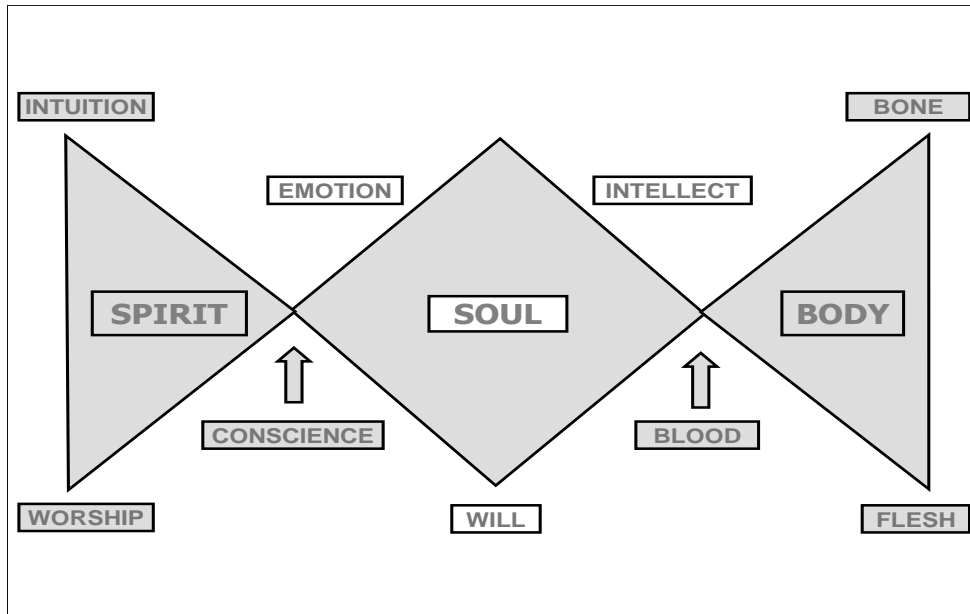




FASTING

1. What is fasting?



- It helps feed the spirit, soul or body by starving the other areas from their desires
- to subject the physical to the spiritual and to give priority to spiritual goals;
- to disentangle oneself for a time from one’s environment, material things, daily responsibilities, and cares
- devote one’s whole spiritual attention to God and prayer

2. There are 8 main reasons for fasting

- To strengthen our ability to turn our attention to the Lord – Dan 9:1-3
- When facing a great challenge or obstacle - 2 Chron 20:1-4
- To be receptive to direction and wisdom from God - Acts 13:1-3, 14:23
- To strengthen our spiritual appetites & longings for Him and to protect us from becoming satisfied with natural and temporary things
- To bring our flesh under submission - Ps 69:10, 1 Cor 9:27
- To humble ourselves – Ps 35:13
- To combat temptation and spiritual opposition – Mt 4:1-3
- During times of repentance and intercession - Neh 1:4-6

3. Other reasons for fasting

- Perhaps the main reason why we should fast is because Jesus, our Redeemer, placed a fast upon all of us - Mt 9:15
- We should fast because fasting was a part and parcel of the life of our Lord, Jesus Christ - Mt 4:1-2
- Jesus taught fasting as one of the four foundations of the Christian faith. These foundations are: giving, praying, fasting, and faith. - Mt 6
- Paul was "in fastings often" -2 Cor 11:27
- Every single person in the early church fasted - Acts 14:23
- Fasting reaches and obtains what prayer alone cannot, because it removes unbelief – Mt 17:20-21).
- Fasting will give a well-size or even unlimited capacity to enjoy the riches of heaven, immortality, glory, honor, and power -Jn 3:34, Rom 2:7, Eph 4:13

4. Results of fasting

- 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
- 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.
- Through your fast, and that of many other believers, God will heal our land

5. Summary

Fasting allows my Spirit to rule my life