

A Devotion given by Flora Chan at the Wednesday night prayer meeting on 10/18/2017

Fasting for God's Intervention

Second Samuel 12:15-17 “And the Lord afflicted the child that Uriah’s wife bore to David, and he became sick. David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground. And the elders of his house stood beside him, to raise him from the ground, but he would not, nor did he eat food with them.”



Here we see another reason to fast; David was petitioning or asking for God’s intervention on behalf of his sick child. We can fast when someone we love is sick, we can fast for revival for our church and for ourselves, we can fast for spiritual growth, we can fast to seek God’s will in an important decision, we can fast for someone’s salvation, we can fast for overcoming an addiction (like in Isaiah 56:3-7), we can fast during times of great loss or grief over a loved one dying, we can fast for any number of reasons that are personal. David fasted because he understood why the child had been afflicted. It was due to his sins of adultery and murder. When someone dies, we often lose our appetite. We had a dog that didn’t eat for 3 days because he lost his best friend, another dog. These two were so close that when his “buddy” died, the dog just lost her appetite. This is what frequently happens to us when we experience such a loss, like that of a child, a spouse or a close friend.

If you have not ever fasted, you are missing an opportunity to grow spiritually.

Learned of Fasting & Praying

- a. If you know me, love eating, and
- b. Not skipping a meal esp. at work has been very important. [I know many people will miss lunch at work if become too much work.](#) I don’t remember skipping lunch at all. Only one time I knew I was too busy to eat lunch, so I packed myself a sandwich and I ate it while typing away my document.
- c. Reminded of Fasting by BAPEC pastor and wife and Pastor Yot.
- d. People mention fasting and to be focused to praying, I do not have sugar level issue like some people. But I would argue that when I am hungry, I would only be too focused on my hunger, growling stomach, and defeats the purpose of fasting. Don’t think it is possible for me and did not consider
- e. But Pastor Lai Kwong Chuen preached Oct 8. Spoke to him, and what it means.
Skip one meal (lunch) – one day a week. He brings people uphill for the afternoon. But we can do it at home or work. Wen said she did it for 3 years usually at work. But too focused in work. Allowed to drink some liquid to keep sugar level.... FASTING for GOD’s intervention
- f. Want to try to fast, check with Tim to join in

Have you ever noticed how grumpy you get when you’re really hungry? I notice that I do. Tempers can flare and anger erupts so easily when someone is hungry. I have been there. God is telling us, through **Isaiah 58:3-7**, that this is not “the fast that [He] choose” because we “fast only to quarrel and to fight and to hit with a wicked fist.” This hitting with a wicked fist can be someone putting their fist through the wall or even hitting someone; quarreling can be arguing and displaying anger during conversations and these behaviors are exacerbated when

we are hungry, like during times of fasting. This type of fasting is certainly not acceptable to God.

Isaiah 58:3-7 “Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it? Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high. Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the Lord? “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him and not to hide yourself from your own flesh?”