

# FASTING



**WHAT ARE THE REASONS FOR FASTING,  
AND WHAT ARE THE BENEFITS?**

# WHY SHOULD WE FAST?

First of all, fasting does not change God. God remains the same before, during and after you have fast. However, fasting will change you. It will help you keep the flesh under subjection and it will help you become more sensitive to the Spirit of God.

## **The Bible lists 8 reasons for fasting:**

- 1.) To minister to the Lord (Acts 13:2)
- 2.) To lay hands on ministers to send them forth (Acts 13:3)
- 3.) To draw close to God in times of danger (Acts 27:20-21); (II Chron 20)
- 4.) Difficult situations are handled through fasting and prayer (Matt 17:20-21)
- 5.) Isaiah 58:6
  - a.) Loose the bands of wickedness
  - b.) Undo the heavy burdens
  - c.) Let the oppress go free
  - d.) Break every yoke

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Now, that we have pointed out these basic truths let's get into the meat.

## **What is FASTING?**

Fasting is denying the body of some of the things (mostly foods) in which it delights. Other things – Electronic devices, Outings, etc.

## **How does one get started on a FAST?**

In Matthew 4, we find that Holy Spirit led Jesus on His fast.  
In Joel 1, we find that the word of the Lord came to Joel and in verse 14 he was told to lead his flock on a fast.

So we see that the Spirit of God can lead you to fast and/or the Under Shepherd of the flock at the instruction of the Lord.

### **Well, just how does one FAST?**

Jesus tells us better than anyone else:

MATTHEW 6:16-18

Notice, Jesus lets us know with certainty that when we fast and brag on it, seek self-pity, and seek the approval of men, we are not only hypocrites but are wasting our time and already have our reward.

But the Christian who fast should appear just as fresh and perky as he/she was when he was eating three delightful meals a day.

Jesus says, **“Anoint thine head.”** This is an alert to the body that the total man - spirit, soul and body is in agreement with the fast. Then He says to **“wash thy face.”** We should appear clean and fresh at all times, not like we are soo weak that we can hardly get our arms up to our teeth to brush them or our faces to keep them clean.

Notice what Jesus says; **“That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”**

So many people get the full meaning of this scripture mixed up. So much that if they go around someone and they are offered something to eat while they are on a fast, they would almost rather tell a lie. Jesus is not telling us that we cannot say, “No thank you, I am fasting”, but instead He is telling us that we should not seek the self-gratification of men for our fast. He says but only appear to the Father to be fasting, and He, which is in secret, **“Will Reward Us Openly.”**

**Oops – another Fasting scripture...**

Acts 10:30 Corelius

**Now the last and one of the most critical Questions:**

## **HOW LONG DO I FAST?**

It is all a matter of what agreement you make with God as the Spirit of God leads you.

Remember Acts 27:33-34 Paul now encourages them to eat...

**OH YEAH,** -- For the Married Couples, when entering into a fast which could also mean denying the flesh of its marriage intimacy delights, remember God's Word. It must be by **MUTUAL CONSENT** with a specific time.

I Corinthians 7:4-5