

**NOT ANOTHER FAD DIET**  
**MATT. 9:14-15 / 2-17-21 / WED**

**I. WHAT'S THE PURPOSE OF FASTING?**

A. Let's begin by looking at the wrong motives for fasting.

1. "To impress "others":—Matt. 6:16.
2. "To impress "God".

B. Why should Christian fast? What does the Bible say?

1. "To hear from God"—Acts 13:2.
2. "To intercede for others"—Psa. 35:13-14.
3. "To repent"—Joel 1:13-14 .
4. "To ask for God's direction"—Acts 14:23.
5. "To worship God"—Luke 2:36-37.

**II. HOW SHOULD W FAST?**

A. There are three kinds of fasts mentioned in the Bible.

1. Partial fasting—avoid only certain foods—Daniel 10:3 .
2. Short fasting---perhaps one meal a day, or fasting one day or more with no food.
3. Absolute fasting—no food or liquid for a few days—not sustainable for long periods—Esther 4:15-16-15.
4. Fasting can include things other than food.

B. "That" we fast is far more important than "how" or even "how long" we fast. Therefore, let's consider a few suggestions about how to fast.

1. Start with a short fast (one meal either dinner to dinner or lunch to lunch, etc.)
2. Drink liquid, water, juice, etc.
3. Take a walk when you get hungry.

4. After longer fasts go easy when starting to take food—avoid spicy stuff!
5. Try fasting something other than food.
6. Don't be legalistic.
7. Fasting should be usually done in secret.
8. If someone asks why you aren't eating just say (truthfully). "I'll get something later."
9. Don't expect immediate results, but God knows what you're doing—Matt.6:17-18.