

FASTING: For a Deeper Walk With God

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FASTING: FOR A DEEPER WALK WITH GOD

- Many people desire a closer walk with God.
- But in order to do this we must heed the verse, **“He must become greater and I must become less.”**
- It is important to learn that we must lay “all of ourselves” on the altar when we get saved.

**FASTING:
FOR A DEEPER WALK WITH GOD**

- **Then after our salvation we must daily (and even “moment by moment”) lay ourselves at the FEET OF JESUS CHRIST AT THE CROSS OF CALVARY in order to continually be “consecrated” and “sanctified”.**

FASTING: FOR A DEEPER WALK WITH GOD

- **We are spirit, soul, and body. And the enemy would attack our “spirit” by accusing us that “we are NOT saved”.**
- **But we can boldly walk by faith in our salvation if we’ve received Christ into our heart as our Lord and Savior.**
- **We tell the enemy, “I am saved because I believe Jesus Christ died on the cross for my sins and rose from the dead for my eternal salvation.”**

FASTING: FOR A DEEPER WALK WITH GOD

- **Then the enemy will attack our “soul”. He will put “many thoughts contrary to God’s Word” in our MIND.**
- **He will attack our EMOTIONS and make us “FEEL” unsaved, unloved, unlovable, etc. etc. By attacking our MIND and EMOTIONS the Devil will cause us to DO OUR WILL INSTEAD OF GOD’S WILL.**
- **Our soul is MIND, EMOTIONS, AND WILL. These must come subject to Jesus Christ in our life on a daily basis.**

FASTING:
FOR A DEEPER WALK WITH GOD

- Then Satan attacks our **BODY** by tempting us with “outer things”things of the World.
- We must stand fast against the “things of the world” and its “temptations” by allowing Christ to be manifested from our **INNER MAN** (our spirit) into our soul and through our body to a lost and dying world.

FASTING:
FOR A DEEPER WALK WITH GOD

- **One of the best ways to grow closer to Christ, get answer to prayer, and obtain a closer walk with God is to Fast and Pray.**
- **Fasting ALWAYS GO ALONG WITH “PRAYER” for the Spiritual Christian is not trying to strengthen their flesh but trying to become**
MORE DEPENDENT ON GOD!!

FASTING: IS NOT FOR SALVATION

"And he speak this parable unto certain which trusted in themselves that they were righteous, and despised others: Two men went up into the temple to pray; the one a Pharisee, and the other a publican. The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess.

And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to his house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted" (Luke 18:9-14).

FASTING: IS NOT FOR SALVATION

- **In this parable, the Lord Jesus Christ teaches that salvation cannot be attained through religious works and good deeds.**
- **The self-righteous Pharisee left the temple in an unsaved condition before God.**
- **The repentant publican was saved by humbling himself and seeking God's mercy.**
- **Christ is not making light of the importance of fasting here any more than He is making light of the importance of tithing.**
- **But neither fasting, nor tithing, nor any other religious duty can justify a man before a holy God.**

FASTING: MUST NOT BE FOR SHOW

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face; 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" (Matt. 6:16-18).

FASTING: MUST NOT BE FOR SHOW

- **God hates hypocritical religion, which is man's attempt to appear holy before other men without possessing true holiness before God.**
- **In this passage, Christ rebukes the kind of fasting that is done for the sake of appearing spiritual before men. Yet again, He is not making light of the practice of fasting itself when done properly.**
- **In fact, He takes for granted the fact that His followers will fast. He did not say "IF thou fastest," but rather, "WHEN thou fastest."**
- **And He made a wonderful and definite promise that those who practice biblical fasting will be rewarded openly by God the Father.**

FASTING: IS NOT A RELIGIOUS RITUAL

"I fast twice in the week..." (Lk. 18:12).

- This is that statement of a Pharisee who was practicing religion in an attempt to justify himself before God. He observed a regular period of fasting.
- Nowhere, though, does the Bible require such a practice. Fasting is not to be simply a ritual observed once a week, or once a month, or prior to the Lord's Supper, etc.
- Fasting, rather, is something that is practiced when a special need arises and when the Holy Spirit leads.

FASTING: UNACCEPTABLE AND INEFFECTUAL WITHOUT A RIGHT RELATIONSHIP WITH GOD

"Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.....

"Is it such a fast that I have chosen? A day for a man to afflict his soul? Is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? Wilt thou call this a fast, and an acceptable day to the Lord?

FASTING: UNACCEPTABLE AND INEFFECTUAL WITHOUT A RIGHT RELATIONSHIP WITH GOD

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

(Isaiah 58:3-9)

FASTING: UNACCEPTABLE AND INEFFECTUAL WITHOUT A RIGHT RELATIONSHIP WITH GOD

"But unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me? And when ye did eat, and when ye did drink, did not ye eat for yourselves, and drink for yourselves?" (Zech. 7:5-6).

FASTING: UNACCEPTABLE AND INEFFECTUAL WITHOUT A RIGHT RELATIONSHIP WITH GOD

- **God rebukes the hypocritical fasts of the apostate children of Israel. They were going through the motions of true religion, but their hearts were far from God and they were living in direct disobedience to His law.**
- **No religious duty is acceptable before God which does not proceed from a regenerate life and which is not guided by the Bible and the Holy Spirit.**

BIBLICAL FASTING: NOT FOR PHYSICAL HEALTH

- **Though various sorts of fastings may or may not promote better health, this is never the purpose given in the Bible for fasting.**
- **Many popular Christian books emphasize the importance of fasting for physical benefit, but such fasting is not biblical fasting.**
- **We cannot say that fasting is or is not good for the health, and we cannot say it either is wrong or right to fast for health.**
- **We are saying, simply, that the Bible does not speak of fasting in light of health.**

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

"Wherefore if ye be dead with Christ from the rudiments of the world, why, as though living in the world, are ye subject to ordinances, (Touch not; taste not; handle not; which all are to perish with the using;) after the commandments and doctrines of men? Which things have indeed a shew of wisdom in will worship, and humility, and neglecting of the body; not in any honour to the satisfying of the flesh" (Col. 2:20-23).

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

- **There were false teachers in Colosse who were promoting the idea that spirituality is achieved through various ascetic practices, through following a manmade list of does and don'ts.**
- **This included special dietary rules and fasting as a means of denying the body.**

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

- Sometimes people of certain orders practice this type of thing.
- They cloister themselves apart from normal interaction with people; they follow rigid schedules of work, diet, and meditation; they observe regular times of fasting, solitude, and quietness; they punish their bodies in various ways, some even beating themselves with whips.
- This ascetic life is thought to be a means whereby the individuals can work out their salvation and draw nearer to God.
- Sometimes people also practice asceticism in an attempt to attain higher levels of spirituality in their religious systems.

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

- **The Apostle Paul warned against this type of thing. Neither salvation nor spirituality are achieved through asceticism.**
- **One is forgiven of sin and given eternal life through a saving relationship with Christ, through repentance and faith in Christ's death upon the cross.**
- **And one grows in practical holiness through walking in fellowship with the resurrected Christ.**
- **This is what the Apostle Paul reminded the Christians at Colosse who were in danger of being deceived by the false ascetics:**

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

"Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. For in him dwelleth all the fulness of the Godhead bodily. And ye are complete in him, which is the head of all principality and power: In Whom also ye are circumcised with the circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of Christ: Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead.....

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses; blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to the cross ... Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: which are a shadow of things to come; but the body is of Christ" (Col. 2:8-16).

