Volume 09, Issue 34: Seeking God Through Fasting (Part IV)

Thwart the enemy's attack

Some of the fasting failures we have had are as a result of falling prey to the enemy's attack on our fasts and we didn't even know it. Now that we are aware that the enemy may attempt to distract us from our fasts by tossing darts at us, we need to learn how to thwart the enemy's attack against our fasts. Here is what Jamie had to say;

As you move through your fast, it is possible - indeed, likely - that you will notice spiritual warfare against your fast. The devil loves to send darts against anyone who is seeking God.

The good news is that we don't have to give in to any of the evil darts the enemy sends against us. Satan and his minions are defeated foes, for Jesus Christ defeated them all with His life, death and resurrection. All we have to do is stay hidden in Jesus and wear the armor of God, and we will defeat the devil every time.

Examples of enemy darts you may see launched against you during your fast include;

- Abnormal, crazy, even ludicrous demand on your time from outside sources (sometimes in ways that appear fun like parties or dinners).
- People around you becoming grumpy towards you for no apparent reason
- Temptation to violate your fast everywhere you turn (free snacks at your office, lunch or dinner invitations, more food commercials on TV than you have ever seen in your life, etc)

These types of things can often be the devil's attempt to rob you of your prayer/Bible study time; to get your mind off Jesus and get you responding/talking out of your flesh; or even trying to divert you from your fast completely.

When these things happen, what can we do? Jamie recommends that we anticipate these things and proactively thwart each dart before it gets to us. Here's how?

1. Purposefully clear your schedule of as many things as you can

The enemy would love to distract you with busyness to rob you of your prayer/Bible study time as you fast. Counteract this by putting your time alone with the Lord on your calendar. Do what it takes to safeguard your time with the Lord. Honour the Lord and honour your fast. This is a precious time!

2. Use hunger as a reminder to pray

When you feel hungry, stop and pray for awhile. Pray to draw closer to Jesus. Ask God to accept your hunger as an offering to Him, a sweet fragrance in His nostrils. Ask Him to take your hunger for food away, and give you a hunger for Jesus instead. Pray for grace to fast, and pray through your prayer list. When you use hunger and cravings as a reminder to pray, the enemy often quits tempting you with hunger. But even if he doesn't, you can thwart those darts by simply turning them around and using them as prayer reminders.

3. Help keep your emotions in check by thanking God often and giving generously

Hunger sometimes plays on our emotions. If you get hungry, it can be easy to get grumpy too. That's exactly what the enemy wants: he wants you to take your mind off Jesus so he can ravage your life. To counteract these darts of the enemy, be aggressive about blessing God during your fast. Focus on your many blessings and thank God for them all. Help somebody every day during your fast. Offer up both your thanksgiving and your generous acts of service to others as a love offering to God. This beats the enemy at his own game, and it is part of what makes fasting acceptable to the Lord. Above all else, remember fasting is about seeking God and aligning our hearts with His.

Psalms 91 says that if we dwell in the "secret place" of God's presence, we will be safely hidden under his shadow. No evil can befall us there, and nothing evil can even approach our house.

So, let's remember to seek Him first and foremost during our fasts, and we will be completely protected. Next, we will finalize with how to break our fasts successfully.

For His Glory,

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