

FASTING

2025

We should give as much importance to fasting
as we do to giving and praying.



New Arising

- Start date:
12th of January
Time: 6:00 PM
- End date:
1st of February
Time: 6:00 PM



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Jesus is our role model. Are we imitating His example? Are we trying to be more like Him every day?

... but when you give to someone in need, don't let your left hand know what your right hand is doing.

...when you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get.

...But when you fast, comb your hair and wash your face
Matthew 6:3,5,17 NLT

We should give as much importance to fasting as we do to giving and praying.

We live waiting for the blessings of the Lord, but we have not understood that all His promises are conditional on obedience. Jesus promised to reward those who practice these things.

Give your gifts in private, and your Father, who sees everything, will reward you..

But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Matthew 6:4,6,18 NLT

Fasting is depriving ourselves of a natural need in order to receive the supernatural. It is taking control of ourselves by deciding to give priority to spiritual things over carnal things. We must decide what we are going to allow to govern us: our desires or God's.

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

Galatians 5:16-17 NIV



We will only live victorious lives when we learn to do what the Spirit wants above what our nature wants, and refuse to do what we want, giving priority to what He wants. Fasting is one of the three disciplines that helps us to achieve this goal: doing what the Spirit wants. That was true in the life of Jesus.

Can you identify something in your life where you currently prefer to satisfy your desires, knowing that it goes against what the Spirit desires for you? What is it?:

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry.

Matthew 4:1-2 NLT

Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region.

Luke 4:14 NLT

After passing the test of fasting, Jesus was filled with the power of the Holy Spirit and was able to carry out the will of the Heavenly Father here on earth. Food plays a very important role in God's plan. The first temptation through which Satan seduced humanity was related to food.

But the Lord God warned him, "You may freely eat the fruit of every tree in the garden— except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die."

Genesis 2:16-17 NLT

We all know the story of Sodom; it was destroyed because not a single righteous person was found in it. What were their sins?

Sodom's sins were pride, gluttony, and laziness, while the poor and needy suffered outside her door.

Ezekiel 16:49 NLT

We see that they were not humble; that is, they did not recognize their dependence on God, they did not pray, and they were gluttons (they did not fast). This was a town that did not give to others, which is why there were poor and needy. By choosing food, many children of God are giving up their inheritance.

Make sure that no one is immoral or godless like Esau, who traded his birthright as the firstborn son for a single meal.

Hebrews 12:16 NLT

(Also mentioned in Genesis 25)

We are letting our spirit 'starve' because we are feeding our flesh and that is why we live in defeat. We need to feed our spirit and for that we have to weaken our flesh. When we give, pray, and fast at the beginning of the year as a congregation, the principle found in Matthew 6:31-33 comes to life in us.

So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'

*Seek the Kingdom of God above all else, and live righteously,
and he will give you everything you need.*

Matthew 6:31,33 NLT

This year, we must decide who is going to come first in our lives - who is going to be our god. We have the opportunity to choose whether our priority is ourselves and our desires (the flesh) or if it will be Him and His desires (His Kingdom). There are many examples in the Bible of what happens when we decide to give God priority.

*That is why the Lord says, "Turn to me now, while there is time.
Give me your hearts. Come with fasting, weeping, and mourning."*

*Blow the ram's horn in Jerusalem!
Announce a time of fasting; call the people together for a solemn meeting.*

Joel 2:12,15 NLT

The results of turning to the Lord with fasting is:

Provision

Then the Lord will pity his people and jealously guard the honor of his land.

The Lord will reply, "Look! I am sending you grain and new wine and olive oil, enough to satisfy your needs. You will no longer be an object of mockery among the surrounding nations.

Joel 2:18-19 NLT

Victory over enemies

"I will drive away these armies from the north. I will send them into the parched wastelands. Those in the front will be driven into the Dead Sea, and those at the rear into the Mediterranean. The stench of their rotting bodies will rise over the land." Surely the Lord has done great things!

Joel 2:20 NLT

Restitution

The Lord says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you."

Joel 2:25 NLT



Anointing (power)

»Then, after doing all those things, I will pour out my Spirit upon all people. Your sons and daughters will prophesy. Your old men will dream dreams, and your young men will see visions.

Joel 2:28 NLT

Health

»Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind.

Isaiah 58:8 NLT

That is the power that exists when people turn to seek God with all their hearts.

When our relationship with God loses its freshness, we become religious. Coming to service, praying, or participating in any activity as a church becomes routine, tedious, or meaningless because we have become desensitized to the Spirit. By not having a relationship with Him, we are no longer sensitive to what He wants. We can be next to someone in great need and not even realize it - or care. Therefore, we lose the purpose.

The discipline of fasting is meant to humble ourselves, to remind us of our dependence on Him, and thus return our hearts to Him, so that He may be our first love.

How to fast?

Hunger for God, and He will break the natural rules to satisfy us.

God blesses those who hunger and thirst for justice, for they will be satisfied.

