

Fasting

“What blessings aren’t being released... what answers to prayer are not getting through .. what bondages are not being broken...because we fail to fast?

Jentezen Franklin

The Son of God fasted because he knew there were supernatural things that could only be released that way. If he could have done all he did without fasting, why did he fast? How much should fasting be common practice in our lives?

1) Read Luke 5:33-35

Why did Jesus say that His disciples did not need to fast?

Answer: because he was with them.

2) Read Matthew 6:1-7 & 16-18

In these verses, what three things did Jesus teach that we are to do?

Answer: Give, Pray and Fast

King stomach has been in charge since the Garden of Eden. “So when she saw that the tree was good for food....she took of its fruit and ate. She also gave to her husband with her and he ate.”

3) Preparing to Fast:

- a. Spiritually – to cleanse yourself
- b. Preparing physically – medical conditions – seek a Dr.
- c. How to begin – specific reasons
- d. Deciding what to fast – completely or partially
- e. Deciding how long – how many days
- f. What to expect – body discomforts, with drawls (i.e. from coffee) – proper rest
- g. How to end – don’t over indulge

4) Types of Fasts:

- a. Corporate – a whole church or group
- b. Private – individual
- c. Full fast – all food – liquids only
- d. Daniel Fast – meat, sweets and breads
- e. 3 day fast
- f. Partial Fast – certain times (i.e. from 6:00 AM to 5:00 PM)

5) Biblical references to fasting:

- a. 1 Samuel 7:5-6
- b. Daniel 1:8-17
- c. Daniel 9:3
- d. Matthew 17:21
- e. Luke 2:36-38
- f. Luke 4:1-2
- g. Acts 10:30
- h. Acts 13:2-3
- i. Acts 27:21, 33-37
- j. 1 Corinthians 7:5

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 5:8) May God bless you as you fast!

Suggested Reading: “Fasting – Volume I & II” by Jentezen Franklin and “The Fasting Key” by Mark Nysewander