

## Faith & Fasting - Mark 9:29 and Isaiah 58:6&7,8

**Mark 9:29** And He (Jesus) said unto them, this kind can come forth by nothing, but by prayer and fasting.

**Isaiah 58:8** Then shall your light break forth as the morning, and your health shall spring forth speedily: and your righteousness shall go before you; the glory of the LORD shall be your reward.

**Jesus heals a boy with a demon... Matt 17:14-21, Mark 9:14-29, Luke 9:37-42**

**Matt 17:14-21** And when they were come to the multitude, there came to Him (Jesus) a certain man, kneeling down to Him, and saying, 15. Lord, have mercy on my son: for he is lunatic, and sore vexed: for oftentimes he falls into the fire, and oft into the water. 16. And I brought him to your disciples, and they could not cure him. 17. Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? *bring him hither to me.* 18. And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. 19. Then came the disciples to Jesus apart, and said, "Why could not we cast him out?" 20. And Jesus said unto them, **Because of your unbelief:** for verily I say unto you, If you have faith as a grain of mustard seed, you shall say unto this mountain (*Mark 11:24*), Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. **21. Howbeit this kind goes not out but by prayer and fasting.**

**Mark 9:22** And oftentimes it hath cast him into the fire, and into the waters, to destroy him: *but if You can do anything, have compassion on us, and help us.* 23. Jesus said unto him, **If you can believe,** all things are possible to him that believes. 24. And straightway the father of the child cried out, and said with tears, **Lord, I believe; help You mine unbelief.**

**Matt 17:19 & Mark 9:28** asked Him why privately (answer: **but by prayer and fasting**). Luke doesn't mention this verse.

*We must guard ourselves even after seeing miracles.* Still a walk of faith. Mark 9:30-32 Jesus death and Resurrection and **in vs34** the apostles disputed among themselves, who *should be* the greatest!?! (Luke 9:46)

**Luke 9:49-50** and John answered and said, Master, we saw one casting out devils in Your name; and we forbid him, because he follows not with us. 50. And Jesus said unto him, forbid him not: for he that is not against us is for us.

**Fasting was humbling time in the Old Testament:**

**Ezra 8:21** Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

**Ps 35:13** - But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

**Ps 69:10** When I wept, and chastened my soul with fasting, that was to my reproach.

**New Testament method to fast:**

**Matt 6:16** Moreover when you fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward.

## Isaiah 58:6&7 True Fasts and Sabbaths

**1**Cry aloud, spare not, lift up your voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.

**2**Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

**3**Wherefore have we fasted, *say they*, and You see it not? *wherefore* have we afflicted our soul, and You take no knowledge? Behold, in the day of your fast you find pleasure, and exact all your labours.

**4**Behold, you fast for strife and debate, and to smite with the fist of wickedness: you shall not fast as *you do this day*, to make your voice to be heard on high.

**5**Is it such a fast that I have chosen? a day for a man to afflict his soul? *is it* to bow down his head as a bulrush, and to spread sackcloth and ashes *under him*? wilt you call this a fast, and an acceptable day to the LORD?

**6*****Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that you break every yoke?***

**7*****Is it not to deal your bread to the hungry, and that you bring the poor that are cast out to your house? when you see the naked, that you cover him; and that you hide not yourself from your own flesh?***

**8*****Then shall your light break forth as the morning, and your health shall spring forth speedily: and your righteousness shall go before you; the glory of the LORD shall be your reward.***

**9*****Then shall you call, and the LORD shall answer; you shalt cry, and He shall say, Here I am. If you take away from the midst of you the yoke, the putting forth of the finger, and speaking vanity; Eph 5:12 For it is a shame even to speak of those things which are done of them in secret.***

**10*****And if you draw out your soul to the hungry, and satisfy the afflicted soul; then shall your light rise in obscurity, and your darkness be as the noonday:***

**11*****And the LORD shall guide you continually, and satisfy your soul in drought, and make fat your bones: and you shalt be like a watered garden, and like a spring of water, whose waters fail not.***

**12*****And they that shall be of you shall build the old waste places: you shalt raise up the foundations of many generations; and you shalt be called, *The repairer of the breach, the restorer of paths* to dwell in.***

**13*****If you turn away your foot from the sabbath, from doing your pleasure on My holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour Him, not doing your own ways, nor finding your own pleasure, nor speaking *your own* words:***

**14*****Then shalt you delight yourself in the LORD; and I will cause you to ride upon the high places of the earth and feed you with the heritage of Jacob your father: for the mouth of the LORD hath spoken it.***