BIBLICAL FASTING: IS NOT AN ASCETIC PRACTICE

- **Fasting is an important part of the Christian life and ministry, but we must be careful that we do not think that spirituality comes through punishing the body and observing various rituals and dietary laws.**
- **Spirituality is being in fellowship with Jesus Christ.**

FASTING: DOES NOT NECESSARILY GUARANTEE THAT ONE'S PRAYERS WILL BE ANSWERED.

- **In 2 Samuel 12 we have the record of how David fasted and prayed in an attempt to get God to preserve the life of the child which had been conceived through the adulterous relationship with Bathsheba. God did not answer that prayer nor honor David's fast in that particular case.**
- **This reminds us that fasting, while an important practice in spiritual warfare, is not a guarantee that we will get what we are desiring from God. Earnest prayer with fasting does often result in the answer one is seeking from God, but it is no absolute guarantee.**
- **God is always sovereign in answering prayer, and we must always submit to His will.**

FASTING: IS A PERSONAL MATTER

- **Fasting is important and useful in Christian life and service, but it is not something that can be commanded and it is not something by which we are to judge the spiritual condition of others.**
- **The Nazarite vow is an illustration of this. God did not demand that people take a Nazarite vow (except in a few unusual cases, such as that of Samson, Samuel, and John the Baptist). It was a free will vow an individual could make to God beyond the required duties of the law. Fasting is of this nature.**

THE IMPORTANCE OF FASTING

- **The importance of fasting is seen in the number of positive references in the Old and New Testaments.**
- **There are over 30 positive examples, commands, and instructions in Scripture about fasting.**

THE IMPORTANCE OF FASTING

- Judges 20:26--Israel fasted for victory in war.
- 1 Sam. 1:6-7--Hannah fasted for a son
- 1 Sam. 7:6--Israel fasted in repentance
- 1 Sam. 31:13--Men of Jabesh Gilead fasted in mourning for Saul
- 2 Sam. 1:12--David and his men fasted in mourning for Saul, Jonathan, and the fallen of Israel

THE IMPORTANCE OF FASTING

- 2 Sam. 12--David fasted for mercy upon his child
- 1 Kings 21:27--Ahab fasted for mercy
- 2 Chron. 20:3--Jehoshaphat and Israel fasted for help and protection
- Ezra 8:21-23--Ezra and the people fasted for help and protection
- Nehemiah 1:4--Nehemiah fasted in mourning and for help upon Jerusalem

THE IMPORTANCE OF FASTING

- Nehemiah 9:1,2--Israel fasting in mourning and repentance
- Esther 4:16--Esther and friends fasted for victory
- Esther 9:3--Fasting is mentioned as having had a role in the victory
- Psalm 35:13-14--Fasting in prayer and mourning
- Psalm 69: 10-11--Fasting in prayer and mourning

THE IMPORTANCE OF FASTING

- **Isaiah 58:6-8--The fast which pleases God**
- **Jeremiah 36:9--Israel fasted for mercy**
- **Joel 1:14; 2:12,15--God commanded fasting and repentance**
- **Jonah 3:5--The Ninevites fasted in repentance for mercy**
- **Daniel 9:3--Daniel fasted for wisdom**

THE IMPORTANCE OF FASTING

- **Matthew 4:2--Jesus fasted when tempted in the wilderness**
- **Matthew 6:17-18--Jesus promised that the Father would bless fasting**
- **Matthew 9:14-15--Jesus said his disciples would fast**
- **Matthew 17:21--Fasting is necessary for overcoming some demonic strongholds**

THE IMPORTANCE OF FASTING

- **Mark 9:29--Fasting is necessary for overcoming some demonic powers**
- **Luke 2:37--Fasting was part of Anna's service to God**
- **Acts 13:2--Fasting was part of the ministry of the workers at Antioch**
- **Acts 13:3--Ordination was accompanied by fasting**
- **Acts 14:23--Ordination was accompanied by fasting**

THE IMPORTANCE OF FASTING

- 1 Cor. 7:5--Fasting and prayer is the only proper reason for abstinence from the marital relationship
- 2 Cor. 6:5--Fasting was one way Paul approved himself as a minister of Jesus Christ
- 2 Cor. 11:27--Paul fasted often

THE IMPORTANCE OF FASTING

- **These examples and instructions regarding fasting cannot be taken lightly.**
- **We are told that the examples of Scripture are as important as are its direct commands (see 1 Cor. 10:11; Rom. 15:4) and these verses speak specifically of the Old Testament**

FASTING EXAMPLES

- **The Lord Jesus Christ is our Pattern (1 Pet. 1:21). Christ's fasting during His temptation in the wilderness is our example, just as His prayers during the temptations in the garden.**
- **Also we are told that the Apostle Paul is to be imitated (Phil. 3:17; 4:9). Paul put before us the example of frequent fasting (2 Cor. 11:27).**
- **The simple fact that the Holy Spirit chose to put before God's people so many positive examples of fasting in itself reveals the importance of this spiritual practice.**

**FASTING IS ONE OF THE WAYS WHEREBY
A MINISTER OF CHRIST APPROVES HIMSELF**

- "But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings" (2 Cor.6:4-5)**
- Here, fasting is mentioned right alongside such things as patience, pureness, and knowledge. Paul obviously considered fasting to be a very important part of the ministry.**

THE LORD JESUS MADE A DEFINITE PROMISE ABOUT FASTING

- When one fasts in the proper manner for the proper reason, "WHEN thou fastestthe Father which seeth in secret SHALL reward thee openly" (Matt. 6:17-18).
- This is a powerful promise and cannot be dismissed lightly. God would not make such a promise if fasting was not important.
- Christ never discouraged proper fasting. Christ condemned and corrected false practices, but never scriptural fasting.
- NOTE: Jesus took it for granted that people would fast, "**WHEN thou fastest.....**"

**JESUS SAID HIS DISCIPLES
WOULD FAST AFTER HIS DEPARTURE**

"Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast" (Matt. 9:14-15).

JESUS SAID HIS DISCIPLES WOULD FAST AFTER HIS DEPARTURE

- **Jesus never discouraged fasting.**
- **He practiced it and said His followers would practice it.**
- **Like all other aspects of spiritual living, Christ corrected false ideas and abuses surrounding fasting, but He did not discourage it nor treat it as something unimportant.**

GOD'S SERVANTS HAVE PRACTICED FASTING

- **If fasting is unnecessary or unimportant, the Lord's best people have been greatly misled in their thinking!**
- **Behold Samuel's mother fasting while others were feasting (1 Sam. 1:6-7).**
- **Behold David, the man after God's own heart, fasting.**
- **Behold Ezra, Nehemiah, Esther and Mordecai, the godly king Jehoshaphat, Daniel, Samuel, Anna the prophetess, Paul--all fasting.**
- **Behold the Lord Jesus Christ, God manifest in the flesh, fasting.**

GOD'S SERVANTS HAVE PRACTICED FASTING

- **Christians today who practice fasting for biblical reasons are in excellent company!**
- **It is obvious that God's people of all ages who fasted knew something which those today who do not fast, or who say fasting is unnecessary, or who relegate the practice to an Old Testament or Jewish custom, do not know.**

**FASTING AND PRAYER IS THE ONLY SPIRITUAL PRACTICE THAT
IS TO INTERFERE WITH THE PHYSICAL ASPECT OF THE
MARITAL RELATIONSHIP**

"Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency" (1 Cor. 7:1-5).

