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**Fasting Forty Days
and
The Fast the LORD
Delights In**

(2019)

Bible House of Grace contains an easy to read New and Old Testament commentary full of spiritual treasures and pearls, complete with an insightful resource guide illuminating God's love and grace.



Although I believe my aim is pure and God's will perfect this document is still the product of a human man, as to such I neither claim perfect knowledge or perfect understanding.

Fasting Forty Days, and the Fast the LORD Delights In.

Topics.

- Forty days of fasting.
- The fast the lord delights in.

FORTY DAYS OF FASTING

Moses, Elijah, and Jesus are the only men the Bible speaks of fasting for forty days.

1. When I (Moses) went up the mountain to receive the tablets of stone, the tablets of the covenant that the LORD made with you, I remained on the mountain forty days and forty nights. I neither ate bread nor drank water. (Deut. 9:9) (Deut. 9:18).
2. Elijah arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God. (1 Kings 19:8).
3. Jesus was led up by the Spirit into the wilderness to be tempted by the devil, and after fasting forty days and forty nights, he was hungry (Matt. 4:1-2).

Fasts of this extraordinary duration are miraculous, and modern attempts to copy them are viewed by those in the scientific community as being simply foolish and certainly damaging to the health of the body. Moses, Elijah, and Jesus were able to complete such fasts without any damage to their health, because they were in such near communion with God that the Spirit of God and His power supported them.

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THE FAST THE LORD DELIGHTS IN

- **Isaiah 58:6-14:** Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? ⁷ Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?

The people of Israel delighted to fast and seek the LORD daily to draw near to Him, but the LORD said their fasting was not acceptable to Him because they were fasting simply to seek after the things they desired and their daily lifestyle was totally contrary to God's ways, because of this, the LORD tells Israel the fast He approves of are fasts motivated:

- To seek God and His will, and not fast that are motivated to persuade God to fulfil one's own worldly desires.
- To help those who are oppressed and to give their food to those who are hungry.
- To bring the helpless, the homeless and the poor into their own homes to give them food and clothing.
- To bring godly living to the people of Israel, and stop idly speaking gossiping and acting wickedly.

The LORD tells Israel when they fast in this way then He will hear their prayer, guide them continually and satisfy their desire in difficult times (Isaiah 58:1-14). The reason the LORD calls this a fast is because helping the poor requires putting others before self. To help someone in need requires self-sacrifice (i.e., money, time, labour, lack of privacy etc.). Fasting in this way, is fulfilling the second commandment, 'love your neighbour as yourself.'

- **Leviticus 19:18:** You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the LORD.
- **Matthew 19:19:** Honor your father and mother, and, You shall love your neighbor as yourself."

James, the half-brother of Jesus calls, this second commandment 'the Royal Law.'

- **James 2:8:** If you really fulfill the royal law according to the Scripture, "You shall love your neighbor as yourself," you are doing well.

Concerning the first and second commandment, Jesus said:

- **Mark 12:29-31:** "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one.³⁰ And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'³¹ The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

The fast the LORD approves of and loves is to love God, and to treat other humans with respect and decency, the apostle James says if we do this we are doing well (James 2:8), and Paul says, the entire law regarding mankind is summed up in the words, "You shall love your neighbour as yourself." (Romans 13:9) (Galatians 5:14).

As the founder of Bible House of Grace, I would like to thank the many Christian scholars, commentators and theologians who have gone before me, and the many today, who have freely made available their works to enhance the knowledge of the Bible to all people worldwide. It is only with the help of these faithful writers that much of Bible House of Grace exists as it does today.