

Fasting & Prayer

Fasting often begins with awareness of our great need for divine intervention for some circumstance. Fasting is a petition, an inquiry of the Lord, and a cry for help from our heavenly Father. There are multiple reasons for fasting, but Isaiah 58 gives us a great pattern to follow in making our fast acceptable and pleasing in the eyes of the Lord. Isaiah speaks of consecration - separating ourselves from the world and even our own ways. This chapter speaks of personal sacrifice, righteous conduct and putting the needs of others before ourselves! God's ways are higher than our ways. Read: Isaiah 58

Prayer and fasting are powerful ways to prepare to receive His presence, and all that He has planned for your life, as well as grow deeper in your walk with Him as you proclaim, more of You and less of me."He must increase and [we] must decrease." - John 3:30. Please join us as we devote ourselves intentionally to seeking God and His will for our lives during this time of prayer & fasting.

Why should I Fast?

What is it?

Fasting is to voluntarily abstain from eating/drinking for an extended period of time. "Eating" and "drinking" can represent anything that is holding you back. What do you "consume" in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day? Ask God and He will show you what you should fast. Everyone doing a physical fast should consult a physician first. If you have medical issues, consider fasting TV or media. The point is that there is something God wants you to separate yourself from for three weeks so that you can see Him more clearly. Don't cheat yourself by removing yourself from the fast entirely. .

Biblical Examples:

Special revelation - Exodus 34:27-28

In times of war - Judges 20:26

Courage and wisdom - Esther 4:3,16

Times of grief - Nehemiah 1:4, 2 Samuel 1:12, Samuel 31:13, 1 Chronicles 10:12

Spiritual recuperation - 1 Kings 19:1-9

Mourning - Daniel 10:1-3

Repentance - Jonah 3:5, Daniel 6:18

Ministry preparation - Matthew 4:2

Spiritual power - Mark 9:29

Ministry commissioning - Acts 14:23

Set aside self for holiness - 1 Corinthians 7:5

Spiritual discipline - 1 Corinthians 11:24-28 (Paul "fasted often")

Types of Fasts

Examples :

Complete

- Drinking only liquids, typically water and/or light juices. Broth or soup may be included as options.

Partial (AKA Jewish Fast)

- Abstaining from eating any type of food in the morning and afternoon. Fast during specific times of the day,(e.g. 6AM-3PM, or from sunup to sundown.)

Examples :

Selective

- The Daniel Fast Abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

Soul Fast

- Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance. Suggestions: abstain from engaging in social media, shopping, watching television, etc.

Preperation

Prepare Your Heart

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His ways.

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, you may be able to receive something from Him that you could not receive before.

You Can Endure!

There is a question you will need to answer. When you are fasting, will you seek Him, give Him a listening ear and the quality time He deserves? He will constantly separate you from dependence on the world. Consequently, your time alone with Him may become more frequent than you originally planned, and needless to say, your prayer life will greatly improve.

How appropriate that Jesus and Moses spent extensive time in the desert alone with God. It is ironic that the Hebrew name for desert is madbar, meaning "to speak." You will hear His voice throughout the day in a powerful way. Wisdom will cry out to you in the streets. As the stars in heaven declare the glory of God, so every corner will reveal to your willing soul the mysteries of His Kingdom that have been withheld from the rulers of this age (Proverbs 8:1-3, Psalm 19, and 1 Corinthians 2:7). You will hear Him when you are driving, talking on the phone, or counseling a friend. Expect to hear Him loud and clear.