

Eagle Mountain International Church

The February 2024 Fast

Pastor George Pearsons – Sunday, December 31, 2023

A. Isaiah 60:1-3—We are Here

1. Verses 1-3 “Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee. And the Gentiles shall come to thy light, and kings to the brightness of thy rising.”
 - a. *Gross* (AMPC) = dense
 - b. (ESV) Thick
 - c. (NLT) Darkness as thick as night
2. Look at what has been happening in our nation and in the nations.
 - a. Anti-God decisions are being made. Darkness.
 - b. Many were thrilled to see October 7. Darkness.
 - c. Attacks on our children with what they are being forced to learn in schools. Darkness.
 - d. Personal attacks on our families. Darkness.
3. The devil is pushing gross darkness very hard.
4. But we have a secret weapon.
5. That secret weapon is a corporate, proclaimed fast.

B. Joel 2:15-16—A Proclaimed Fast

1. Verses 15-16 (NLT) “Blow the ram’s horn in Jerusalem! Announce a time of fasting; call the people together for a solemn meeting. Gather all the people—the elders, the children, and even the babies. Call the bridegroom from his quarters and the bride from her private room.”
2. A proclaimed fast is when believers come together for the purpose of turning around serious situations.
3. Together, we set our faces towards God to receive significant breakthroughs.
4. “It is important for you to understand that it is not the fasting itself that brings the deliverance. Jesus has already obtained deliverance through the complete work of redemption. The Holy Spirit Who lives inside of you knows how to pray in order to bring the deliverance Jesus has already provided. Fasting simply brings the spirit man, which is in union with the Holy Spirit, into ascendance over the flesh. It also limits the influence of the physical appetites so that you can more effectively hear from and respond to the Spirit. This enhances intercession. And effective, Holy-Spirit-led intercession sets the captives free! Fasting is not a method of twisting God’s arm to get Him to respond when you pray. Fasting does not change God. It changes you.”
–Kenneth Copeland, BVOV Magazine, September 1987
5. **Fasting doesn’t change God—it changes us.**

C. Jonah 1:1-2—Disaster Averted Through a Proclaimed Fast

1. Verses 1-2 “Now the word of the LORD came unto Jonah the son of Amittai, saying, Arise, go to Nineveh, that great city, and cry against it; for their wickedness is come up before me.”
2. Jonah 3:1-4 “And the word of the LORD came unto Jonah the second time, saying, Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee. So Jonah arose, and went unto Nineveh, according to the word of the LORD. Now Nineveh was an exceeding great city of three days’ journey. And Jonah began to enter into the city a day’s journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown.”
3. Verses 5-6 “So the people of Nineveh believed God, and **proclaimed a fast**, and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.”
 - a. Sackcloth and ashes refer to acts of humility.
 - b. Psalm 35:13 “I humbled my soul with fasting.”
 - c. 2 Chronicles 7:14 “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.”
4. Jonah 3:7-8 “And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: but let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands.”
5. Verse 10 “And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.”

**After much time of prayer, I am proclaiming a 21-day fast.
Monday, February 5 through Sunday, February 25.**

D. Daniel 10:2-3—You Might Be Asking, “Why 21 Days?”

1. Verses 2-3 “In those days, I Daniel was mourning (or fasting) **three full weeks**. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.”
2. We call this “A Daniel Fast.”
3. “Pleasant bread” in our day refers to what we enjoy eating or doing.
 - a. The key is to lay aside what the flesh craves for 21 days.
 - b. I fasted ice tea during the 1993 fast and never went back.
 - c. Set it aside to let God and your flesh know just how serious you are to see the desired results.

E. Matthew 6:16-18—Establish the Purpose of the Fast

1. Verses 16-18 (NKJV) declares, “Moreover, when you fast (**not IF you fast**), do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their **reward**. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; **and your Father who sees in secret will reward you openly.**
2. **What are we fasting for?**
 - a. **An Awakening to God in the Body of Christ**
 - b. **An Awakening to God in America and in the Nations**
 - c. **An Awakening to God in Israel**
 - d. **The 2024 Elections**
 - e. **Ministry Breakthroughs**
 - f. **Personal Breakthroughs**
3. **A corporate, proclaimed fast positions us for breakthrough.**