

"Touching Heaven Prayer Series"

Part 8 – "Breakfast of Champions"

Sunday, February 5th, 2012 – Eastgate Community Church

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Intro:

Today, we will continue our sermon series entitled, "Touching Heaven" that follows our 40 day fast. Corporately we are Giving, Fasting and Praying during these 40 days!

We'll look today at how to break your fast. When breaking a season of fasting, there are two aspects of break that fast. 1 – the natural and 2 – the supernatural, or spiritual aspects. Natural and Spiritual aspects of breaking a fast. That's what we'll be talking about today. In four days from today, we as a body at Eastgate Community Church will have fasted for 40 days. It's now about time to break the fast. Are you ready?

Even the word breakfast comes from breaking our fast of not eating through the night and now eating in the morning. We break our fast; we have breakfast. So today, we'll look at having Breakfast with Jesus! Breaking our fast as to how it relates to our relationship with Christ.

Remember, fasting is relational. It's not just about you and what you're doing and what you're giving up; it's about you and Christ and your relationship together. When you fast and pray and give, it's a two way relational thing going on. Fasting and praying, talking to God, Him talking to you, a two way street. So now, you can break the fast with Him too! When I break my fasts, I usually always break them with communion first of all, then I go from there. No matter what it is I've given up, I like to start the fast with communion and end it with communion.

For me, this fast has been different. I started it out by eating only soup and drinking water. The Holy Spirit prompted me to "up" it a bit, so I did; to one small bowl of soup and water/juice a day on day 21; and now we're about done. I'm currently ending it in the last 10 days with fasting completely; only drinking water and juice. It's been a progressive fast of obedience to the Father. I, along with yourself, have probably noticed a great deal of difference in how you are able to "hear" from God during this fast. It's always amazing to me the clarity of mind, heart and soul that one has after fasting.

CAUTION: Remember, as I preach this message and if you are reading it before the fast is over – don't give up now! Remember, we can't stop too early. Even Jesus was tempted by the devil to break His fast before the appointed time; when He was in the desert. Hang in there. A few short days and you'll be done with this aspect.

NOTICE: I've always known in my heart that there are always three times to be alert in the Spirit when fasting.

- A – before the fast.
- B – during the fast.
- C – after the fast.

We've got to be aware of what's happening in the natural and supernatural during each of these times surrounding a period of fasting and praying. You go into it with wisdom from God, you deal with it with wisdom and from God, and you end it with wisdom from God.

Let's look at Jesus, after fasting for 40 days in the desert, with no food, water or juice, nothing; and what happened with Him.

Matthew Chapter 4

The Temptation of Jesus

1Then Jesus was led by the Spirit into the desert to be tempted by the devil.

2After fasting forty days and forty nights, he was hungry.

#1: HE WAS HUNGRY

3The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

4Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'^a"

5Then the devil took him to the holy city and had him stand on the highest point of the temple. **6**"If you are the Son of God," he said, "throw yourself down. For it is written:

"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone.'^b"

7Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'^c"

8Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. **9**"All this I will give you," he said, "if you will bow down and worship me."

#2: HE WAS TEMPTED

10Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'^d"

11Then the devil left him, and angels came and attended him.

#3: HE WAS FED UP

#4: HE WAS MINISTERED TO

Jesus Begins to Preach

[12](#)When Jesus heard that John had been put in prison, he returned to Galilee. [13](#)Leaving Nazareth, he went and lived in Capernaum, which was by the lake in the area of Zebulun and Naphtali— [14](#)to fulfill what was said through the prophet Isaiah:

[15](#)“Land of Zebulun and land of Naphtali,
the way to the sea, along the Jordan,
Galilee of the Gentiles—
[16](#)the people living in darkness
have seen a great light;
on those living in the land of the shadow of death
a light has dawned.”^e

[17](#)From that time on Jesus began to preach, “Repent, for the kingdom of heaven is near.”

The Calling of the First Disciples

[18](#)As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. [19](#)“Come, follow me,” Jesus said, “and I will make you fishers of men.” [20](#)At once they left their nets and followed him.

[21](#)Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, [22](#)and immediately they left the boat and their father and followed him.

Jesus Heals the Sick

[23](#)Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. [24](#)News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them. [25](#)Large crowds from Galilee, the Decapolis,^f Jerusalem, Judea and the region across the Jordan followed him.

