

## **Fasting and Feasting, Seeking and Finding**

### **So much about fasting!**

In our walk with God, we experience different seasons: 2 common types are Seeking seasons and Finding seasons.

Seeking is a transitional season, like fall. The “leaves” fall off in preparation for the new growth of spring (Finding)- with a winter in between.

In a seeking season, we sow many seeds in hope and faith. A Finding season, however, is a harvest of new insight and understanding, new growth, and answers to long-standing prayers.

Seeking is like being in a dry desert mentally, emotionally, and spiritually. Finding, then, is like a cool stream from God to our weary souls.

How do we get through the difficulty to the blessing? Different spiritual seasons call for different spiritual disciplines.

**Matthew 9:14** <sup>14</sup> Then the disciples of John \*came to Him, asking, “Why do we and the Pharisees fast, but Your disciples do not fast?”

### **Why do we sacrifice on a level your disciples do not?**

Neither Jesus nor His disciples were against fasting, but fasting is reserved for SEEKING seasons in our spiritual walk.

### **Jehosophat, Ezra, Daniel**

Jesus’ disciples were not in a seeking season as John’s were, but a FINDING season, and so there was no call for fasting.

**Matthew 9:15** <sup>15</sup> And Jesus said to them, “The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast.

**John 9:4** <sup>4</sup> We must work the works of Him who sent Me as long as it is day; night is coming when no one can work.

When the bridegroom is taken away, a new season of the soul begins for us as disciples. We mourn, we fast, and works cease for a time.

These seasons do not last forever, but something else always follow after: We find the bridegroom again, we rejoice, and we work again with renewed fruitfulness.

**John 16:7** <sup>7</sup> But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you.

**John 14:12** <sup>12</sup> Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also; and greater *works* than these he will do; because I go to the Father.

Embrace the fasting/seeking season and it will lead to a feasting season! If we become passive (“this too shall pass) or pretend (“everything is great!”), disaster results- our actions MUST be a true reflection of what’s happening inside.

### **Jesus goes on to say...**

**Matthew 9:16-17** <sup>16</sup> But no one puts a patch of unshrunk cloth on an old garment; for the patch pulls away from the garment, and a worse tear results.

Translation: No one can patch the torn places in the “old man” with works. The disciplines fail them, and the “old man” is not improved- he is made worse by the attempt. The deeds of the new life cannot replace a changed heart!

This is the fallacy of ALL RELIGION: it cannot do in a lifetime what faith in Christ can do in an instant!

Be real about where you are spiritually: when it's time for a fast, don't skip it, or we will ruin our own spiritual progress.

If you have the bridegroom with you, feast and rejoice!

<sup>17</sup> Nor do *people* put new wine into old wineskins; otherwise the wineskins burst, and the wine pours out and the wineskins are ruined; but they put new wine into fresh wineskins, and both are preserved."

Translation: God will not put the Holy Spirit into man without regenerating Him (making Him new.)

**Samson**

The "old man" cannot possess the precious Holy Spirit. It would ruin him as the two natures rage against one another.

But God, in His wisdom, puts the Holy Spirit into new men, made new by faith in Christ, and both are preserved.

**2 Corinthians 5:17** <sup>17</sup> Therefore if anyone is in Christ, *he is* a new creature; the old things passed away; behold, new things have come.

What kind of season are you in? Are you finding much of God, having many answers to prayer and revelation of Jesus? If you are, praise God!

If you are in a dry or a dark place, how are you handling it? Are you distracting yourself? Are you passive or pretending?

Be real with God! Settle into the mourning, the fasting and the seeking; In God's time, you will see the light of life!