

# FASTING



## What is fasting?

Fasting is the voluntary restriction of normal activities for the purpose of growing closer to God.

## What guidelines did Jesus give on fasting?

Now whenever you fast, do not make a gloomy face as the hypocrites do, for they distort their faces so that they will be noticed by people when they are fasting. Truly I say to you, they have their reward in full. But as for you, when you fast, anoint your head and wash your face, so that your fasting will not be noticed by people but by your Father who is in secret; and your Father who sees what is done in secret will reward you. (Matthew 6:16-18)

## What Does the Bible Say About Fasting?

The biblical words used for fasting pertain to a voluntary abstinence from food.

Old Testament מצ - 17                      New Testament 20 -νηστεία

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.

Esther 4:16 - "Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish."

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 go free, and to break every yoke?

Mark 2:20 - But the days will come when the groom is taken away from them, and then they will fast, on that day.

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."

## Preparing for your fast: (These guidelines pertain to fasting from food.)

If you have any health concerns, check with your doctor.

Prepare your body by eating smaller meals and healthy food.

Make a commitment and determine the length of your fast.

Expect that you will be hungry, especially in the initial stages.

## During your fast:

Humbly seek God above all else, you are not trying to get something from God, but seeking to realign your will to Him.

Have a plan for your fast and invest time in prayer, God's word, and journaling.

Prepare for opposition.

## Breaking your fast:

Break your fast on a meal that is light and easy to digest.

It is important to discern between genuine hunger and cravings.

## Where can I find more information?

*Fasting for Spiritual Breakthrough* by Elmer L. Towns

*Revival Starts Here: Prayer, Fasting & Revival for Beginners Like Me* by Dave Clayton

Go to [churchatlifepark.org/prayer-resources](http://churchatlifepark.org/prayer-resources) for a downloadable PDF and other helpful resources