

# INTRODUCTION TO FASTING

WHEN WE FAST, WE DO SO WITH MANY PURPOSES. AT ITS ROOT, FASTING IS THE HUMBLING PRACTICE OF ABSTAINING FROM SOMETHING, ON PURPOSE, TO HELP PREPARE FOR THE PRESENCE OF GOD. IT ALSO HELPS PREPARE US FOR WHAT GOD IS GOING TO REVEAL TO US, AND DO THROUGH US. FASTING IS NOT A REQUIREMENT FOR BEING A BELIEVER IN JESUS, BUT IT IS A SPIRITUAL DISCIPLINE THAT CAN RENEW OUR MIND.

WHEN WE FAST, OUR PHYSICAL URGES BECOME A REMINDER TO FOCUS ON EXPERIENCING THE PRESENCE OF GOD. WE REPLACE THE TIME WE TAKE TO DO THINGS LIKE EAT OUR FAVORITE MEAL, SCROLL ON SOCIAL MEDIA, OR WATCH T.V. WITH PRAYER, WORSHIP, AND BIBLE READING. IT'S NORMAL TO FEEL MOODY, TIRED, OR HUNGRY DURING A FAST. THE GOOD NEWS IS THAT WHEN WE PRESS PAST THE DISCOMFORT, FASTING HELPS US RECEIVE DIVINE WISDOM, GUIDANCE, AND VICTORY.

## FASTING DO'S & DON'TS

### DO'S

- MAKE AN INTENTIONAL CHOICE ABOUT THE TYPE OF FAST YOU'LL DO (EX. DANIEL FAST, LIQUID ONLY FAST, MEDIA FAST, SUGAR FAST, ETC.)
- SPEND QUALITY TIME WITH GOD EVERY DAY
- READ YOUR BIBLE DAILY
- SPEND TIME IN PRAYER, WORSHIP, OR BIBLE READING WHENEVER YOU FEEL TRIGGERED TO ENGAGE IN THE ACTIVITY YOU'RE FASTING FROM
- WRITE IN YOUR JOURNAL WITH THOUGHTS, PRAYERS, AND BIBLE VERSES THAT SPEAK TO YOU WHILE FASTING

### DON'T...

- FORGET THE REASON YOU'RE FASTING
- FOCUS ON THE THINGS YOU'RE FASTING FROM
- STOP FASTING IF YOU EAT SOMETHING YOU'RE NOT SUPPOSED TO, OR SLIP UP AND START SCROLLING
- COMPARE YOUR FAST TO SOMEONE ELSE'S
- GIVE UP

## EXAMPLES OF FASTING IN THE BIBLE

- IN EXODUS 34:28, MOSES FASTED 40 DAYS AND NIGHTS WITHOUT FOOD OR WATER RESULTING IN HEARING FROM GOD TO WRITE THE TEN COMMANDMENTS.
- IN ESTHER 4:16, QUEEN ESTHER ASKED MORDECAI TO FAST WITH ALL THE JEWS ALONGSIDE HER AND HER MAIDENS FOR THREE DAYS. ESTHER SAVED THE JEWS (HER PEOPLE).
- IN MATTHEW 4 AND LUKE 4, JESUS FASTED 40 DAYS IN THE WILDERNESS WITH NO FOOD AND OVERCAME THE TEMPTATIONS OF SATAN.
- IN ACTS 14:23, TWO OF THE DISCIPLES, PAUL AND BARNABAS, PRAYED AND FASTED IN ORDER TO GAIN WISDOM FROM GOD ON APPOINTING ELDERS TO THE CHURCHES.

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." — MATTHEW 6:16-18*

## ADDITIONAL FASTING RESOURCES

- [HTTPS://WWW.DANIEL-FAST.COM/FAQ/](https://www.daniel-fast.com/faq/)
- [HTTPS://JENTEZENFRANKLIN.ORG/WAYS-TO-FAST](https://jentezenfranklin.org/ways-to-fast)