#5: HE WAS ABOUT HIS FATHER’S BUSINESS

- a. Preached Repentance vs. 17
- b. Made Disciples vs. 19
- c. Healed the sick vs. 23-25

Wow... what a beautiful lesson to learn from the life of Jesus when He broke His fast. Now, let's look at the some of the practical things we can do when we break ours; when we have Breakfast with Jesus.

The Five D's of Having Breakfast with Jesus (breaking your fast)

...Dodge, Duck, Dip, Dive and Dodge!

#1: Dodge. Dodge from the attacks of the enemy and the flesh. He'll come to rob, kill and destroy. You can dodge him supernaturally for now you have greater strength and a greater awareness of what's happening around you in the natural and supernatural.

A. Protect your Mind.

Now that this season is over; you've got to protect your mind, for your thoughts will lead you down the next road. Remember that the devils job is to rob, kill and destroy. He'll do everything He can to steal your joy, your passion, your expectation, your everything.

B . Beware of the "post camp blues".

It's kind of like the post birthing blues. I know of ladies that get depressed after they give birth, which is normal to a certain extent, but one must guard against that depression really sinking in. I've always thought about the "post camp blues" you use to get when you came back from summer camp, a missions trip or a conference. When you were there you were on cloud nine! Living it up! And then when you got home, nothing could compare to the feelings, the emotions, the actions etc. of the trip. So you got depressed and bummed out.

It's the same thing for a season of 40 days of fasting. We get the post fasting blues. While in this season there is a certain sense of reality that is different. You're more focused. You're more aware of what's happening around you. You've experienced a "high" if you will with God. Living on the mountain with God for 40 days is a long time; then to have to come back down can be tough.

Remember Moses when he came back down from the mountain? His face glowed. He had the afterglow of God's presence. You can and will as

well. Do your best to not let it wear off. Stay close to God now as much as you were back when you were fasting. Remember it's a lifestyle not an event.

#2: Duck.

A. Stay on your knees.

Stay humble before God. Duck down and stay in prayer before the Father. Just because you've been giving, fasting and praying for 40 days doesn't make you some kind of spiritual giant! It makes you a humble giant. Stay humble. You are not all that just because you've been fasting. You're still just you – a different you – but you. Be the way God may you to be; a humble servant to be used for His glory.

Don't go out now and look for everyone to start serving you, you powerful man/woman of God you! It's not about you. "I've been with God, now do something for me, treat me special, etc." Nope! Stay humble.

When the miracles start happening and breakthrough is taking place because of your obedience to fast and pray – don't take the glory of yourself – give it all to the Father!

B. Listen to God.

Now that you're done, you may just see the results you've been looking for and wanting to see during the fast. Jesus saw His results after His 40 days in the desert. Now's not the time to shut down on God, listen more now than you ever have. Remember, the angel came to Daniel after he fasted but was sent on day one. Your angle might be on its way now unlike you've never experienced.

#3: Dip. Keep dipping into the pool of God's presence.

A. Dip into the Word.

Be drinking in the springs of living water – the Word of God. Allow the Word to come alive more now than ever before in your life. You've been in the Word, now stay in the Word as much as you can. Keep communing with the Father through His Word.

B. Dip into Worship.

Dipping into the freshness of the Spirit, communion with God. Like the old song, "I'm drinking in the springs of living water... happy now am I, my soul is satisfied. I'm drinking in the springs of living water. A

wonderful and bountiful supply.” Dip into Worship and the Word. Stay in worship; communion with God. Stay in the Word; the lifeblood for your direction.

#4: Dive. Dive back to your new reality of life with wisdom!

A. Use Wisdom.

You don't do a huge dive off of the tallest diving board trying to impress everyone. You don't do a huge cannon ball trying to show off and get everyone wet. You don't dive in head first! You dive in with caution, feet first, gradually, with great wisdom.

B. Use Moderation.

Go back gradually. Use wisdom. Don't just jump back into what you use to do with full throttle. You've been fasting that particular area of your life for 40 days. Maybe God is speaking you to continue to give it up completely, or go back to it in moderation. You don't want to overdose on whatever you've been giving up; so you moderation.

If you've been fasting food, use wisdom when you come back. You can't go out and have a big steak – it'll destroy you. Start slowly. You have completed or about to complete (depending upon when you're reading this) a 40 fast. It has been a wonderful spiritual retreat, a time of refreshment with God. A withdrawal from the temptations of this world. A period of inner reflection, quiet meditation and prayer, lifted out of this world into a lofty realm where there are no earthly distractions from communing with your Father.