**FASTING AND PRAYER IS THE ONLY SPIRITUAL PRACTICE THAT
IS TO INTERFERE WITH THE PHYSICAL ASPECT OF THE
MARITAL RELATIONSHIP**

God warns that husbands and wives must be careful to meet one another's physical needs. This is one of the divinely ordained functions of marriage: "... to avoid fornication, let every man have his own wife, and let every woman have her own husband" (1 Cor. 7:2)

FASTING AND PRAYER IS THE ONLY SPIRITUAL PRACTICE THAT IS TO INTERFERE WITH THE PHYSICAL ASPECT OF THE MARITAL RELATIONSHIP

- **Only one thing is to be allowed to break into regular sexual relationship between married couples, and that is fasting and prayer. Again, we note that the Bible does not command that Christians fast, but it takes it for granted that they will and sets out to regulate the practice.**

FASTING IS ESSENTIAL FOR THE BREAKING DOWN OF CERTAIN DEMONIC STRONGHOLDS

"And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall removed; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting."

(Mat. 17:18-21)

FASTING IS ESSENTIAL FOR THE BREAKING DOWN OF CERTAIN DEMONIC STRONGHOLDS

- **This should settle the question of whether or not fasting is an important part of the Christian life.**
- **The Lord Jesus said it is an essential part of spiritual warfare, and those who war against satanic strongholds know this to be a fact!**
- **There are indeed demonic strongholds that can be broken by NOTHING but prayer AND fasting.**

WHEN SHOULD WE FAST

- 1. Fast when sorely tempted (Matt. 4:2).**
- 2. Fast when wisdom is earnestly desired (Dan. 9:3).**
- 3. Fast when help and protection are needed (Ezra 8:21-23; 2 Chron. 20:3; Jer. 36:9).**
- 4. Fast when victory is desired over strong demonic powers (Matt. 17:21; Mk. 9:29).**
- 5. Fast when victory is desired in seemingly impossible situations (Esth. 4:10-17; 9:31; Neh. 1:4).**

WHEN SHOULD WE FAST

- 6. Fast when something is earnestly desired from God and the answer has not come through prayer alone (1 Sam. 1:6-7).**
- 7. Fast when in mourning for loved ones or the defeat of God's people (2 Sam. 1:12).**
- 8. Fast when new ministries are launched and when men go forth to proclaim God's Word and battle spiritual enemies (Acts 13:2-3; 14:23).**
- 9. Fast when involved in spiritual ministry (2 Cor. 6:5; 11:27)**
- 10. Fast during times of special repentance, confession, & revival (Joel 1:14; 2:12; 2:15; Neh. 9:1-2).**

WHY IS FASTING IMPORTANT?

- Fasting is important because of spiritual warfare (Mat. 17:21).
- When we fast, we are not forcing God to do something but are resisting supernatural strongholds and powers.
- Someone might say, "Why is this necessary when Christ has all power?"
- Obedience and trusting prayer bring answers. Christ said, **"This kind goeth not out but by prayer and fasting."**

FASTING DEMONSTRATES THE EARNESTNESS AND DESIRE OF THE HEART--HEB. 11:6.

- **God sees the hearts of men, but the Bible says He requires open evidence of the heart's desire.**

"Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning." (Joel 2:12)

FASTING DEMONSTRATES THE EARNESTNESS AND DESIRE OF THE HEART--HEB. 11:6.

- **This is seen in Abraham's offering of Isaac. God knew that Abraham would obey and give up the beloved son, but He required Abraham to go through with the act up to the very point of driving the knife into Isaac's heart.**
- **Only then did God say, "For now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from me" (Gen. 22:12).**

FASTING DEMONSTRATES THE EARNESTNESS AND DESIRE OF THE HEART--HEB. 11:6.

- **Fasting can be seen as one way of evidencing the earnestness and sincerity of our hearts toward God in matters of prayer.**
- **We can say that such things as fasting are not necessary since God knows our hearts, but examples such as the one about Abraham and his son show that God does require evidence of our faith and earnestness.**

FASTING HELPS KEEP THE BODY UNDER SUBJECTION

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway" (1 Cor. 9:24-27).

FASTING HELPS KEEP THE BODY UNDER SUBJECTION

- **The body continually desires its own way.**
- **Its lusts cry out for fulfillment, and the process of fasting is in itself a subduing of the bodily appetites.**
- **The Apostle Paul knew that big battles are won through victory in small skirmishes, and wars are won through victory in individual battles.**

FASTING HELPS KEEP THE BODY UNDER SUBJECTION

- **Daniel first had to conquer the small skirmish of his own bodily appetites as a young man before he could conquer the larger battle of refusing to obey the solemn law of the king regarding prayer as an old man.**
- **Victory had to be gained over food before victory could be gained over the lions.**

FASTING HELPS KEEP THE BODY UNDER SUBJECTION

- **This is one reason so few church members attend prayer meetings.**
- **Too often, we haven't won the victory of prayer in our daily lives.**
- **Too often, we aren't in the regular habit of subduing the flesh in order to serve the Spirit.**
- **The Bible says Eli the priest was fat (1 Sam. 4:18) because he did not subdue his bodily craving for rich food.**

FASTING HELPS KEEP THE BODY UNDER SUBJECTION

- **The fearful truth is that Eli's carelessness in the area of food carried over into every area of his life and ministry.**
- **He allowed his bodily craving for sleep to keep him from maintaining the lamp in the tabernacle through the night.**
- **The lamp went out each night, although it was to be kept lit.**
- **The failure to subdue his own body was kin to and connected with his failure to discipline his sons.**

FASTING HELPS KEEP THE BODY UNDER SUBJECTION

- **God said that Eli loved the fat offerings just as much as his wicked sons did (1 Sam. 2:29).**
- **Eli was not committing immorality with the women at the door of the tabernacle as his sons were, but his unsubdued love for food and ease was hurtful to his ministry.**
- **Eli should have been fasting and working instead of feasting and sitting!**

HOW LONG IS A BIBLICAL FAST?

- The Bible sets no specific time length for fasting. Daniel fasted 21 days.
- Esther and Mordecai fasted 3 days and nights.
- The Lord Jesus fasted 40 days in the wilderness.
- But frequently the Bible simply does not say how long people fasted.
- We are not told, for example, how long Ezra fasted before making the journey to Jerusalem (Ezra 8:21-23).

HOW LONG IS A BIBLICAL FAST?

- Fasting must be a matter of individual freedom under the direction of the Holy Spirit.
- It can be one meal or many meals, according to the need of the hour and the direction of God.
- Romans 14 speaks of this sort of thing and says, **"Let every man be fully persuaded in his own mind" (Rom. 14:5).**

WHAT IS A BIBLICAL FAST?

- Again, there are no rigid guidelines for fasting.
- In Daniel's fast of 21 days, we are told that he ate **"no pleasant bread, nor flesh, nor wine"** (Dan. 10:3).
- Apparently, Daniel did eat something, but he abstained from pleasant foods.
- God has not given specific instructions about fasting because it is to be a private matter between an individual and the Lord.

WHAT IS A BIBLICAL FAST?

- **A nursing mother, for example, would be unwise to go entirely without food for any significant length of time, because not only is she dependent upon that food, but her infant is also.**

WHAT IS A BIBLICAL FAST?

- God has promised, "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye" (Psa. 32:8).
- This precious promise applies to fasting.
- When should you fast? For how long? What should you abstain from as you fast?
- God will lead you very personally and clearly in all of these things if you are walking in fellowship with Him.

WHAT IS A BIBLICAL FAST?

- We do highly and strongly recommend seeing a Christian doctor familiar with fasting for a check up during extended fasts of 4 to 40 days. A doctor can be seen every few days to check on your condition during a longer fast.
- We also highly and strongly recommend seeing a Christian doctor familiar with fasting for a check up **BEFORE A FAST** if you have any health problems.

