

## **Fasting**

### **Matthew 6:16-18**

One of the greatest experiences of my life was fasting for three days and communing with God. In 2009 we did this as a church and a staff. God birthed a vision in my heart. He clarified His direction for us. He moved upon all of us.

#### **1. What is fasting?**

**Abstaining from food or other legitimate human needs for a spiritual reason in order that you may seek the Lord.**

Moses fasted

Jesus fasted

Ezra fasted

Esther commanded the Jews to fast

Jehosophat called for a fast

Jeremiah fasted

Not dieting in Jesus name - skipping b-fast

Fasting is a big deal in the Bible and all religions of the world

**Luke 5:33-35: “Then they said to Him, “Why do the disciples of John fast often and make prayers, and likewise those of the Pharisees, but Yours eat and drink?” And He said to them, “Can you make the friends of the bridegroom fast while the bridegroom is with them? <sup>35</sup> But the days will come when the bridegroom will be taken away from them; then they will fast in those days.”**

Acts 13:2: “

Isaiah 58:4-9: “

Islam - the Rhamadan

The Pharisees and the disciples of John fasted on Monday and Thursday

#### **2. Should I fast?**

Jesus said you should

The Apostles did, great saints of God did  
all over the Bible

#### **3. Why should I fast?**

Cause you want to

**Isaiah 58:3-6: “Why have we fasted,’ *they say,* ‘and You have not seen?**

**Why have we afflicted our souls, and You take no notice?’**  
**“In fact, in the day of your fast you find pleasure,**  
**And exploit all your laborers.**  
**Indeed you fast for strife and debate,**  
**And to strike with the fist of wickedness.**  
**You will not fast as *you do* this day,**  
**To make your voice heard on high.**  
**Is it a fast that I have chosen,**  
**A day for a man to afflict his soul?**  
***Is it* to bow down his head like a bulrush,**  
**And to spread out sackcloth and ashes?**  
**Would you call this a fast,**  
**And an acceptable day to the LORD?**  
***Is this* not the fast that I have chosen:**  
**To loose the bonds of wickedness,**  
**To undo the heavy burdens,**  
**To let the oppressed go free,**  
**And that you break every yoke?**

- 1. Fasting can break a sinful pattern in your life**
- 2. Fasting can release a heavy burden upon your life**
- 3. Fasting can give you wisdom and direction**  
Acts 13:2; 2 Chron. 20
- 4. Fasting can deepen your prayer life - your fellowship with God**
- 5. Fasting can move the heart of God**  
Matthew 6 and Esther’s day

#### **4. How should I fast?**

Matthew 6:16-18:

can be varying types - 24 hours; total; Daniel’s fast

private btw you and the Lord

**\*regularly**

**\*privately**

**\*joyfully**

joyful