

## FASTING

### INTRODUCTION

Mark 2:18-20, Matthew 17:21, Luke 4:1-2, Act 13:1- 13, 14: 21-23  
Acts 9:2, 2 Cor. 5, 6:27, Joel1:13-14, 15-16

Our Lord Jesus taught us to fast.

“And he said unto them, this kind can come forth by nothing, but by prayer and fasting.”  
(Mark 9:29)

He therefore expects His Disciple to fast regularly, Fasting for believers is a must not optional

### WHAT IS FASTING?

- ⌚ Fasting in Christendom is abstaining from food and/or water for spiritual purposes.
- ⌚ It disciplines our body to enable us concentrate on our prayer.
- ⌚ Fasting focuses our attention on God, His kingdom and purpose.
- ⌚ Fasting helps us to draw power from the All- Powerful God.
- ⌚ Fasting invokes divine intervention in our helpless circumstances

### TYPES OF FAST

#### 1. ABSOLUTE FAST

This is done without food and water or any drink for a period of time.

Examples – In Esther 4:16- Esther and her maidens fasted for three days and three nights without food and water. For health and medical reasons, it is not advisable to go beyond 4 days.

#### 2. COMPLETE OR TOTAL FAST

This is done by abstaining from all food and drinks except water. Water may be taken to prevent the physical body from being dehydrated; Dehydration can lead to fluid imbalance, which can throw the body chemistry into chaos. Jesus went through this type of fast for 40 days Matt. 4:20 He hungered but not thirsty.

#### 3. PARTIAL FAST

This is done by abstaining from food from 12 midnight to 6pm; breaking with light food every night.

### BENEFITS OF FASTING

1. Fasting humbles and disciplines the soul – Psalm 35:13, 69:10
2. Fasting crucifies unholy desires and appetite and causes the human spirit to be in ascendancy to commune with God in worship and prayer. Matt. 4:1-11, 1 Cor.9:27
3. Fasting helps you to notice and avoid satanic temptation and facilitate victory over satanic attacks.
4. Fasting renews a believer’s strength Isa. 40:28- 31
5. Corporate fasting brings divine intervention. 2 Chron.20:1-30, Jonah 3:4-10, Ezra 8:21-23
6. Fasting and prayer brings about great spiritual revival and spiritual awakening- Joel2:15-20
7. Fasting has health benefits. It cleanses and purifies the body system – Isa 58:3-6
8. Fasting brings great spiritual revelations. Men who fasted hear better from God.
9. Fasting brings about holy boldness.
10. Fasting invokes open heavens – when heaven opens blessings are poured down.

#### HOW TO CONDUCT AND BREAK A FAST

1. Sanctify your heart i.e. cleansing our heart from all forms of sin before embarking on a fast. You must maintain a right stand with God. Why? Because the altar sanctifies the gift. Rom 12:1-2
2. Ensure that you are physically fit. Take account of your medical condition before you embark on a fast. Those with health challenges should seek medical advice from their physicians before embarking on a fast.
3. Meditate on the word of God during the fast. This will strengthen soul and spirit. John 6:63
4. Pray continuously
5. Remain focused on God and talk less.

#### BREAKING OF FAST:

1. Break your fast first with fluids to hydrate the tissues of the body – Water, Tea or Juice etc.
2. Follow by eating light food and fruits – Orange, grapes, Tangerine, custard, and puddings.
3. Do not break your fast with heavy food especially when fasting exceeds two days.
4. Don't eat food that will cause you problems. E.g. coffee or food that gives heartburns.
5. Portion Control – Reduce the quantity of food during fasting.

**IMPORTANT:** - If you experience dizziness, headache, faint spells or other discomfort, you need to seek spiritual and medical counsel.