BASIC GUIDELINES FOR A FAST:

- **While the Bible does not spell out every detail of fasting, it does give the following basic guidelines, as follows:**

**BASIC GUIDELINES FOR A FAST:
ABSTINENCE FROM FOOD AND NORMAL PHYSICAL PLEASURES
(DAN. 10:3; 1 COR. 7:5).**

- Note again that Daniel did not abstain from food completely, but only from **"pleasant bread."**
- From this example, we see that there are many ways of observing a fast.
- One can abstain entirely from all foods and drinks, or abstain only from those that are more tasteful and desirable.
- This is apparently what Daniel did.

**BASIC GUIDELINES FOR A FAST:
ABSTINENCE FROM FOOD AND NORMAL PHYSICAL PLEASURES
(DAN. 10:3; 1 COR. 7:5).**

- **Scriptural fasting is a private and special matter between an individual and God.**
- **God might lead us to observe a fast one way at a particular time and an entirely different way another time.**
- **Some who have medical problems such as diabetes have asked me how they can fast. It is possible for such a person to fast by determining before God to abstain from certain favorite foods and pleasures for a specified period.**

BASIC GUIDELINES FOR A FAST: PRAYER

"Howbeit this kind goeth not out but by prayer AND fasting" (Matt. 17:21).

- **Biblical fasting is always connected with an increased attention to prayer and communion with God.**
- **Fasting divorced from prayer is not biblical fasting.**

BASIC GUIDELINES FOR A FAST: CONFESSION OF SINS

"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from the precepts and from thy judgments: Neither have we hearkened unto thy servants the prophets, which spake in thy name to our kings, our princes, and our fathers, and to all the people of the land."

(Dan. 9:3-6; see entire chapter)

BASIC GUIDELINES FOR A FAST: CONFESSION OF SINS

Biblical examples of fasting are often connected with periods of special repentance and confession of sins.

**BASIC GUIDELINES FOR A FAST:
SERVICE TOWARD GOD (Isaiah 58:6-8)**

- **Christian fasting is temporary abstinence from food and perhaps other physical pleasures in order to concentrate on a definite spiritual problem or need.**
- **It is not a ritual to be performed in a superstitious manner, hoping that the very act of going without food would bring some form of blessing, but is a special period of devotion toward God in prayer and abstinence of normal pleasures for a clear objective.**

DOES IT MATTER IF WE FAST?

- If fasting is an individual, private matter, something not specifically commanded by God, is it really important? Can't it simply be left undone?
- No! The Lord Jesus Christ said that there are spiritual battles that can be won by **NOTHING** but by prayer **AND** fasting--not prayer alone, but prayer **AND** fasting.
- This means spiritual, biblical fasting is essential at times for victory over the enemy.

DOES IT MATTER IF WE FAST?

- **Paul no doubt considered fasting essential for victory in ministry and life. It is doubtful that he received some strange enjoyment from going without meals.**
- **What if we were to ask Hannah if fasting is essential. What would she reply? Surely, she would tell us that fasting is important. Was it not through prayer with fasting that God gave her the son she so longed for?**

DOES IT MATTER IF WE FAST?

- **And what would we hear from Esther and Mordecai? Why didn't she call a prayer meeting rather than going to the trouble to fast three days and three nights?**
- **Her reply most doubtless would be, that prayer alone is not always enough.**
- **There are spiritual victories that cannot be won without prayer and fasting.**

DOES IT MATTER IF WE FAST?

- **Ezra, too, would certainly add his Amen to the truth that fasting is sometimes essential for victory. Why didn't he just gather the people together at the river of Ahava and have a few hours of prayer without the sacrifice of fasting?**
- **Apparently, he felt that it would require fasting as well as prayer for safety in travel through those dangerous lands?**

"So we fasted and besought our God for this: and he was intreated of us" (Ezra 8:23).

DOES IT MATTER IF WE FAST?

- **But what do these ancient events have to do with Christians who live in these busy, modern times?**

"Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come" (1 Cor. 10:11).

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- The new versions make a strange attack against the New Testament teaching of fasting. Though some references to fasting remain, several significant references are removed.
- Matthew 17:21--KJV "**Howbeit this kind goeth not out but by prayer and fasting.**"
- This entire verse is omitted in the New American Standard Version [NASV], Revised Standard Version [RSV], New International Version [NIV], New English Bible, Jerusalem Bible, and Phillips translation. The Today's English Version [TEV] puts the verse in brackets.

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- Mark 9:29--KJV reads **"And he said unto them, This kind can come forth by nothing, but by prayer and fasting."**
- The Bible Society Greek text and the new versions based on this text omit the words **"and fasting."**
- This is true in the NIV, NASV, RSV, Living Bible, Phillips, New English Bible, and Jerusalem Bible.

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **These two verses about fasting are not the only references to this doctrine in Scripture, but they are the only references which specifically, directly teach the importance of fasting as an aspect of spiritual warfare.**
- **Those who have fought spiritual battles against the powers of darkness know the precious truth of what Jesus is saying in these passages.**
- **Prayer is a powerful spiritual resource, but there ARE demonic strongholds that cannot be broken by prayer alone without fasting. It is a fact, and it is a part of the Bible!**

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **There are four other passages dealing with the doctrine of fasting which are removed in the new versions:**
- **Acts 10:30--Here we read in the King James Version and most of the old Protestant translations in various languages that Cornelius was fasting and praying.**
- **The new versions, following the lead of the Westcott-Hort Greek text, removes the word fasting. This is true for the RSV, NASV, NIV, Living Bible, TEV, New English Bible, Jerusalem Bible, the New Berkeley Version, and Phillips.**

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **1 Corinthians 7:5--The KJV reads, "Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency."**
- **Again turning against the majority of textual witnesses, the new versions remove fasting from this important passage.**
- **This is true for all of the versions we have been checking as mentioned above.**

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- 2 Corinthians 6:5--The KJV reading, "**fasting**," has been changed in the new versions to "**hunger**."
- Obviously, hunger and fasting are two different things.
- In 2 Cor. 11:27, where the Apostle Paul gives a similar listing of some aspects of his ministry, he mentions both hunger AND fasting. We see from this that the Holy Spirit is not using these terms synonymously.
- This, therefore, is another attack upon the biblical doctrine of the spiritual benefit of fasting.

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- 2 Corinthians 11:27--The KJV reading, "**fastings often,**" is replaced in the new versions with "**often without food.**"
- Being hungry and going without food does not have to be connected with the spiritual life and warfare. Going without food is not necessarily fasting.
- The KJV reading says, "**in hunger and thirst, in fastings often.**"
- A clear distinction is made between the hunger Paul often endured because of lack of food, and his frequent times of spiritual fasting.

