

FASTING



What is a fast?

A biblical fast is not merely going without food for a period of time. That is dieting.

“People say I am gaining weight I need to go on a fast. That’s a diet.” Not a Spiritual Fast.

Fasting simply is refraining from food for a spiritual purpose.

Fasting has always been a normal part of relationship with God. Matthew 6 gives us 3 Christian practices every Christian should be doing, 1. Giving, 2. Prayer, and 3. Fasting.

In scripture we see the children of God fast in the Old Testament and New Testament. Kings, priest, prophets, and the nation of Israel all fasted. Every time they did it was a turning point. The tipping point to an amazing move of God.

Fasting is a time to discover, to allow our spirit to get in line with the Holy Spirit. We do this by denying oneself that we might clearly see. By feeding our spirit through Prayer, spending time with God, and being in His word.

Some people can’t fast long because of medical reasons. If that be the case do what you can. God understands that. One meal or Daniel type fast.

Dethroning King Stomach

(Getting in line with God’s will through fasting. By dethroning the rule of our earthly appetites.)

The first sin in the garden was committed through an act of disobedience. But what did the devil use? Food. The enemy used food to get God’s creation to sin. The appetite for things that are out of the will of God. Fasting helps you overcome this!

How to fast?

Matthew 6:16-18

¹⁶ “Moreover, when you fast, do not be like the ^[a]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. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ 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 ^[b]openly.

1. Anoint your head
2. Wash your face.

Don't make it about drawing attention to yourself for the wrong reasons. There is a place where we can go between us and God. A place not published. That we go to in the Lord, the secrete place. Where you go because you want to please God and no one else. A place where God notices you, and men do not see. A place that leads to the operation of the Holy Spirit. Something happens when we go to this place during our fast. Open reward what we prayed for in secret God answers openly. Where see favor and blessing, and we hear from heaven.

Fasting is accompanied by prayer

Acts 14:23: And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.

Isaiah 58:6: “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^[a] go free, and to break every yoke?”

Acts 13:2: While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

Acts 13:3: Then after fasting and praying they laid their hands on them and sent them off.

Luke 2:37: And then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.

Nehemiah 1:4: As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.

Joel 2:12: “Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning;

Matthew 17:19-21: Then the disciples came to Jesus privately and said, “Why could we not cast it out?”²⁰ So Jesus said to them, “Because of your ^[e]unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.²¹ However, this kind does not go out except by prayer and fasting.”

God uses our Physical acts of obedience and devotion prescribed in His word to bring forth Miracles, His will, and Change. Through our physical actions or steps of faith, the impossible can happen, as we walk in God’s word. God has given us a practice of denying fleshly appetites called fasting. Examples of physical acts of obedience: Exodus 17:8 Moses holding the rod up in battle on the mountain. As long as his arms were up they were winning. Aaron and Hur came alongside him and helped him keep his arms up. God uses a physical act to bring forth victory. Naaman a prestige’s military man with leprosy. God tells him through Elisha to go Jump into the river 7 times for his healing. The New Testament talks about the laying on of hands for healing, and anointing with oil. These different physical acts God uses to bring forth healing, victory and salvation. These acts or actions of faith it is doing something with what you are believing. Fasting although is a physical act God uses it to bring us closer to him, knowing it helps us to deny our flesh to where we can be more spiritually focused on God’s will.