



FASTING is a time when we give up the temporal/physical (usually food) for the sake of the eternal/spiritual (God and His ways).

A Fast can...

- be a personal fast (by yourself) or a public fast (an entire church, etc.)
- be a “normal fast” (water, but no food) or a “partial fast” (restriction on diet - see Daniel 10:3)
- be from a single meal up to 40 days
- take place “situationally” (for a called, specific time and reason) or “systematically” (A regular part of your schedule -- i.e. every Monday lunch)

FASTING is not...

- starving
- a “diet”
- only for the “Super Christians”, but should be a normal part of our Christian life

In Matthew 6:16, Jesus said, “**when** you fast”, not “**if** you fast”. FASTING is a way to wake you up to God by causing the denial of the temporal and physical to help you focus on the eternal and spiritual. When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

FASTING is usually accompanied by the following:

1. Seeking God’s will in specific matters. (See Acts 14:23)
2. Repenting of sin. (See I Chronicles 7:6; 2 Samuel 21:16, 21-23)
3. Praying for the work of God. (See Nehemiah 1:4-11)
4. Invoking God’s protection and deliverance. (See 2 Chronicles 20:3)
5. Humbling ourselves and preparing ourselves for worship. (See Acts 13:2-3)
6. Enhancing earnest prayer. (See Jeremiah 36:6-9, I Corinthians 7:5)

If you are thinking about FASTING, the following should be prayerfully considered:

1. Am I being led by God to fast?
2. Are my motives right?
3. What are my spiritual objectives?
4. Will I be physically okay if I fast? (*You may have to consult your physician on the wisdom of fasting for you.*)

May God allow you to make FASTING a regular part of your walk with God.