Matthew 5:6 NLT

Let's not fast, focusing only on our needs, as this is selfishness. When we fast, we must think of others and their needs.

No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.

Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors! Feed the hungry, and help those in trouble...

Isaiah 58:6-7,9-10 NLT



With the right motivation:
What is your reason for fasting?

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- To lose weight? To detoxify? To bend the hand of God to do what you want or “need”?
- We must fast with specific needs in mind - three things I want God to do in my life, family, or ministry which are aligned with His purpose (willpower).

Name three things you want during this fast that you know are aligned with the will of the Father:

1. _____
2. _____
3. _____

Are you determined to minister to God while fasting? That is, to serve and please God, rather than pleasing and serving yourself. Do not fast lightly. If your heart is not involved in fasting, it will do you no good; you will end up the same as when you started.

*Say to all your people and your priests,
'During these seventy years of exile, when you fasted and mourned in the summer and in early autumn, was it really for me that you were fasting?'*
Zechariah 7:5 NLT

We fast for Him, not for ourselves. Let us remember that it is about dying to what we want and to our own desires in order to know God's desires and be able to carry them out.

Types of fasting

1. Esther's three-day fast.

This was a fast called in response to a serious problem affecting an entire nation. It was an urgent situation, since the lives of the entire nation were in danger.

“Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same...”
Esther 4:16 NLT



22. The 21-day Daniel Fast

In this fast, we abstain from eating meats, breads, pastas, sweets, sugars, coffee, etc. - from things that are delicacies for you and that delight your palate, which are then replaced, for example, by fruits, vegetables, and water. This type of fast is meant to receive understanding of God's vision for each individual.

Examples:

- God sees your family saved, but it is not enough to sit and wait; you need to understand what your part is and what is yours to do.
- God sees you as prosperous and successful in everything you undertake, but what is your responsibility in making this happen?
 - God sees your home restored, but what should you do to see it too?

When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.

Daniel 10:2-3 NLT

3. Fasting for one day

This is the fast of self-evaluation, where we ask forgiveness for the things that we are not doing correctly but are also ignoring. It is so that God himself reveals to us where we are failing.

The tenth day of this seventh month is the Day of Atonement. Hold a sacred assembly and deny yourselves, and present a food offering to the Lord.

Leviticus 23:27 NIV

4. Fasting before a battle

We should never go into any battle without having spent time with God in fasting.

Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord.

Judges 20:26 NIV



5. To reverse a judgment from God on a person

We can intercede by fasting for someone so that they can be free and accept the love and mercy of God.

When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly. Then the word of the Lord came to Elijah the Tishbite: "Have you noticed how Ahab has humbled himself before me? Because he has humbled himself, I will not bring this disaster in his day, but I will bring it on his house in the days of his son.

1 Kings 21:27-29 NIV

6. Fasting for healing

Fasting gives entry to the healing power of God.

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

Isaiah 58:8 NIV

7. The forty-day fast

The fast of Moses in the desert during the Exodus, or that of Jesus at the beginning of His ministry, demonstrates the power of fasting. We fast and regain dominion and authority, breaking even the strongest curses and bindings - not only on ourselves but on future generations.

Other promises for those who fast correctly

"Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. Then when you call, the Lord will answer. 'Yes, I am here,' he will quickly reply...

The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. Some of you will rebuild the deserted ruins of your cities. Then you will be known as a rebuilders of walls and a restorer of homes.

Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken!

Isaiah 58:8-9,11-12,14 NLT



How to start a fast?

For a fast to be effective, we must contemplate several things beforehand:

- Keep in mind that fasting is not a competition. It's not about who lasts longer or who is stronger. Fasting is personal, it is intimate, and it is between God and you. For some people, letting go of certain things is easier than for others.
- The type of fasting we choose to do and the time during which we are going to do it (in this specific case, we propose fasting for 21 days)
- What are we going to fast? It is not about deciding what we are going to eat each day based on hunger, weakness, dizziness, or cravings. Let's decide before we begin what we are going to abstain from for three weeks, which will allow us to exercise spiritual authority over our flesh.
- What do we hope to receive from the Lord at the end of the fast? It is important to seek God with all your heart, hoping to receive what we long for from Him. He is pleased that we believe in Him and ask Him in faith.
- Surround ourselves with people who help us reach the goal. Fasting with others helps us sustain ourselves and motivates us to keep going.
- Prepare the environment: try to have water at all times, play worship music, find a secluded place to be intimate with God when the temptation to eat is very strong, etc.
- Remain. Let our purpose be to remain until the end and if at any moment of weakness we fall, let's not give up. Let's start over and continue. Let's get the victory!

**I encourage you to live this year in victory.
Victory begins by being trained to govern ourselves.**

Better to be patient than powerful; better to have self-control than to conquer a city.
Proverbs 16:32 NLT

I declare all the blessings of fasting upon each of you, your families and descendants.

Ivan Mendez