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **When these six verses are taken together, a definite pattern of attack appears in the new Greek texts and versions upon the doctrine of fasting as a spiritual weapon.**
 - **This is even more serious in light of the fact that we are warned in Scripture that spiritual warfare will grow in intensity.**
- "This know also, that in the last days perilous times shall come. ... But evil men and seducers shall wax worse and worse, deceiving and being deceived" (2 Tim. 3:1,13).**
- **Don't be deceived, into accepting a Bible version that removes these important spiritual weapons from your life.**

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **The fact is that there ARE demonic strongholds that cannot be broken down without biblical fasting.**
- **While the churches are feasting, the devil runs rampant.**
- **Prayer with fasting is a normal part of the ministry of that church. Would the victory have been won without the fasting?**
- **Not according to the testimony of the Son of God. He said, "This kind goeth not out but by prayer and fasting."**

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **Many other illustrations could be given, but this is enough. We have seen what the Word of God says.**
- **We have seen the example of godly people of all ages. We have seen the example of the Son of God.**
- **We must face these things and realize that spiritual fasting is very important in the Christian life and ministry and is a practice urgently needed in our day.**

MODERN ENGLISH TRANSLATIONS ATTACK THE DOCTRINE OF FASTING

- **We have felt the power of the enemy. We have heard his fearful roar.**
- **We believe the warning of the Lord Jesus Christ and the many examples of the infallible Scriptures.**
- **Spiritual fasting is essential.**
- **Praise God for the sure promise of the Bible: "But thou, when thou fastest, anoint thine head, and wash thy face; 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." (Mat. 6:17-18)**

FASTING

- **Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.**
- **Fasting and prayer can also work on a much grander scale.**
- **According to Scripture, when God's people fast with a proper Biblical motive-seeking God's face not His hand-with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world.**

FASTING

- **Fasting and prayer can bring about revival - a change in the direction of our nation, the nations of earth & the fulfillment of the Great Commission.**
- **The awesome power can be released through you as you fast through the enabling of the Holy Spirit. Fasting is one of the most neglected spiritual admonitions.**
- **In fact, it has been ignored for so long that it is difficult to find information on the "how-to's" of this life-changing experience.**

FASTING

- These pages are designed to answer your practical questions about fasting and ease any concerns you might have.
- In this series, you will learn:
 - 1) Why you should fast.
 - 2) How to fast safely.
 - 3) How long and what type of fast is right for you.
 - 4) How to prepare yourself spiritually and physically.....

FASTING

- 5) How to manage your schedule while fasting.
- 6) How to deal with the responses of friends and loved ones.
- 7) How to make your spiritual experience the best it can be.
- 8) How to maintain nutritional balance and health from beginning to end (including specific juice and broth recipes).
- 9) What physical benefits to expect.
- 10) How to finish your fast and return to your normal schedule in a HEALTHY way.

IMPORTANT FACTS ABOUT FASTING

- **Whether you hold a 1-day fast or an extended 40-day fast, I pray that our Lord's most wonderful love and blessings will be poured out on you as you take this exciting step of faith.**
- **If you do not already know of the power and importance of fasting, here are some very important facts:**

IMPORTANT FACTS ABOUT FASTING

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "**when you fast,**" not if you fast.
- Fasting and prayer can restore the loss of the "**first love**" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "**I humble myself through fasting.**"

IMPORTANT FACTS ABOUT FASTING

- **Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.**
- **The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!**
- **Fasting can transform your prayer life into a richer and more personal experience.**
- **Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.**

IMPORTANT FACTS ABOUT FASTING

- Fasting and prayer are the only disciplines that fulfill the requirements of 2 Chron. 7:14:

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

- If you fast, you will find yourself being humbled as I did. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

IMPORTANT FACTS ABOUT FASTING

- **As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But, if done properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.**
- **By all means, consult your doctor before you begin your fast. But, be aware that many doctors have not been trained in this area and so their understanding is limited.**

IMPORTANT FACTS ABOUT FASTING

- **Even so, it would be wise to ask a Christian doctor familiar with fasting for a physical exam to make sure you are in good health.**
- **You may have a physical problem that would make fasting unwise or dangerous.**
- **Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.**
- **When you are assured that you are in good health, you are ready to begin your fast.**

IMPORTANT FACTS ABOUT FASTING

- In spite of the absolute safety and benefits of fasting, certain persons who should NEVER fast without professional supervision:
- Persons who are physically too thin or emaciated.
- Persons who are prone to anorexia, bulimia, or other behavioral disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

IMPORTANT FACTS ABOUT FASTING

- **GOD'S
WISDOM**
- **MEDICAL
ACCOUNTABILITY**
- **SPIRITUAL SUPPORT**

IMPORTANT FACTS ABOUT FASTING

- **If you have never fasted before, I applaud your present interest! Fasting has been a major emphasis in the lives of many of the great spiritual leaders throughout history.**
- **John Wesley, the founder of the Methodist denomination, fasted every Wednesday and Friday and required all of his clergy to do the same.**
- **Effective ministers of God from the apostle Paul to Martin Luther to John Calvin made it a continual part of their walks with God.**

IMPORTANT FACTS ABOUT FASTING

- **None of those men had a "formula fast" that was the only "right" way. Fasting is about the condition of the heart, not the number of days.**
- **Make sure you feel impressed by God to do a fast, especially a longer fast.**
- **So, start slowly. Fast for one meal a day, or one day a week, or one week a month. Build up your spiritual muscles so that you will be prepared in a period of several months to fast for an extended 40 day period AS GOD LEADS**

THE BIBLE RECOUNTS PRIMARILY TWO TYPES OF FASTS

- The two primary types mentioned in the Bible are the **"absolute"** and **"supernatural absolute" fasts**. These are total fasts-no food (solid or liquid) and no water. Paul went on an **"absolute fast"** for three days following his encounter with Jesus on the road to Damascus (Acts 9:9).
- Moses and Elijah engaged in what must be considered a **"supernatural absolute fast"** of 40 days (Deut.9:9; I Kings 19:8).
- Obviously, if God leads you to undertake an **"absolute fast"**, you should obey. If so, be certain, without doubt, that God is leading you. Get spiritual counsel from a pastor and spiritual doctor. But you should have experience with fasting, spiritual/medical support, know your body and have a very spiritual life.

THE BIBLE RECOUNTS PRIMARILY TWO TYPES OF FASTS

- **A partial fast is described in the book of Daniel.**
- **Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from "delicacies," meat, and wine (Daniel 10:3).**

THE BIBLE RECOUNTS PRIMARILY TWO TYPES OF FASTS

- **People who fast regularly, strongly advise you to drink plenty of liquids. Water-only fasts that last for more than several days need to be undertaken with complete rest and under medical supervision because of the extreme danger of over-toxification, breakdown of vital body tissues, and loss of electrolytes.**
- **People who fast regularly, recommend and practice water and juice fasting, especially if you are going to fast for an extended period of time. This type of fast will provide you with more energy than absolute or water-only fasts and still lead you into the humbling experience of denying your desire for solid food.**

THE BIBLE RECOUNTS PRIMARILY TWO TYPES OF FASTS

- **When it comes to making your final decision about what type of fast is right for you, the best advise is to follow the leading of the Holy Spirit.**
- **He will guide your heart and mind as to what is best for you.**
- **Remember, the most important consideration in fasting is your motive.**
- **Why are you fasting? To seek something personally from God's hand or to seek His face in worship, praise and thanksgiving?**

SPIRITUAL PREPAREDNESS FOR A FAST

- In preparation for this special time with God, mature Christians strongly urge you to examine your heart, and detect any unconfessed sin.
- Scripture records that God always requires His people to repent of their sins before He will hear their prayers.
- Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it! Blessed be God who didn't turn away when I was praying, and didn't refuse me his kindness and love. (Psalm 66:16-20)

SPIRITUAL PREPARATION FOR A FAST

- **In your prayers, confess not only obvious sins, but less obvious ones as well. The sins of omission as well as the sins of commission experiences.**
- **These may be experiences leaving your first love for our Lord: worldly-mindedness, self-centeredness, spiritual indifference, and unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your pastor, or other members of your church.**

SPIRITUAL PREPARATION FOR A FAST

- **Another great way to prepare for your fast is to practice what I call "Spiritual Breathing." It is simple, but has been life-changing for millions of people.**
- **Like physical breathing, Spiritual Breathing is a process of exhaling the impure and inhaling the pure. If you knowingly sin, breathe spiritually to restore the fullness of God's Holy Spirit in your life. You exhale by confessing your sins immediately when you become aware of them, and you inhale by inviting the Holy Spirit to re-take control of your life.**
- **As an act of faith, trust Him to empower you. During the fast, spiritual breathing-constant reliance on the Holy Spirit-will enable you to resist temptation, not only to sin but to abandon your fast.**

