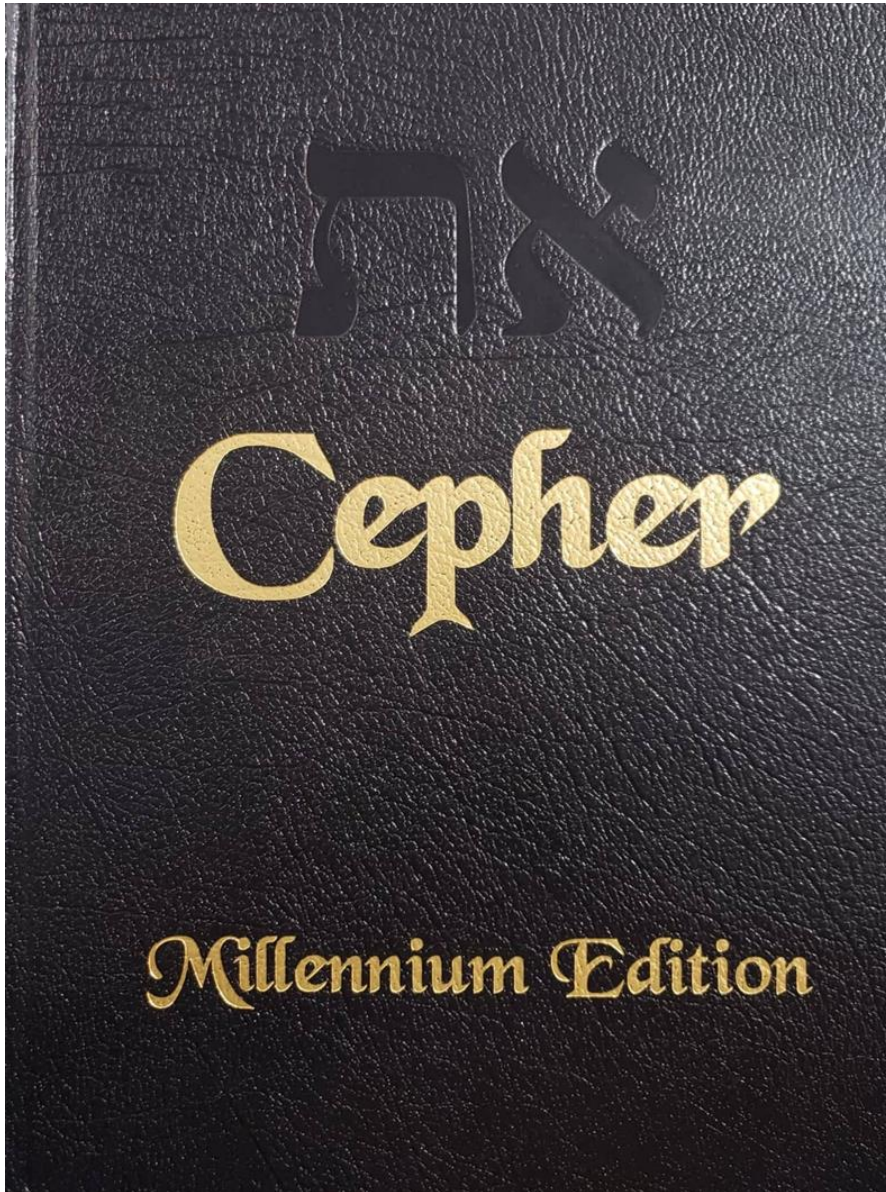


Cepher Moments

Prayer and Fasting



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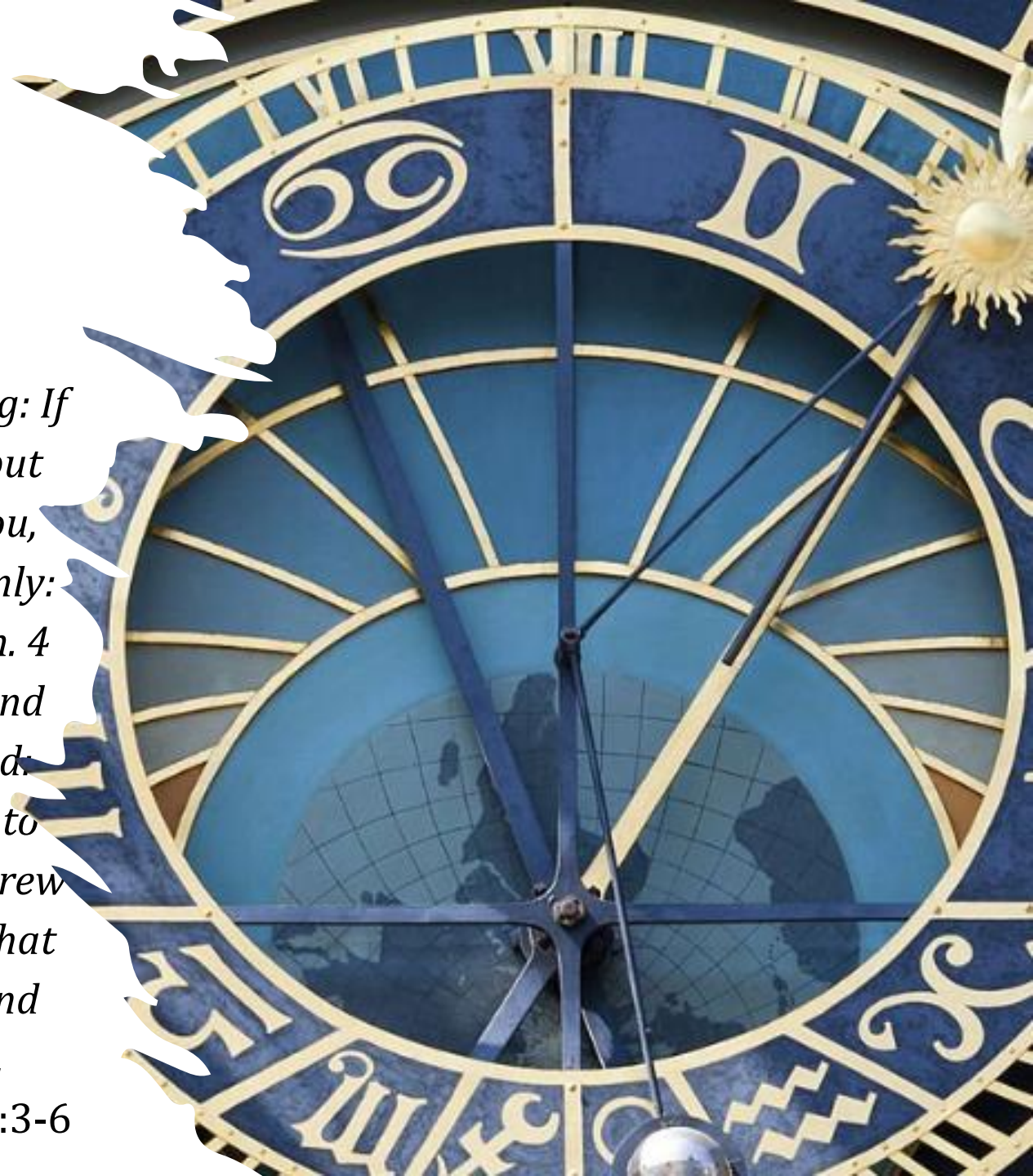
Cepher Moments

Prayer and Fasting

Why should we fast? Preparing for war . . .

3 And Shemu'el spoke to all the house of Yashar'el, saying: If you do return to El-Yahuah with all your hearts, then put away the strange elohai and Ashtaroth from among you, and prepare your hearts to El-Yahuah, and serve him only: and he will deliver you out of the hand of the Pelishtiym. 4 Then the children of Yashar'el did put away Ba`aliym and Ashtaroth and served Yahuah only. 5 And Shemu'el said: Gather all Yashar'el to Mitspah, and I will pray for you to Yahuah. 6 And they gathered together to Mitspah, and drew water, and poured it out before Yahuah, and fasted on that day, and said there: We have sinned against Yahuah. And Shemu'el judged the children of Yashar'el in Mitspah.

Shemu'el Ri'shon (1 Samuel) 7:3-6



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Why should we fast? In mourning...

15 And Nathan departed to his house. And Yahuah struck the child that Uriyahu's woman bore to David, and it was very sick. 16 David therefore sought after El'ayim for the child; and David fasted, and went in, and lay all night upon the earth.

Shemu'el Sheniy (2 Samuel) 12:15-16



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Why should we fast? In mourning...

11 And when all Yaveysh Gil`ad heard that the Pelishtiym had done to Sha`ul, 12 They arose, all the valiant men, and took away the body of Sha`ul, and the bodies of his sons, and brought them to Yaveysh, and buried their bones under the oak in Yaveysh, and fasted seven days.

Divrei Hayamiym Ri`shon (2 Chron.) 10:11-12



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Why should we fast? Seeking forgiveness . . .

Now in the twenty and fourth day of this month the children of Yashar'el were assembled with fasting, and with sack clothes, and earth upon them. 2 And the seed of Yashar'el separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. 3 And they stood up in their place and read in the Cepher of the Torah of Yahuah Elohayhem one fourth part of the day; and another fourth part they confessed, and worshipped Yahuah Elohayhem.

