FASTING GOD’S WAY:

Fasting 101

Purpose for Fasting

1. Fasting is one of the most misunderstood subjects in the Bible. We don’t fast in order to earn something, we fast to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Fasting allows our spirit to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ “enmity of God.” Romans 8:7
3. Temperance is the fruit of the Spirit of which many Christians overlook the importance. Many of the commands of God go unfulfilled not because we lack the desire to do them, but because we lack the self-control to obey. Fasting gives us the opportunity to exercise control over our flesh in its most demanding desire, FOOD! The significance of this connection is, if we can control our desire for basic necessities, then the stage is set to control our desires in other areas.
4. Fasting loose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Isaiah 58:6)

a. “Bonds of the wicked” refers to those areas in our lives that we have difficulty in controlling. Many times it is a matter of a lack of self-discipline coupled with spiritual encroachment by demonic forces that enslave us to sin. Fasting helps connects us to the anointing that removes those “burden and destroys the yoke” (Isaiah 10::27) that keeps us from developing a closer relationship to God.

1. Jesus makes the connection between fasting and the anointing. (Matthew. 17:18-21)

Types of Fast

1. Supernatural Fast (Matthew 4:1-2) A supernatural fast is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This fast is Spirit led and should only be attempted if led by the Sprit.
2. Total Fast (Ester 4:16) A total fast is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The maximum time for this is three days and nights.
3. Partial Fast “Daniel Fast” (Daniel 1:8-12) This fast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It can be construed as giving up your favorite foods for a period of time.
4. Corporate fast. This is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (2Chronicles 20)

Practical Guide to Fasting

1. Fast in secret. (Ma 6:16-18) Whenever we practice self-denial it should be kept in secret and not displayed as a badge of honor. God rewards us openly when our heart is set to please Him and not to show others.
2. Although we should not make an open display of our self denial, neither should we come under any condemnation when we have to inform others of our fasting. Remember, God looks at the heart. Only you and He will know if you have a prideful display of deeds
3. Fast for a predetermined length of time. I suggest that you start small and move toward longer fasts slowly OR start with a light fast and move toward a more difficult one. The discipline of fasting is a flexible discipline that is focused on intimacy with God.
4. Be determined to fast. Making a decision to fast should be a calculated committed. If you half-heartedly make a decision then more than likely the many distractions and attacks that fasting attracts will cause you to break the fast prematurely or not engage in prayer fully.
5. Pray during the times that you will normally eat. This is a time that you can develop intimacy with God. It also builds up your spirit man. The enemy will attack your mind with every reason why you should break your fast, and if you focus on those reasons instead of the reason that you are fasting, you will get weak.
6. Prayer also opens the avenue for you to receive those things that you are believing God for. Remember our fasting does not push God into action, it positions us to receive an open reward. (Matt. 6:18b)

1. Expect to hear from God. (II Chr. 20:3-17) Whenever we set our self to seek the face of God we should expect to find Him, for He seeks after those who worship Him (John 4:23)
2. What to do if you break your fast? Weakness is a natural part of the fasting discipline. It’s a way to understand your desires for the things of this world. Don’t fall under condemnation. Breaking your fast is not a sin! You still accomplished much and God is pleased with your heart’s desire for more of Him.
3. Expect to experience discomfort. Every one experiences certain unpleasant side effects when beginning a fast. You may get a headache, feel slightly nauseated, or dizzy at first. This is because there are accumulated poisons stored in your body that are purged when you give your intestines and stomach rest.
4. End you fast slowly. Drink some non-acidic juices or eat soup and salads. Do not try to eat a big meal, such as a steak, after a long fast.