PHYSICAL PREPARATION FOR A FAST

- **Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.**
- **If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether.**
- **Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.**

PHYSICAL PREPARATION FOR A FAST

- **Some health professionals suggest eating only raw foods for two days before starting a fast. It is good to wean yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast (even stop using them altogether).**
- **How long you fast, the kind of fast you undertake, and how you adjust your work schedule depends mostly on your occupation.**
- **Persons with office jobs, pastors, or homemakers may find it easier to continue their duties and fast for longer periods of time.**

PHYSICAL PREPARATION FOR A FAST

- **Though there are many who engage in strenuous physical labor and have enjoyed their extended fast, if you are so engaged, you may wish to fast only one or more days of the week, limiting yourselves to partial fasting if you are so engaged.**
- **Or you may look to weekends as the prime time to abstain from food.**
- **Remember, too, fasting during major holidays is not always a good idea. Families may be inconvenienced, and temptations to eat can be overwhelming.**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

THE FIRST IS PHYSICAL.

- **Throughout your fast, you may feel somewhat weaker than normal. During the first few days, you may feel tired and irritable. Lightening your workload and cutting down on strenuous exercise would be a very good idea to maintain your health and your morale.**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

THE SECOND REASON IS SPIRITUAL.

- **Fasting is exchanging the needs of the physical body for those of the spiritual.**
- **Long times of prayer and reading God's Word will be very essential if you are to enter into a more intimate time with God to maintain your fast to its end.**
- **While fasting, if you dissipate your energy on numerous errands or busy-work to the neglect of spending special time with God, you will starve both physically & spiritually. You will find yourself discouraged and frustrated with your fast instead of being benefited and uplifted and blessed.**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

- **The more time you spend with God in fellowship, worship, and adoration, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer and the more meaningful your fast will be.**
- **So arrange your schedule accordingly!**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

- **Many people are reluctant to tell others that they are fasting so they will avoid the sin of the Pharisees: fasting just to gain recognition for themselves.**
- **This attitude is a result of a wrong interpretation of our Lord's teaching and that it is a trick of the enemy who does not want us to fast, nor to share with your loved ones, neighbors and friends the benefits of fasting. Nor to get prayer support during this time.**
- **By isolating ourselves from the support of other Christians, we will be more susceptible to doubts and negative influences (both human and demonic).**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

- **However, unless you see them daily, they do not consider your skipped meal much of a concern. If you are asked, nonbelievers may be satisfied by such a brief answer as, "I have other plans for lunch today." Or Christians should be satisfied when you answer that you are fasting today.**
- **If friends and family express concern for your health, ease their fears by telling them that you will stop fasting the moment you feel you are harming your body or if the Lord leads you to end your fast. Tell them you are fasting under your doctor's care, which I urge you to do if you have any question concerning your health.**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

- **Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father.**
- **You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes.**
- **Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.**

REASONS FOR SCHEDULE ADJUSTMENTS, ESPECIALLY DURING AN EXTENDED FAST

- **Be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy attacking you, immediately pray to God & ask Him to strengthen your resolve in the face of difficulties and temptations.**
- **The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.**

REASONS FOR FASTING

- **Some reasons for fasting are for personal revival, revival for our nation, for the world and for the fulfillment of the Great Commission.**
- **But praying for our own needs and interceding for others are also important reasons to fast and pray.**
- **Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world.**
- **By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.**

REASONS FOR FASTING

- **However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God.**
- **True spiritual fasting focuses on God.**
- **Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of our attention.**
- **Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.**

RESULTS OF A FAST

- **A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience," as some do.**
- **Many people who have successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His face report no particular outward results.**
- **For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship; God honored that commitment.**

RESULTS OF A FAST

- **Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.**
- **The prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs so you can remain safe and healthy during your fast.**

RECOMMENDED JUICES AND RECIPES

- **For an extended fast, water and fruit and vegetable juices are recommended.**
- **The natural sugars in juices provide energy, and the taste and strength are motivational to continue your fast.**
- **Try to drink fresh juices, if possible.**
- **Off-the-shelf juice products are acceptable, as long as they are 100% juice with no sugar or other additives.**

RECOMMENDED JUICES AND RECIPES

- For a juice fast, there are certain juices you may wish to avoid and certain ones that are especially beneficial.
- Because of their acid content, most nutritionists do not advise orange or tomato juice (these are better tolerated if mixed with equal portions of water).
- The best juices are fresh carrot, grape, celery, apple, cabbage, or beet. They also recommend "green drinks" made from green leafy vegetables because they are excellent "de-toxifiers."

RECOMMENDED JUICES AND RECIPES

- **Fruit juices are "cleansers" and are best taken in the morning. Since vegetable juices are "restorers" and "builders," they are best taken in the afternoon.**
- **You may decide to dedicate a portion of your longer fast to a special liquid formula, which has been found to be effective over many years.**
- **A few recipes and comments are on this page, as well as a helpful schedule.**

JUICES AND RECIPES

Recipe 1:

- One gallon distilled water
1-1/2 cup lemon juice
3/4-cup pure maple syrup
1/4-teaspoon cayenne pepper.
- The lemon juice adds flavor and vitamin C, the maple syrup provides energy, and the cayenne pepper -- an herb -- acts to open small blood vessels which helps the body as it cleanses itself of stored toxins. (No substitutes)
- (A word of caution: although many use this formula with no ill effects, cayenne pepper could cause severe physical reactions in persons with a specific allergy to this herb.) {search: Master Cleanser Fast}

JUICES AND RECIPES

Recipe 2:

- **Here's a mixture of 100% pure white grape juice and peach juice. The juice is available in frozen cans under the Welch label. Most knowledgeable nutritionists recommend:**
- **Watermelon -- just put it in the blender without adding water**
- **Fresh apple juice**
- **Green juice -- blend celery, romaine lettuce, and carrots in equal portions.**
- **(Vegetable juices like this one are important, for they supply the electrolytes necessary for proper heart function!)**

JUICES AND RECIPES

Recipe 3:

- Some nutritionists recommend warm broth, especially in a colder climate. You may find their recipes helpful:
- Boil sliced potatoes, carrots, and celery in water. Do not add salt.
After about a half-hour, drain off the water and drink.
- Gently boil three carrots, two stalks of celery, one turnip, two beats, a half head of cabbage, a quarter of a bunch of parsley, a quarter of an onion, and a half clove of garlic. Drain off the broth and drink up to two or three times daily.

JUICES AND RECIPES

OTHER FRUIT DRINKS:

Recipe 4:

- 3 oranges, 2 hard pears, 1 small yam
- This will give you extra strength. Juice fasters often experience periods of phenomenal strength and endurance. Clean blood, clean muscles, and enzyme-rich, nutrient-packed, fuel make for some aerobic activity. Water fasting usually requires rest, but not as much with juice fasting.

