

Biblical Fasting (Part 2)

March 05th 2023



Last Week: Biblical Fasting

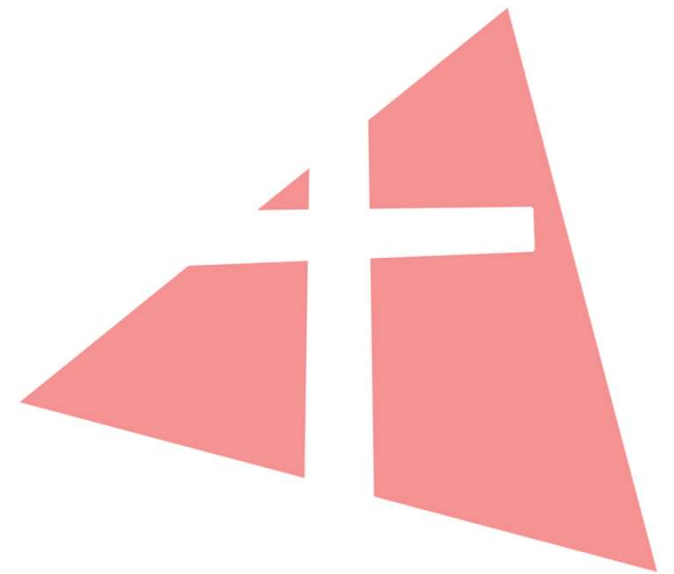
- **Taking away something from this world in order to make more room for God in our lives**
 - Specifically: Abstaining from food in some form



Today's Focus

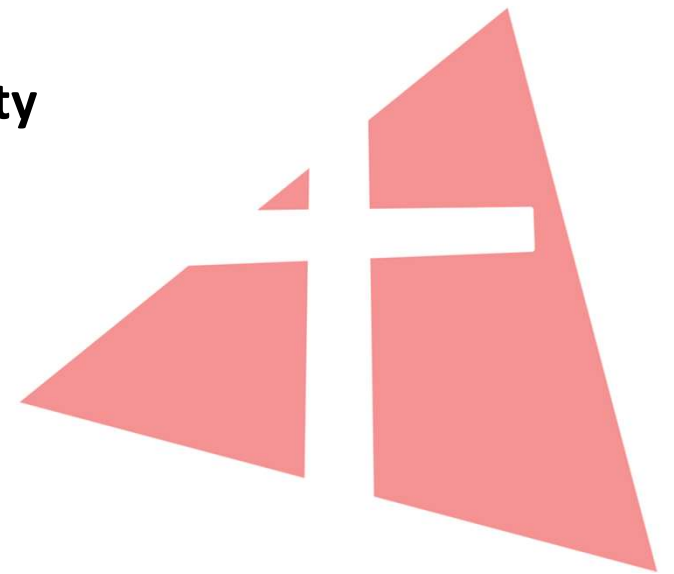
○ Practical steps

- Before a fast
- During a fast
- At the end of a fast



The Basic

- **How/how much we fast is not a way to measure our spirituality**



Types of Fasting

- **Water only**

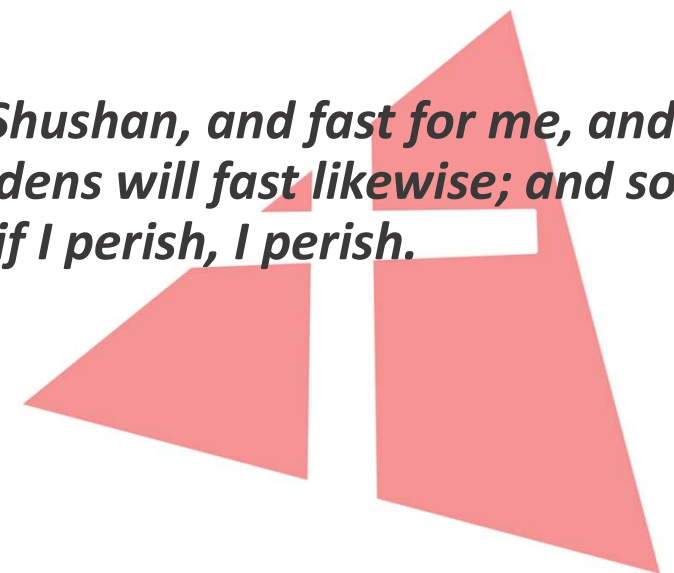
Matthew 4:1-2 Then was Jesus led up by the Spirit into the wilderness to be tempted by the devil. And when he had fasted forty days and forty nights, he was afterward hungry.



Types of Fasting

- No intake at all

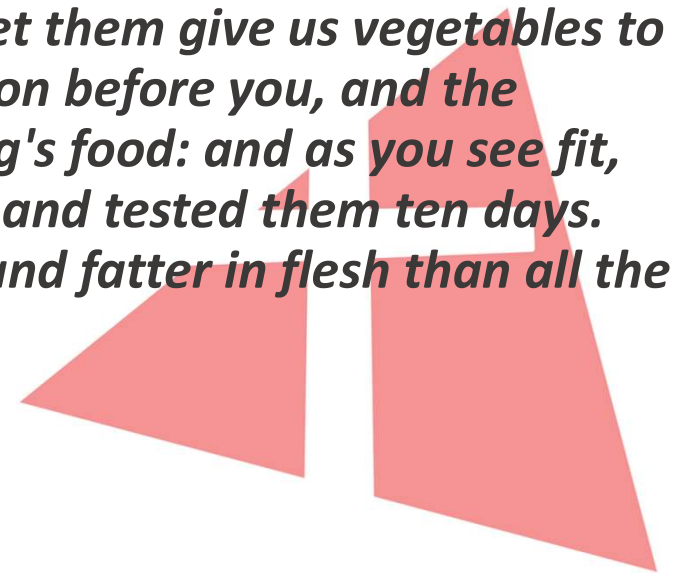
Esther 4:16 Go, gather together all the Jews that are present in Shushan, and fast for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.



