

FASTING

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- Fasting is a Christian's voluntary abstinence from food for spiritual purposes
- I am separating from food because there is something greater
- All about one passion driving out another passion

FASTING QUOTES

- “A fast is not necessarily something we offer God, but it assists us in offering ourselves”
— Jen Hatmaker
- “Fasting helps express, deepens, confirms the resolution that we are ready to sacrifice anything, even ourselves, to attain what we seek for the kingdom of God.”
- Andrew Murray

PEOPLE WHO FASTED IN THE BIBLE

- Esther – Esther 4:16
- Daniel – Daniel 10:2
- Moses – Deuteronomy 9:9
- Elijah – 1 Kings 19:8
- David – 2 Samuel 12:16
- Jesus – Matthew 4:1-4
- Paul – 2 Corinthians 6:5, 11:27

FASTING

- Genuine fasting is:
- A Christian observance - because the end goal is to be more like Jesus
- Voluntary
- Focused on God rather than on what we are giving up
- Not to be done for man's applause (Matt. 6:17-18)

WRONG REASONS TO FAST

- Trying to lose weight
- To save money
- To be looked upon as a 'spiritual' person
- To try and manipulate God

TYPES OF FASTS IN THE BIBLE

- Partial Fast – Limitation of the diet, but not removal of food completely. (Daniel 1:12, Luke 4:2)
- Absolute Fast – No food or water. (Ezra 10:6, Esther 4:16, Acts 9:9)
- Normal Fast – No food. (Matthew 4:2)
- Supernatural Fast – No food and or water for an amount of time that surpasses human limitations (Deut 9:9)

TYPES OF FASTS IN THE BIBLE

- Congregational Fast – done with the church body / believers (Joel 2:15-16, Acts 13:2)
- National Fast – where an entire nation is called upon to participate in a fast (2 Chronicles 20:3-4)
- Regular Fast – done on regular basis, whether weekly, monthly or annually (Leviticus 16:29-30)
- Occasional Fast – As you feel the Spirit lead

BEWARE OF EMOTIONS

- When we are giving something up for a period of time it can become easy to get annoyed rather quickly
- Getting “hangry” is something that we must suppress
- The point of fasting is not to get upset about not having food, but to have joy being brought closer to Jesus Christ

FASTING IS IMPORTANT

- Matthew 6 teaches us how to give, pray, and fast
- Charitable, Prayerful, and Fasting is what God assumes for His people
- Matthew 6:16-17 – “when you fast”
- Matthew 9:14-15 – “then they will fast”
- Fasting is mentioned more times in Scripture than Baptism!! (77 times for fasting, 75 times for baptism)

REASONS TO FAST

- Strengthen prayer life
 - Nehemiah 1:4, Daniel 9:3, Acts 13:3, Ezra 8:23, 2 Samuel 12:16-22
 - Fasting does not change God's hearing so much as it changes our praying
- To express grief over sin
 - Judges 20:26
- As a sign of repentance
 - 1 Samuel 7:6, Joel 2:12

REASONS TO FAST

- To humble yourself before God (Deuteronomy 9:18)
- Extra time to spend with God
- To overcome temptation (Matthew 4:2)
- To Prepare yourself for the work of God (Matt 4:1-4)

REASONS TO FAST

- To remind us of how blessed we are
- To express love and worship to God
- While seeking wisdom from God (Daniel 10:1-3)
- Can use hunger pains as a reminder to focus on God / the things of God

FASTING

- “Fasts” do not necessarily have to deal with food
- Fasting, in its essence, is performed when someone gives up **ANYTHING** in order to grow closer to Jesus Christ
- I.e. Food, electronics, hobbies, activities, conveniences, etc.