JUICES AND RECIPES

Recipe 5:

- 2 pears; 3 pink grapefruit, 1 sweet potato

Recipe 6:

- 2 carrots; 1 sweet potato; 2 apples; thin slice of Spanish onion; pinch of dulse powder

Recipe 7:

- ½ watermelon; 1 lemon; 5 oranges; 1 can frozen pineapple concentrate

JUICES AND RECIPES

Recipe 8:

- 3 hard pears; 1 cantaloupe; 1 sweet potato

Recipe 9:

- 1 grapefruit; 1 orange

Recipe 10:

- 2 yams; 1 beet; 1 slice Spanish onion;
2 lemons; 1 celery; slice of ginger

Recipe 11:

- 1 pineapple; 1 sweet potato; 4 oranges

Recipe 12:

- 1 lemon; 2 radish; 1 beet; 1 slice Spanish onion;
2 sweet potato; 1 celery; 2 Tbs. celery vinegar

JUICES AND RECIPES

Recipe 13:

- 1 beet; 1 sweet potato; 2 apples; 1 lemon; 1 tomato; thin slice of Spanish onion; 1 garlic clove; ½ can of frozen apple concentrate
- Crush ice or blend with water till slush. Add juice.

Recipe 14:

- 1 lemon; 1 orange; 3 hard pears;
3 apples

Recipe 15:

- 1 orange; 1 hard pear; 1 yam;
1 grapefruit; 1 apple

JUICES AND RECIPES

Recipe 16:

- 3 ripe tomatoes; ½ green or red pepper; 1 celery stock; 1 apple; 1 Tbs. good tasting yeast; ½ tsp. Onion powder; ½ tsp. Garlic powder; 1 tsp. Worcestershire, pinch of freshly ground pepper; 3 drops Louisiana Hot Sauce

Recipe 17:

- 1 fennel bulb; ½ beet with greens; 2 apples

Recipe 18:

- 2 tomatoes; 2 apples; 1 clove of garlic, sprig of parsley

JUICES AND RECIPES

Recipe 19:

- 1 cantaloupe; 5 ice cubes; 2 Tbs. of Sucanat; dash of cinnamon
- Juice the cantaloupe and blend with Sucanat, cinnamon and ice cubes.

Recipe 20:

- 1 beet; 1 carrot; 1 celery stick; ½ potato; 1 radish

Recipe 21:

2 apples; 1 ¼ cups of cranberries

Recipe 22:

1 wedge watermelon; ½ lb. Red grapes

JUICES AND RECIPES

SYRUP/LEMONADE DRINK (excellent!!)

- 2 Tablespoons Lemon Juice (Real Lemon juice is the best)
- 2 Tablespoons Genuine Maple Syrup (not cheap stuff)
- 1/10th teaspoon cayenne pepper (or use cayenne pills)
- 10 ounces room temp. distilled water

Combine juice, maple syrup, cayenne pepper in a 10 ounce glass

Fill with room temperature distilled water

Take 6-12 glasses of juice a day

(eat no other food during the diet)

Drink extra water if needed

This drink is delicious & used for one day fasts also

SCHEDULE

Here is a suggested schedule to keep handy.

5:00 a.m. - 8:00 a.m.

Fruit juices, preferably freshly squeezed or blended, diluted in 50 percent distilled water if the fruit is acid. Orange, apple, pear, grapefruit, papaya, grape, peach or other fruits are good.

10:30 a.m. - noon

Green vegetable juice made from lettuce, celery, and carrots in three equal parts.

2:30 p.m. - 4:00 p.m.

Herb tea with a drop of honey. Make sure it is not black tea or tea with a stimulant.

6:00 p.m. - 8:30 p.m.

Broth from boiled potatoes, celery, and carrots (no salt).

SUGGESTIONS & HELPERS

- **Fasters suggest that you do not drink milk because it is a pure food and therefore a violation of the fast.**
- **Any product containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle and you will again feel hunger pangs.**
- **Also, for health reasons, stay away from caffeinated beverages such as coffee, tea, or cola. Because caffeine is a stimulant, it has a more powerful effect on your nervous system when you abstain from food. This works both against the physical and spiritual aspects of the fast.**

SUGGESTIONS & HELPERS

- **Another key factor in maintaining optimum health during a fast is to limit your physical activity. Exercise only moderately, and rest as much as your schedule will permit (this especially applies to extended fasts).**
- **Short naps are helpful as well. Walking a mile or two each day at a moderate pace is acceptable for a person in good health, and on a juice fast.**
- **However, no one on a water fast should exercise without the supervision of a fasting specialist.**

SUGGESTIONS & HELPERS

- **Although fasting can be an indescribable blessing, it is not always easy for everyone.**
- **In this time of discipline, self-sacrifice and reflection, do not be surprised if you experience mental and physical discomforts.**
- **To begin, you may experience some inner conflict when you deny yourself the pleasure of eating delicious food. Any sort of fast may sometimes leave you feeling impatient and irritable.**
- **During a 3-day fast, this struggle can intensify toward the end of the second day. That seems to be a favorite time for the "self" to rise up and say, "This is as far as I want to go. I have done enough."**

SUGGESTIONS & HELPERS

Physical Effect: Hunger Pangs:

- These are greatest usually during the first three days of the fast. Your body is adjusting from using the food in your digestive tract (which remains about three days) to consuming stored fats.

Suggested Relief:

- Psyllium Bulk: Help eliminate hunger pangs and also aids in cleansing the body. Several capsules can be taken throughout the day with plenty of water.
- Silymarin tablets may also be helpful, for they are believed to protect and enhance the cleansing of the liver.

SUGGESTIONS & HELPERS

Physical Effect

- Coldness, bad breath and heightened body odor, changes in elimination (constipation or diarrhea), light-headedness, changes in sleeping and dreaming patterns, aches, pains.
- A white-coated tongue at the beginning of a fast may be a part of the body's pattern of throwing off toxins.
- Also expect to go to the bathroom often (you will be drinking lots of water!)

Suggested Relief

- After the first two weeks of an extended fast, many of these symptoms subside. Continuing aches in a certain area of the body usually means elimination of fatty tissue is going on in that area, which is not harmful. However, any extensive pain should be examined immediately. **STOP FASTING IF YOU ARE EXPERIENCING SEVERE PAIN OR SWELLING.**

SUGGESTIONS & HELPERS

Physical Effect

- Headaches or stomachaches may be a result of salt, sugar, or caffeine withdrawal.

Suggested Relief

- Eliminating those items from your diet prior to fasting is the best way to avoid these pains.

Physical Effect

- Lower back pain may indicate that you are dehydrating

Suggested Relief

- Drink more fluids

SUGGESTIONS & HELPERS

Physical Effect

- Dizziness may be caused by a sudden change in position, such as rising suddenly from a chair.

Suggested Relief

- Stop for a second or two, then recover. Move slowly. (A word of caution: these conditions may be symptoms of other problems requiring medical attention).

SUGGESTIONS & HELPERS

Physical Effect

- Minor fasting discomfort

Suggested Relief

- Take one teaspoon of psyllium seed powder morning and evening. Mixed in lukewarm water, it becomes like Jell-O. This powder will hasten the elimination of toxins from your colon and help to prevent headaches and dizziness for most healthy people. Alfalfa tablets can help control bad breath and cleanse the system. Two tablets at a time can be taken several times a day.

SUGGESTIONS & HELPERS

- **Some people stop taking their usual vitamins and minerals. However, you can discern continuing your vitamin and herbal therapy and also using psyllium. Keep your "temple" healthy while continuing to deny yourself the pleasure of eating solid food.**
- **During your fast, you may have your struggles, discomforts, spiritual victories, & failures. In the morning you may feel like you are on top of the world, but by evening you may be wrestling with the flesh-sorely tempted to raid the refrigerator and counting how many more days are left in your fast. This is especially true if you are new at fasting.....**

SUGGESTIONS & HELPERS

- **To counteract temptations like these, take extra time with the Lord to spend with God.**
- **Step outside for fresh air and a moderate walk of a mile or two, and talk to the Lord as you walk along.**
- **In the process always keep on sipping water or juice frequently during your waking hours.**

MOST IMPORTANT: **BREAKING THE FAST**

- All the experts agree that "breaking the fast" is **the critical phase** of fasting.
- While your body is in the resting mode, your stomach shrinks and your intestines become idle, so solid food must be re-introduced **very slowly** to avoid kidney failure or digestive distress (you have a "baby's stomach now").
- In fact, after a 40-day fast, you should make a careful transition for at least three days before returning to eating meats or fats or normal foods.

