

DETHRONING KING STOMACH

Luke 4:1-2

¹ Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into^[a] the wilderness, ² being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

We have decided to dethrone that dictator within namely King Stomach

King Stomach has had a negative influence on mankind from the very beginning.

Genesis 2: 8-9, 15-17, 2:6

⁸ The LORD God planted a garden eastward in Eden, and there He put the man whom He had formed. ⁹ And out of the ground the LORD God made every tree grow that is pleasant to the sight and good for food. The tree of life *was* also in the midst of the garden, and the tree of the knowledge of good and evil.

¹⁵ Then the LORD God took the man and put him in the garden of Eden to tend and keep it. ¹⁶ And the LORD God commanded the man, saying, "Of every tree of the garden you may freely eat; ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

⁶ but a mist went up from the earth and watered the whole face of the ground.

They literally ate themselves out of house and home

We still suffer the consequences of their appetites today:

We are often reminded about the immorality of Sodom, but that was not their only problem.

Ezekiel 16:49-50

⁴⁹ Look, this was the iniquity of your sister Sodom: She and her daughter had pride, fullness of food, and abundance of idleness; neither did she strengthen the hand of the poor and needy. ⁵⁰ And they were haughty and committed abomination before Me; therefore I took them away as I saw *fit*.^[a]

Another Biblical example is when one's stomach got the best of him is in

Genesis 25:34

³⁴ And Jacob gave Esau bread and stew of lentils; then he ate and drank, arose, and went his way. Thus Esau despised *his* birthright.

Esau sold his coveted birthright because of his allegiance to king stomach. God had a plan, a destiny, a will for Esau's life, but his lust for food and instant gratification was more important.

God knows there is never a convenient time to fast.

In our busy lives there is always an event that requires a meal

Let us look at 3 good reasons to fast at the beginning of the New Year.

First: you set the course for the rest of the year. Just like beginning your day with prayer you set the course for the rest of your day.

Secondly: Expect good things to happen throughout the year.

Mark 11:24

²⁴ Therefore I say to you, whatever things you ask when you pray, believe that you receive *them*, and you will have *them*.

Third: Matthew 6:33

³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

- 1st part of everyday
- 1st day of every week
- 1st portion of every dollar
- 1st consideration in every decision

When you seek Him first in the year, get ready for all these things to be added to your life throughout the year.

We need to agree with Job. "I have not departed from the commandment of His lips: I have treasured the words of His mouth more than my necessary food"

Job 23:12

What shall I fast? That is the question.

The answer is: If it doesn't mean anything to you it won't mean anything to Him.

This is not the time to go easy on ourselves. This is not the way of least resistance.

Question: How many miracles have I missed because my belly has remained full and my knees have remained unbent?!

Fasting is like Spring Cleaning for your body. If you have experienced headaches it is a sign you needed to fast. The headaches are the result of the impurities and poisons the body is burning for energy.

Fasting gives your body time to heal its self. It gives your digestive system a rest.

Fasting lowers your blood pressure and can lower your cholesterol. It is also proven that fasting sharpens your mental process and aids and improves your sight, hearing, taste, touch, smell and sensory faculties.

Fasting breaks the addiction to junk food. Fasting can break the power of an uncontrollable appetite. Some are bound by alcohol and drugs, but fasting can help break these addictions.

Fasting puts you in the mainstream of God's priorities.

What you put first will order the rest. The Lord will reward your diligence. This is proven in corporate fasting and in corporate praise.

When the Holy Spirit calls us to fast He is preparing us for what is ahead.

Health and healing will follow fasting.

Fasting is an excellent means of sanctifying yourself.

I Thessalonians 4:3-8

³ For this is the will of God, your sanctification: that you should abstain from sexual immorality; ⁴ that each of you should know how to possess his own vessel in sanctification and honor, ⁵ not in passion of lust, like the Gentiles who do not know God; ⁶ that no one should take advantage of and defraud his brother in this matter, because the Lord *is* the avenger of all such, as we also forewarned you and testified. ⁷ For God did not call us to uncleanness, but in holiness. ⁸ Therefore he who rejects *this* does not reject man, but God, who has also given^[a] us His Holy Spirit.

Fasting will bring us into alignment with God's Plan for our lives.

God is going to do wonders in our lives, leading us to places we have never been before.

Now is the time for us to fast, to seek God diligently, to sanctify ourselves, to discern God's priorities and to walk in His promises.

Some promised blessings of a fast

Isaiah 58:8-11

⁸ Then your light shall break forth like the morning,
Your healing shall spring forth speedily,
And your righteousness shall go before you;
The glory of the LORD shall be your rear guard.
⁹ Then you shall call, and the LORD will answer;
You shall cry, and He will say, 'Here I *am*.'

¹⁰ If you take away the yoke from your midst,
The pointing of the finger, and speaking wickedness,
¹⁰ If you extend your soul to the hungry
And satisfy the afflicted soul,
Then your light shall dawn in the darkness,
And your darkness shall *be* as the noonday.
¹¹ The LORD will guide you continually,
And satisfy your soul in drought,
And strengthen your bones;
You shall be like a watered garden,
And like a spring of water, whose waters do not fail.

Acts 13: 2, 3

² As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." ³ Then, having fasted and prayed, and laid hands on them, they sent *them* away.

All believers are to fast but no regulations or set rules are given as to how long or how often. That is determined by the individual's desires or need.

We must Discipline our Bodies

I Corinthians 9: 24-27

²⁴ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*. ²⁵ And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for an imperishable crown*. ²⁶ Therefore I run thus: not with uncertainty. Thus I

fight: not as *one who* beats the air. ²⁷ But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.

Romans 8: 12-13

¹² Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. ¹³ For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

Do We Eat to Live?

Or

Do We Live to Eat

There is more to life than eating and drinking

Romans 14:17

¹⁷ for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

(Chorus)

Drunkenness and gluttony are stated as being equally sinful. Proverbs 23:21
For the drunkard and the glutton shall come to poverty.

Fasting Brings Victory In Separate Times

Esther 4: 15-17

¹⁵ Then Esther told *them* to reply to Mordecai: ¹⁶ “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!”

¹⁷ So Mordecai went his way and did according to all that Esther commanded him.¹

Notice: v16 All the Jews

Acts 2:4 All with one accord

When it becomes a corporate effect things happen!