



Biblical Basis & Practical Tips

FOR FASTING

What is Fasting?

Biblical fasting is refraining from food for a spiritual purpose.

Biblical Reasons & Benefits of Fasting:

1. **Your Heavenly Father sees it** - Matt 6:18b says “Your Father who sees in secret will repay you.”
2. **Jesus commanded we fast** - Matt 6:16 “WHEN you fast..”
3. **Jesus gave us an example to follow** - Matt 4:1-2 gives us the account of Jesus fasting for forty days.
4. **Fasting helps us fight temptation** - In Matt 4:1-11 fasting helped Jesus overcome the temptations of the devil. Fasting will give you strength over temptation. Mark 9:29
5. **Fasting brings the power of the Spirit** - Luke 4:14 shows us after Jesus fasted forty days he returned in the ‘power of the Spirit.’
6. **Fasting puts food in its rightful place** - ‘Man shall not live by bread alone.’ God’s Word and His Spirit should sustain us first, then natural food. Luke 4:4
7. **Fasting is denial of self** - It is dying to the love of food. Philippians 3:19
8. **Fasting brings revival** - Jonah 3:5 tells us when the people repented and fasted it brought spiritual renewal to Ninevah.
9. **Fasting leads to revelation** - Daniel 9:20-23 tells us of Daniel receiving great mysteries of the Kingdom of God during a time of fasting and prayer.
10. **Fasting is a weapon** - Fasting is used to fight against the wiles of the devil. Mark 9:17-29, Eph. 6:12; Dan. 10:2-13; Job 1:6, Zech. 3: 1; Matt. 4:1-11.
11. **Fasting puts fleshly desires aside** - During a fast the Spirit takes dominion over the carnal desires of the flesh. You will start desiring more spiritual ambitions. II Cor. 5:15
12. **Fasting allows more time to seek the Lord and for prayer** – II Sam. 12:16; Isa. 58:6-7; Matt. 4:1-11; I Cor. 7:5

Types of Fasts:

There are many examples of fasting in Scripture. Some fasts were between God and an individual; some were between a king and His people. Some were voluntary; some were forced. To simplify our approach for Accelerate, we are promoting three basic types.

Full Fast – Drink only liquids for the duration of your fast, eating no foods.

Sun-Up to Sun-Down – Drink only liquids for breakfast and lunch, and then break your fast each evening for dinner.

One Meal – Refrain from eating one meal each day.

Remember to replace your time of eating with prayer and worship. And be creative. If the Lord is leading you to another type of fast, feel free to do as you are being led. You may also choose to use a combination of types listed above, over a span of several days. Allow God to grow your faith to believe for a supernatural grace to complete your fast with strength. Ultimately, you decide the number of days and the type you will complete during Accelerate. Participation is more important than method.

Practical Tips:

How to Begin - Start with a clear goal. Be specific. Why are you *fasting*? This year during Accelerate we are fasting as a church family during our week of corporate Bible reading. At the same time, you may be fasting specifically for healing, an unsaved loved one, or to just grow closer to Jesus.

Preparing Spiritually - Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

What to Expect - When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. **Drink plenty of water!!** If you do not drink enough water, the physical discomforts will be magnified, and you will be cranky! Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End - Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks. Continue drinking plenty of water as your stomach adjusts to food again.

Consult your doctor before abstaining from food if you have dietary or physical restrictions.

Online resources for more information on fasting:

<https://www.jentezenfranklin.org/fasting>

<https://www.ihopkc.org/about/fasting-guidelines-and-information/>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>