

Fasting



Introduction

- This presentation is made available as a public service due to its Biblical and historic value.
- The presenter should become thoroughly familiar with material before presentation. If time permits, schedule a follow-up period for questions and discussions.

Courtesy of Doug Gamble Silverdale, Washington.



Isaiah 58:6

- Is not this the fast that I choose,
saith the Lord
- To loose the bands of wickedness
- To undo the heavy burdens
- To let the oppressed go free




Deuteronomy 9

- Vs 9 – Moses fasted 40 days
- Vs 11 – At the end of the fast God gave Moses the 10 Commandments



II Chronicles 20:1-4

 King Jehosaphat called for a time of national prayer and fasting for God's protection against enemy invasion.



Draws You Closer To God

 Joel 2:12

 Return to me with all your heart, with
fasting



Daniel 9:2-3,21-22

- Seeking him by prayers and supplications and fasting...
- Gabriel...said to me, O Daniel, I have now come to give thee wisdom and understanding.




Fasting Is Humbling

 Psalm 69:10



Ezra 8:21,23, 31

 I proclaimed a fast....that we might humble ourselves before our God, to seek from him a straight way for ourselves and for our children.
(Heritage Class)



To Change God's Mind

- The people of Nineveh believed God; they proclaimed a fast
- When God saw what they did
- God repented of the evil which he said he would do to them.



Fasting and Blessings

■ Luke 2:34-37

■ Anna was a faithful godly woman

■ She fasted

■ God allowed her to see the baby Jesus.



Jesus Fasted

 Matthew 4:2

 Jesus fasted 40 days.



“When You Fast”

■ Matthew 6:16

■ Did Jesus expect his followers to fast?

■ He told them: “when ye fast”
(not if ye fast)



Matthew 9:15

- When the bridegroom is taken away from them, then shall they fast.
- Christ is the bridegroom who was taken to heaven by God.
- The church is the bride, waiting for the coming of the bridegroom.
- Jesus said his bride would be fasting after he was taken away.



Acts 13:2-3

- This is after Christ's ascension. After the Bridegroom was taken away.
- They ministered and fasted.
- Revelation 22:17, 20
- The Spirit and the Bride says come.



Acts 14:23

■ Before important work of the church, ordaining and sending out servants, they fasted.



Not For Show

- Fasting is not to show how spiritual you are or to impress others.
- Matthew 6:16-18
- Jesus said: “when ye fast (not, if you fast)
- Don’t do it “to be seen”



Surfeit of Food

■ Ezekiel 16:49

■ This was the guilt of your sister Sodom...pride, surfeit (*overindulgence*) of food, and prosperous ease.

■ Fasting is the opposite of surfeiting.

■ Feeding the spirit instead of the flesh



The Fast God Chose

- Moses fasted
- The Prophets fasted
- Christ fasted
- Paul fasted
- The early churches fasted
- Can fasts do anything for our generation?



Violence, Anger, Hatred

- December 7th, 1941
- 357 Japanese planes, led by Mitsuo Fuchida attacked Pearl Harbor.
- America declared war on Japanese.
- A young man from Oregon named Jacob DeShazzer was very angry. He enlisted in the Army to go after the Japanese.



Anger, Hatred, Revenge

- Jacob volunteered to be part of a secret plan to bomb Tokyo and surrounding cities. His plane was to bomb Nagoya.



Bomb and Get to China

- It was a dangerous mission. The bombers could be launched from the U.S.S. Hornet, but could not return to land on the carrier after the bombing raid.
- The goal was to try to make it to a friendly airfield in China.





On "Hornet" Awaiting Orders to Take Off

General Quinlan with Captain Wheeler and pilots ready for roll to "Man Your Places."



Jacob Becomes a POW

- Jacob had to bail out of his plane.
- He landed in a Chinese cemetery, breaking several ribs in the fall.
- He was captured by Japanese soldiers, led away blindfolded.



Hatred for the Enemy

- He was starved and tortured.
- The leader said: tomorrow I will have the pleasure of chopping off your head.



The Hatred Builds

- For 18 days he was beaten.
- He had a very deep hatred for the Japanese. First because they attacked his country. Then because of the inhumane treatment he received.



