

## **Prepare the Horses...**

How fasting can prepare you for life's battles, challenges and new opportunities.

### **Pro 21:31**

We are often reactionary, not taking preventive measures in preparation for upcoming obstacles or opportunities.

- Slow down after seeing the Police
- Taking vitamin C after you already got the flu
- Locking the barn door after the horses have fled

Aristotle - "well begun is half done"

The Lord calls for and even practiced a prayerful start of the day,

(Morning Prayer)

#### **Ps 5:3**

My voice You shall hear in the morning O Lord

In the morning I will direct it to You, and I will look up

(Jesus modeled morning preparedness)

#### **Mk 1:35**

Now in the morning, having risen long before daylight, He went out to  
A solitary place; and there He prayed

Prepare your day with the 3 P's:

PRAYER > PRAISE > PRECEPTS

"Prayers of preparation are for effective  
than prayers of desperation." - Pastor Ralph Guerra

Fasting – is a powerful preventive measure and act of readiness

Fast – to abstain from food

Or certain foods or drinks – for religious or spiritual purposes

Consider the fasting of Daniel, Shadrach, Meshach, Abed-Nego)

#### **Dan 1:5-12**

#### **Dan 1:18-20**

More preparation

**Dan 10:2-3** (21 days of fasting)

THEN v.5 – an angel appears

(**Dan 10:13** - the prince of Persia delayed the messenger 21 days)

After 21 days of fasting Daniel is visited by the angel Gabriel  
& receives the prophecies that fills 3 chapters, 11-13.

Daniel appears to have fasted often...

(Possibly preparing him for much in the Spirit)

- Interpreting the writing on the wall – Ch 5
- Interpreting dreams – Ch 2,
- Prophecies – Ch 7, 9, 10-12
- The Lion's den – Ch 6

Significant things are associated with fasting

- Ezra proclaims a fast for protection – Ezra 8
- Esther calls for a fast before she meets w/ the king – Esther 4
- Jesus calls for fasting & prayer  
(Mt 17:21)

Fasting isn't a secret formula or incantation

It is an alignment with God and/or His will  
"Fasting is not acquiring but aligning"

John the Baptist

**Lk 3:2**

"The word of the Lord came to John (son of Zacharias)  
in the wilderness"

he's eating lean – locust & local honey – no rich foods

this may be why he can recognize the Messiah, the Lamb of God

**Jn 1:29**

Here's something to consider

The Prodigal Son (Lk 15)

prodigal = wastefully extravagant

KJV = "riotous living"

**Lk 15:14** - when he spent all...there was severe famine in the land...

**v. 17** – “...he came to himself”

(when he was emptied - he heard - came to his senses...)

People demand some magnificent sign – burning bush – a bright light  
But often He’s in the still quiet...

**1 Kgs 19:11-13**

**Ps 46:10**

**Mt 17:14-21**

(the boy’s father nor the disciples mention demonic possession  
they were treating the symptom - his epilepsy  
not the cause - the demon

The disciples were praying for the wrong thing  
we often pray for the wrong thing

**Jms 4:3**

Jesus fasted for 40 days

Preparing for the ministry at hand. His ministry didn’t start until after His 40 day fast

Why do you fast?

Is it for you or for Him?

**Zech 7:5**

the fast is not to acquire but to align

Why a corporate fast

Because there is power in agreement & unity

**Mt 18:19** – when 2 on earth agree

**Mt 18:20** – when 2 or 3 gather – I am in their midst

**Acts 2:1** – in one accord...

**v. 4** – they were all filled

No COMMUNITY w/o UNITY

Daniel Fast

**Dan 1:12** – vegetables & water

**Dan 10:3** – no pleasant food, no meat, no wine

Protein:

Beans, lentils, nuts, seeds (sunflower, chia, pumpkin)

Spinach, kale, broccoli

Whole grains: Quinoa, brown rice, oats

Whole grain past w/o leaven

Vegetables, fruit, unleavened bread (no yeast)

NO:

Meat, sweets, caffeine, eggs or dairy, leavened bread

Cooking:

Use Olive and avocado oil

Focus less on the what

& more on the why (**Zech 7:5**)

To align with Him – Not to acquire my whims

In Closing:

**Hab 2:3**

For the vision is yet for an appointed time

But at the end it will speak, and it will not die

Though it tarries, wait for it

Because it will surely come

It will not tarry

Something is brewing in the Spirit

& in the world – will you be ready???

**Pro 21:31**

“Prepare the horses for battle...”