

## **Fasting-where is God's emphasis, on the natural or the spiritual?**

The Greek word for fasting is "Nestis", according to Strong's it means "not eating". We all know what this means naturally, but God, who is Spirit, teaches us about spiritual eating and fasting, that is, the teachings our hearts or spirits feed on, by belief, or abstain from.

Jer 15:16 **Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart...**(Here the heart feeds on God's words, Christ, but)

Heb 13:9 **Do not be led astray by strange teachings (from Satan, the stranger). For it is good that the heart be established by grace (God's teachings) not with foods (teachings) which have not profited those occupied with them. (Here the heart is told to fast false teachings, such as: The inevitability of sin, eternal security, God is in control, and everyone has the Holy Spirit, since Satan is the author of these).**

But aren't we required to keep our bodies in subjection, yes, but see the only way we can:

1 Cor 9:24-27 **Run in such a way that you may obtain it (an eternal prize)... everyone who competes for the prize is temperate in all things...I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified (there is only one way to have control over our flesh:)**

Luke 9:23 (Jesus) **If anyone wants to come after Me, let them deny themselves (fast self, how? by this:) and take up their cross daily, and follow Me (meaning? This:)**

Rom 6:6 **Knowing this, that our old person was crucified with Christ, that our body of sin might be done away with, that we should no longer be slaves of sin.**

Col 2:20-23 **If you died with Christ from the basic principles of the world, why...do you subject yourselves to regulations... Don't touch, don't taste, don't handle ...according to the teachings of people. These things have an appearance of wisdom in self-imposed religion, false humility, and severity to the body, but are of no value against indulging (in the lusts) of the flesh (only dying to it does).**

Matt 11:18-19 (Jesus) **John came neither eating nor drinking, and they say, 'He has a demon.' The Son of Man came eating and drinking, and they say, 'Look, a glutton and a winebibber, a friend of tax collectors and sinners!' But (this human and Satan influenced) wisdom is justified by her (unspiritual) **children.****

See God's perspective on food fasting, versus fasting our self-life to preach His Kingdom

Isa 58:5-8 **Is this a fast that I want, for a person to afflict themselves in a show of humility, to bow their head like a reed, and spread out sackcloth and ashes?**

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? [Luke 4:18 (Jesus) The Spirit of the Lord is upon me because He has anointed Me to preach...deliverance to the captives...to set at liberty the oppressed... Isa 10:27 ...The yoke will be destroyed because of the anointing.]**

8 **Then your light will break out like the dawn, your healing will come speedily...**