNews.com (March 1, 2024):

Monitoring 12 healthy volunteers on a seven-day water-only fast, the study identified significant shifts in around 3,000 proteins across all major organs, with notable changes only becoming apparent **after three days of fasting**.

[Source: Queen Mary University London]

The study, published...in *Nature Metabolism*...the researchers observed the body switching energy sources – from glucose to fat stored in the body – within the first two or three days of fasting...

The volunteers lost an average of 5.7 kg of both fat mass and lean mass [12.5 pounds]. After three days of eating **after** fasting, the weight stayed off – the loss of lean was **almost completely reversed**, but the fat mass stayed off...

'Our findings have provided a basis for some age-old knowledge as to why fasting is used for certain conditions.'..."

Mail summary of this study:

"The new study in the UK revealed that prolonged fasting not only sheds unhealthy fat, it gives multiple organs, including the brain, a '**significant**' boost' ...the benefits only kick in after at least 72 hours without food..."

Research Square, Jan. 10, 2023:

"For more than a century, fasting regimens have improved health, lifespan, and tissue regeneration...Recent studies indicate that fasting interventions enhance

tissue regeneration or repair after injury through changes in adult stem cells...Fasting interventions also have noted inhibitory effects on tumour growth..."

=====

-Autophagy

Psalms 103:5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

Matthew 15:32 Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and **I will not send them away fasting**, lest they faint in the way.

Luke 2:37 And she was a widow of about fourscore and four years, which departed not from the temple, but **served God with fastings** and prayers night and day.

Matthew 6:5 And **when thou prayest**, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

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.

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**.

Matthew 9:14 Then came to him the disciples of John, saying, Why do we and the Pharisees **fast oft**, but thy disciples fast not?

15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but **the days will come**, when the bridegroom shall be taken from them, and **then shall they fast**.

[**Polycarp** (d. 155 AD)]:

Polycarp 7:2:

"Wherefore let us forsake the vain doing of the many and their false teachings, and turn unto the Word which was delivered unto us from the beginning, being sober unto prayer and **constant in fastings**, entreating the all-seeing God with supplications that He bring us not into temptation..."

D. M. Panton July 25, 1909:

"Fasting is a practice of the Gospel...The three most prolonged fasters in all history, Elijah, Moses and our Lord, were the three transfigured on the Mount...Christ tells us how to fast. It's times are optional: - 'When ye fast'...In temptation...in conflict with evil powers...in appointment of church officers...in dispatching missionaries...in peril...God's servants expect answers to a prayerful fast [Isa. 58:3]...He who flinches from being peculiar, will never be peculiarly Christ-like..."