MOST IMPORTANT: BREAKING THE FAST

- **Further, if you end your fast gradually, the beneficial physical and spiritual effects will linger for days. But if you rush into solid foods, you may lose much of your deep sense of peace and experience physical problems such as diarrhea, sickness, fainting, & frankly even death sometimes, due to shock!**
- **Dr. Paul Bragg and his daughter Patricia have conducted fasting clinics for many years. Their book, The Miracle of Fasting, gives a specific daily food plan for breaking a 7-day fast that could be adapted and stretched out over several more days for a 40-day fast.**

BREAKING A SEVEN DAY FAST

5 PM as you end the 7th day of the fast

- **Peel four or five medium-sized tomatoes - cut them up, bring them to a boil and then turn off the heat. When they are cool enough to eat, have as many as you desire.**

Morning of the 8th day

- **Salad of grated carrots and grated cabbage, with half an orange squeezed over it.**
- **Bowl of steamed greens and peeled tomatoes (spinach, Swiss chard, or mustard greens). Bring the greens to a boil, then turn off the heat.....**

BREAKING A SEVEN DAY FAST

- **You may eat two slices of 100 percent whole-wheat bread, which has been toasted until it is thoroughly dry-this is called "Melba toast." After it has been cooled, the toast should be so dry that it would powder if you squeezed it in the palm of your hand. As I have stated, this first food should be in the morning.**
- **During the day, you may have all the distilled water you wish to drink.**
- **For dinner, you may have a salad of grated carrots, chopped celery and cabbage, with orange juice for dressing. This will be followed by two cooked vegetables, one such as spinach, kale, shard, or mustard greens, and one such as string beans, carrots, steamed celery, okra, or squash. You may have two pieces of whole-grain "Melba toast." These meals are not to contain oils of any kind.**

BREAKING A SEVEN DAY FAST

Morning of the 9th day

- You may have a dish of any kind of fresh fruit, such as banana, pineapple, orange, sliced grapefruit, or sliced apples. You may sprinkle this with two tablespoonfuls of raw wheat germ, and sweeten it with honey, but not over one tablespoonful
- At noon you may have a salad of grated carrots, cabbage, and celery, with one cooked vegetable and one slice of "Melba toast."
- At dinner you may have a salad dish of lettuce, watercress, parsley, and tomatoes, and two cooked vegetables.

BREAKING A SEVEN DAY FAST

- **Most experts agree that breaking a fast with vegetables, either steamed or raw, is best. Your stomach is smaller now, so eat lightly. Stop before you feel full. Stay away from starches like pastas, potatoes, rice, or bread (except for "Melba toast") for at least a week. Also avoid meats, dairy products, and any fats or oils for a week or more. Introduce them very slowly and in small amounts.**

BREAKING A FAST (3 days plus)

- Extended fasts are not the only fasts which need to be ended with caution.
- **Even a 3-day fast requires reasonable precautions.** It is wise to start with a little soup -- something thin and nourishing such as vegetable broth made from onion, celery, potatoes, and carrots -- and fresh fruits such as watermelon and cantaloupe.
- In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regime. **GENERAL RULE: One day extra care for each 4 days fasted!**

BREAKING A FAST (General)

- **Breaking an extended fast can be difficult. This is especially true if you were in bondage to food. It is often a period of attack. Satan wants control over your life and food has been a powerful lever. Is it possible to enter back into the world of eating and remain self-controlled? The answer is yes! Fasting was never meant to be an escape from Satan's kingdom, but a springboard to equip you in overcoming. Fear not--God has developed within you the Spirit of self-control, authority to say *no*!**

BREAKING A FAST (General)

- When waking up a slumbering digestive system, the desire to eat will be intense. The flavors and textures of food will be enhanced by super clean nasal passages. Eating will be a brand new experience. This is the time to flex your new-found muscles of discipline and self-control.
- As the body screams, *I want more*, wisdom whispers, *you have had enough*. Fasting has schooled you in the fact that contentment does not come from a full belly but maintaining spiritual fellowship with the Bread of Life. *My food is to do the will of him who sent me (John 4:34).*

BREAKING A FAST (General)

- **Eating small amounts of raw fruits and vegetables for the first five or six days will allow the body to gently wake up the digestive system. The body will continue to detoxify and cleanse during this period. Any toxins that have accumulated will begin to move due to the sweeping action of the soft fibers of fruits and vegetables.**

BREAKING A FAST (General)

- 1. For six days gradually increase the amount of raw fruits and vegetables in your diet. To break a fast and gorge on meat, bread or junk food will be disaster. Jarring the system this intensely when the digestive system is in a sensitive state can cause stomach cramps, nausea and weakness, negating much of the benefits of the fast.**
- 2. Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. Up to 80 percent of the starch, 30 percent of the protein and 10 percent of the fat can be digested by the enzymes in saliva.**

BREAKING A FAST (General)

- 3. Do not overeat! Discover the amount of food that your body needs to live a vibrant, healthy life.**
- 4. Make juices during the breaking period. Juices are gentle nourishment to the body. Most continue to include juice in their daily routine, for the rest of their lives.**
- 5. Continue in the same prayerfulness you had during the fast. God should be just as much a part of your eating as He was part of your fasting.**

BREAKING A FAST (General)

- 6. Educate yourself on how to begin a lifestyle of healthy eating. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.**
- 7. Discern the difference between cravings and hunger. Never feed your emotions.**
- 8. When breaking a fast over ten days, the break-in period should be extended one day for every 4 days of fasting.**

BREAKING A FAST (General)

- **An interesting phenomena occurs after a fast. The years of conditioning your body to tolerate unhealthy foods is reversed. The body is as clean as a new-born baby.**
- **When the body is full of toxins, its defense systems are not able to operate effectively. After a fast the natural defenses are able to perform the way God intended. Sensitivity to unhealthy food is increased. You will feel satisfied with smaller amounts of food and sluggish and tired when overeating. Rich foods, full of fat, salt, and processed sugars will cause nausea, headaches and weakness. A handful of fruit will be thoroughly satisfying. Because the digestive system has to work less, there will be boundless energy to spare.**

MOST IMPORTANTLY

- **You will feel closer to Jesus**
- **You will have learned how to draw closer to Jesus.**
- **Your time after the fast will be a chance to renew your “first love” and maintain a healthy, spiritual, soulful, and physical life style with Jesus as LORD!!**
- **Remember, it was “prayer and fasting”, now it will be prayer, bible reading, bible meditation, bible study, Christian fellowship, and witnessing of the wonderful love of Jesus.**
- **You will also have a great testimony to share with people (non-Christians and Christians) of what a Biblical fast can do for a person!!**
- **MAY GOD RICHLY BLESS YOU. BE WISE!!!**

This Teaching Adapted from:

- a) Bill Bright – C.C.C. www.billbright.com/howtofast
- b) Bill Bright – C.C.C. www.billbright.com/7steps
- c) Scriptural fasting www.wayoflife.org/fbns/biblicalfasting.htm
- d) Fasting Information www.freedomyou.com
(be discerning: although not always Scripturally based, a discerning saint can glean multiple things from this site)
- e) Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®.
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**The wise Christian should always discern
what is of God
and what is not!!!**