Ezra v'Nechemyahu (Nehemiah) 9:1-3



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Is the believer called to fasting? Scripture gives many examples:

The fast of Yonah

The fasts of Daniy'el

The fast of Ezra

The fast of Esther

The forty-day fast



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*Cry aloud, spare not, lift up your voice like a shofar,
and show my people their transgression, and the
house of Ya`aqov 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
El'ayim: they ask of me the ordinances of justice;
they take delight in approaching to El'ayim.*

Yesha'yahu (Isaiah) 58:1-2



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3 Wherefore have we fasted, say they, and you see 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 labors. 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? Will you call this a fast, and an acceptable day to Yahuah?

Yesha'yahu (Isaiah) 58:3-5



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6 Is not this the fast that I have chosen? To loosen 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 Yahuah shall be your rearward.

Yesha'yahu (Isaiah) 58:6-8



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18 And Yahusha rebuked the demon; and he departed out of him: and the child was cured from that very hour. 19 Then came the Talmidiym to Yahusha apart, and said: Why could not we cast him out? 20 And Yahusha said to them: Because of your unbelief: for amein I say to you: If you have faith as a grain of mustard seed, you shall say to this mountain: Remove hence to yonder place; and it shall remove; and nothing shall be impossible to you. 21 Howbeit this kind goes not out but by prayer and fasting.

Mattithyahu (Matthew) 17:18-21



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3 And I set my face to El-Adonai El'ayim, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: 4 And I prayed to Adonai El'ayiy, and made my confession, and said, O Yahuah, the great and dreadful El, guarding the covenant and mercy to those who love him, and to those who guard his commandments;

Daniy'el (Daniel) 9:3-4



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11 False witnesses did rise up; they laid to my charge things that I knew not. 12 They rewarded me evil for good to the spoiling of my soul. 13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into my own bosom. 14 I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourns for his mother.

Tehilliym (Psalm) 35:11-14



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The fast of Ecter (3-day) ...

15 Then Ecter bade them return Mordekai this answer, 16 Go, gather together all the Yahudiym that are present in Shushan, and fast you for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so, will I go in to the king, which is not according to the law: and if I perish, I perish. 17 So Mordekai went his way and did according to all that Ecter had commanded him.

Hadacchah (Ecter) 7:15-17



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The fast of Daniy'el (10-day) . . .

12 Prove your servants, I beseech you, ten days; and let them give us pulse to eat, and water to drink. 13 Then let our countenances be looked upon before you, and the countenance of the children that eat of תא the portion of the king's meat: and as you see, deal with your servants. 14

So he consented to them in this matter and proved them ten days. 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat תא the portion of the king's meat.

Daniy'el (Daniel) 1:12-15



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The fast of Daniy'el (21-day) ...

2 In those days I Daniy'el was mourning three full weeks. 3 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.

Daniy'el (Daniel) 10:2-3



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The forty-day fast

27 And Yahuah said to Mosheh: Write these words: for after the tenor of these words I have cut a covenant with you and with Yashar'el. 28 And he was there with Yahuah for forty days and forty nights; he neither ate bread, nor drank water. And he wrote upon the caphires תא the words of the covenant, the Ten Devariym.

Shemoth (Exodus) 34:27-28



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The forty-day fast

5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said to him: Arise and eat. 6 And he looked, and behold, there was a cake baked on the coals, and a cruse of water at his head. And he did eat and drink and laid him down again. 7 And the angel of Yahuah came again the second time, and touched him, and said: Arise and eat, because the journey is too great for you. 8 And he arose, and did eat and drink, and went in the strength of that meal forty days and forty nights to Chorev the Mount of El'ayim.

Melekiym Ri'shon (1 Kings) 19:5-8



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The forty-day fast

5 So the people of Niyneveh believed El'ayim, and proclaimed a fast, and put on sack-cloth, from the greatest of them even to the least of them. 6 For word came to the king of Niyneveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. 7 And he caused it to be proclaimed and published through Niyneveh by the decree of the king and his nobles, saying: Let neither man nor beast, herd nor flock, taste anything: let them not feed, nor drink water: 8 But let man and beast be covered with sackcloth, and cry mightily to El'ayim: yea, let them turn everyone from his evil way, and from the violence that is in their hands.

Yonah (Jonah) 3:5-8



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The forty-day fast

And Yahusha being full of the Ruach Ha'Qodesh returned from the Yordan, and was led by the Ruach into the wilderness, 2 Being forty days tempted by Diabolos. And in those days, he ate nothing: and when they were ended, he hungered afterward.

Luqas (Luke) 4:1-2



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2 Nevertheless, to avoid fornication, let every man have his own woman, and let every woman have her own man. 3 Let the man render to the woman due benevolence: and likewise, also the woman to the man. 4 The woman has not power of her own body, but the man: and likewise, also the man has not power of his own body, but the woman. 5 Defraud you not one the other, except it be with consent for a time, that you may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency..

Qorintiym Ri'shon (1 Corinthians) 7:2-5



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