



## I. WHAT IS FASTING? (See Matthew 6:1-6,16-18)

Fasting is a significant spiritual discipline, associated with prayer, in which God's people individually or as a group choose to abstain from food or something else important to them for a specific spiritual purpose and a designated period of time.

Fasting makes me vulnerable and reminds me of my frailty. It reminds me to remember that if I am not fed I will die ... Standing before God hungry, I suddenly know who I am. I am one who is poor, called to be rich in a way that the world does not understand. I am one who is empty, called to be filled with the fullness of God. I am one who is hungry, called to taste all the goodness that can be mine in Christ.

Macrina Wiederkehr

Fasting creates extra space for God to fill in and extraordinary way  
Ryan Visconti

## II. WHEN DID PEOPLE FAST IN SCRIPTURE?

### 1. Declare urgent need

Jehoshaphat was frightened and prayed to the Lord for guidance. Then he gave orders for a fast to be observed throughout the country.

2 Chronicles 20:3 (TEV)

### 2. Confess sin

When the Israelites assembled on the twenty-fourth day of this month, they fasted, wore sackcloth, and threw dirt on their heads.

Nehemiah 9:1-2 (CEV)

### 3. Demonstrate humility

...I put on sackcloth and humbled myself with fasting...

Psalm 35:13a (NIV)

### 4. Prove dedication

That is why the LORD says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning.

Joel 2:12 (NLT)

### 5. Launch ministry

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Matthew 4:1-4 (NRSV)

### **III. HOW CAN I FAST?**

1. Total fast
2. Normal fast
3. Partial fast

[What is the Daniel Fast, and How Do You Do It? \(biblestudytools.com\)](http://biblestudytools.com/What-is-the-Daniel-Fast-and-How-Do-You-Do-It/)  
[HOME – Ultimate Daniel Fast](#)

### **IV. WHY SHOULD I FAST? - ISAIAH 58:6-9,10-12**

1. Learn to do things I should do—but don't want to do (v.6a)
2. Power to free myself and others from spiritual oppression (v.6b)
3. Greater compassion for those in need (v.7)
4. New light and insight from scripture (v.8a)
5. Improved physical health and vitality (v.8b)
6. Increased protection from spiritual attacks (v.8c)
7. Enhanced ability to hear God's answers to prayer (v.9)
8. Deeper sense of satisfaction in life (v.11)
9. Restoration of lives and families (v.12)