The Hatred Builds

- He spent 3 years in solitary confinement.
- The temperature went from freezing to roasting.
- The stench was unbearable.
- He was scheduled for execution three different times.



Jacob Has Little Hope Left

- Jacob had been raised in a Christian home, but had little interest. He took the Bible for granted and was not a born-again Christian.



Jacob Has Little Hope Left

- In prison he was lonely, suffering in many ways, and had little hope. Life seemed worthless.
- The Japanese told him they had taken over San Francisco and were winning the war.



English Reading Material at Last

- The truth was that the 'higher ups' in Japan knew the war was lost and that Americans were on their way.



English Reading Material at Last

- Word went down to treat the prisoners better.
- At Jacob's camp, they were given English books for the first time. Jacob was given a Bible to read for three months, then he would have to give it to someone else to read.



The Bible Finally Has Meaning

■ DeShazer read and reread Romans 10:9

■ “If thou shalt confess with thy mouth the Lord Jesus and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.”



Jacob DeShazer Got Saved

- Jacob prayed. He admitted that he was a sinner. He asked God to forgive him and to come into his heart. He became a born again Christian.
- No soul-winner, no personal witness, no counselor, no altar worker. Just read the Bible and got saved.



Jacob Made A Vow to God

- After getting saved, Jacob made a vow to God.
- He vowed to never drink or smoke again.



Free and Going Back Home

- American paratroopers came in and took over the POW camp.
- The POWs were freed and returned home.
- Back home, Jacob went to church in Oregon.



God Called Him to Serve

- 8/29/1946 he married Florence Matheny.
- God called Jacob and his wife to the mission field
- (Guess what country)
- What are some problems with this?




Another 40 Day Fast

- Jacob went on a 40 day fast and prayed for God to do a work in Japan.
- Jacob had hundreds of thousands of tracts printed and distributed.
- One man who read the tract and got saved was Mitsuo Fuchida, the man who led the attack on Pearl Harbor.
- He accepted Christ on April 14, 1950.



A Miracle of God

 Mitsuo wanted to meet the man who wrote the tract. He went to Jacob's house and knocked on the door.



A Miracle of God

- Here were the former enemies. One who was hated for bombing Pearl Harbor. The other was hated for bombing Tokyo and Nagoya.
- Matsuo accepted Jacob's encouragement to be scripturally baptized.





DeShazer and Fuchida together in Christ

More Miracles From God

- Fuchica surrendered his life to be an evangelist.
- A month later Jacob and Mitsuo conducted a revival meeting.
- Approximately 500 people walked the aisle, came to the altar and prayed for Christ to save them.



More Miracles of God

- De Shazer went to the city that he had bombed –Nagoya.
- At the revival meeting in Nagoya, 700 Japanese accepted Christ as Lord and Savior.





DeShazer Shakes Hands with Former Guard

Only By Prayer and Fasting

- Matthew 17:21
- This kind goeth not out but by prayer and fasting.
- The toughest problems you can imagine can only be resolved through prayer and fasting.
- How else can you explain Jacob DeShazer and Mitsuo Fuchida?



Remembering Those Who Served

- The surviving Doolittle Raiders meet each year for a reunion. Eighty individually engraved silver goblets line the table.
- For each raider still living, the goblet is filled and a toast is made to those who have died.
- DeShazer always toasted with water.



Jacob DeShazer Remembered

Died

- 15 March 2008 (aged 95)
Salem, Oregon
- Nominated for the Presidential Medal of Freedom (Selections in 7/2008)
- Much greater recognition in heaven.
- 11 of the 80 Doolittle Raiders are still living.



Why Little or No Fasting Today?

- Concern for health
- Mahatma Gandhi
- Doctors were concerned about Gandhi's many fasts (17 up to 3 wks)
- Monitored him throughout fasts
- Conclusion, you have the age of 73, but the health of a 40 year old
- Assassinated age 78



Benefits of Fasting

■ Spiritual Benefits


- Drawing close to God
- Exercise Control over the flesh

■ Physical Benefits

- Remove poisons from body
- May eliminate tumors
- Builds up immune system
- Preparation for diet, weight loss



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?”



Mark 9:29

“And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