But now the fast has ended. For some of you, you have fasted food. This part of the message is an encouragement to you. It is time to return to the world of eating, a world that may have represented addiction, bondage and control.

Breaking an extended fast can be difficult. This is especially true if you were in bondage to food. It is often a period of attack. Satan wants control over your life and food has been a powerful lever. Is it possible to enter back into the world of eating and remain self-controlled? The answer is yes! Fasting was never meant to be an escape from Satan's kingdom, but a springboard to equip you in overcoming. Fear not--God has developed within you the Spirit of self-control, authority to say *no!*

When waking up a slumbering digestive system, the desire to eat will be intense. The flavors and textures of food will be enhanced by super clean nasal passages. Eating will be a brand new experience. This is the time to

flex your new-found muscles of discipline and self-control. As the body screams, *I want more*, wisdom whispers, *you have had enough*. Fasting has schooled you in the fact that contentment does not come from a full belly but maintaining spiritual fellowship with the Bread of Life. *My food is to do the will of him who sent me (John 4:34)*.

Eating small amounts of raw fruits and vegetables for the first five or six days will allow the body to gently wake up the digestive system. The body will continue to detoxify and cleanse during this period. Any toxins that have accumulated will begin to move due to the sweeping action of the soft fibers of fruits and vegetables.

1. For six days gradually increase the amount of raw fruits and vegetables in your diet. To break a fast and gorge on meat, bread or junk food will be disaster. Jarring the system this intensely when the digestive system is in a sensitive state can cause stomach cramps, nausea and weakness, negating much of the benefits of the fast.
2. Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. Up to 80 percent of the starch, 30 percent of the protein and 10 percent of the fat can be digested by the enzymes in saliva.
3. Do not overeat! Discover the amount of food that your body needs to live a vibrant, healthy life.
4. Make juices during the breaking period. Juices are gentle nourishment to the body. Most continue to include juice in their daily routine, for the rest of their lives.
5. Continue in the same prayerfulness you had during the fast. God should be just as much a part of your eating as He was part of your fasting.
6. Educate yourself on how to begin a lifestyle of healthy eating. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.
7. Discern the difference between cravings and hunger. Never feed your emotions.
8. When breaking a fast over ten days, the break-in period should be extended one day for every 4 days of fasting.

An interesting phenomena occurs after a fast. The years of conditioning your body to tolerate unhealthy foods is reversed. The body is as clean as a new-born baby. Try feeding a new-born baby Grandma's apple pie.

When the body is full of toxins, its defense systems are not able to operate effectively. After a fast the natural defenses are able to perform the way God intended. Sensitivity to unhealthy food is increased. You will feel satisfied with smaller amounts of food and sluggish and tired when overeating. Rich foods, full of fat, salt, and processed sugars will cause nausea, headaches and

weakness. A handful of fruit will be thoroughly satisfying. Because the digestive system has to work less, there will be boundless energy to spare.

#5: Dodge! Dodge the desire to go back to normal.

A. Live it as a Lifestyle.

Fasting is not an event, it's a lifestyle. Praying is not an event, it's a lifestyle. Giving is not an event, it's a lifestyle. Please, I ask of you to make giving, fasting and praying a lifestyle. You've been doing this for 40 days – keep it going. Fast regularly. Give regularly. Pray regularly. You don't have to wait for me to tell you to give, fast and pray again; you go for it on your own!

B. Tidy up your journal.

Your journal is your testimony. You don't want to go back to the status quo, so use your journal as a point of reference. As well, your journal will be a tangible witness of the last 40 days that you'll be able to look back upon with encouragement; and that others will be able to read after you're gone. When a loved one dies, everyone wants to find their Bible or a poem they may have written. We want to find something that our loved one did personally and get our hands on it as a remembrance and encouragement. Someday, your loved ones will find your journals and they'll be encouraged like crazy for what you've written during this season of your fast.

Many of the great Godly books we have now days were written in journals by authors that never saw their work published. Their loved ones found their journals after they died and had them published, and now we have those books as a legacy and encouragement for our lives.

Your journal is not about you alone, but about those around you.

Conclusion:

My friends. I'm so very excited to see what God is going to do in your life during this next season. The time, sacrifice and dedication to the Father during this season of fasting will be worth it! I guarantee it!

Because of your obedience; not your sacrifice, but our obedience – you're about to experience a breakthrough of mighty proportions you've never seen before!

You watch, you wait, you'll see!