

Quick Guide to Fasting

Fasting

A Spiritual Exercise that weakens those who neglect it and strengthens those who use it. Coupled with prayer, it is a valuable weapon in the arsenal of faith to bring Satan's defeat and Christ's victory into view.

What is fasting:

Refraining from or limiting regular activities that limit your prayer life. It may be food, cellphone, fellowship with friends or family, leisure reading, television, hobbies, sleep, or recreation.

Reaffirming that the body is slave to the spirit not the spirit to the body.

Fasting is a means of clarifying and refocusing our attention on spiritual goals. Sometimes we have specific appetites, i.e. Ice cream, pizza, seafood... but our spiritual appetites are not so specific. Like fine tuning a radio (remember that).

Fasting is a way to turn off internal noise so that we can hear the voice of God. Ever try listening to someone while you are listening to headphones?

Reasons to Fast:

1. To worship, love and glorify God - Luke 2:37
2. To intensify the effectiveness of our prayers - Isa. 58:9
3. To seek wisdom and guidance - Acts 13:3
4. To express repentance - Acts 9:9
5. To teach ourselves humility and deepen our dependence on God - Ps. 35:13
6. To rededicate our lives to Christ - Joel 2:12
7. To train our bodies to yield to our spirits - I Cor. 9:27
8. To wage spiritual warfare with God's holy power - Matthew 17:9-11
9. To hasten physical healing - Isa. 58:8
10. To overcome strong temptations and strengthen obedience to God - Luke 4:1-2

7 benefits to fasting:

1. Intensifies our desire to pray.
2. Deepens humility. (James 4:7-10).
3. Encourages perseverance in prayer (Psalm 35:13).
4. Increases our delight in God's answer (Psalm 126:5).
5. Intensifies concentration in our prayers.
6. Amplifies faith (Matthew 26:36-41).
7. Creates a new openness to the presence and power of the Holy Spirit. (The Bible says that Jesus returned "in the power of the Spirit" after His 40-day battle of prayer and fasting).