Types of Fasting

- Vegetables and water

Daniel 1:12-15 Test your servants, I beseech you, ten days; and let them give us vegetables to eat, and water to drink. Then let our countenances be looked upon before you, and the countenance of the young men that eat of the portion of the king's food: and as you see fit, deal with your servants. So he consented to them in this matter, and tested them ten days. And at the end of ten days their countenances appeared better and fatter in flesh than all the young men who did eat the portion of the king's food.



Types of Fasting

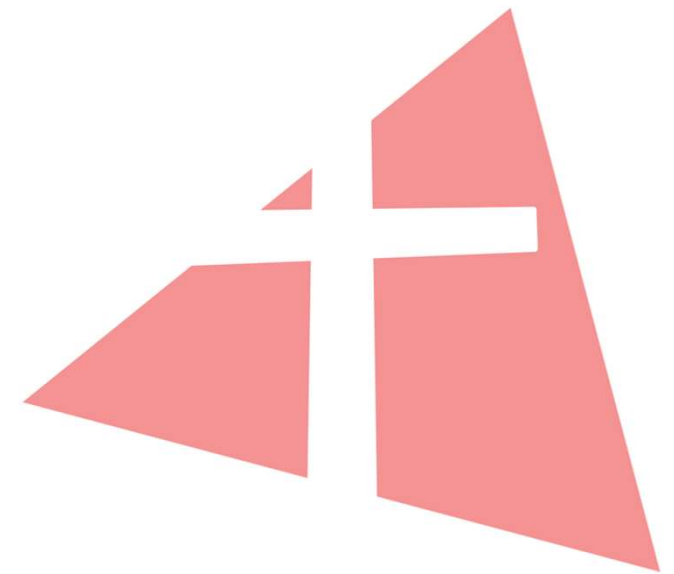
- Sexual Fast

1 Corinthians 7:5 Deprive not one the other, except it be with consent for a time, that you may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your lack of self-control.



Types of Fasting

- **Other types of fasting are of course also possible**
 - Liquid fast
 - Only eating at certain times
 - ...
- **But it's only a Biblical fast if we truly feel an absence**



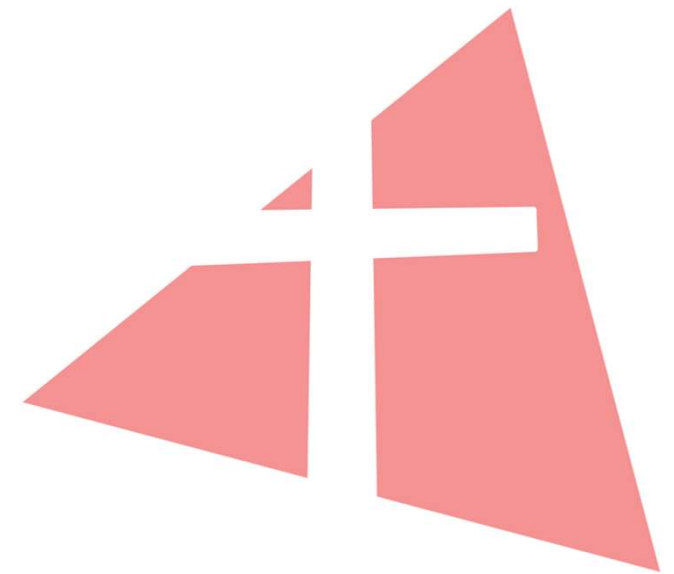
Planning a Fast

- **We need to block time for God**
 - Otherwise we'll just eat less and fill up our schedule with other worldly things
- **Try to postpone things that are not urgent until after the fast**
- **Having a timeframe helps us be more focused**
 - But also be flexible to God's guidance



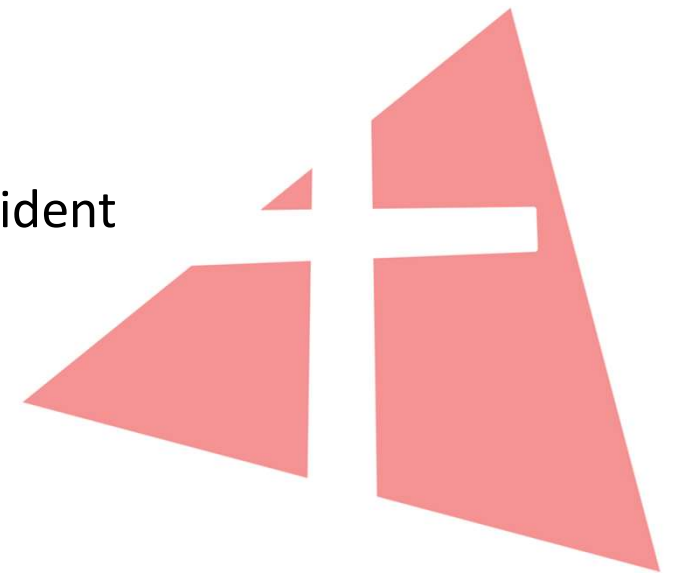
Planning a Fast

- **Have a clear focus on “what we want to receive from God” during the fast**
 - Guidance
 - Spiritual gifts
 - Overcoming sin
 - ...
- **But also keep focusing on “God’s will”**



Planning a Fast

- **Be ready for a rough start**
 - The body needs some time to adjust
 - During that time we are often not doing well
 - The benefits of fasting usually take a few days to become evident



Fasting Together

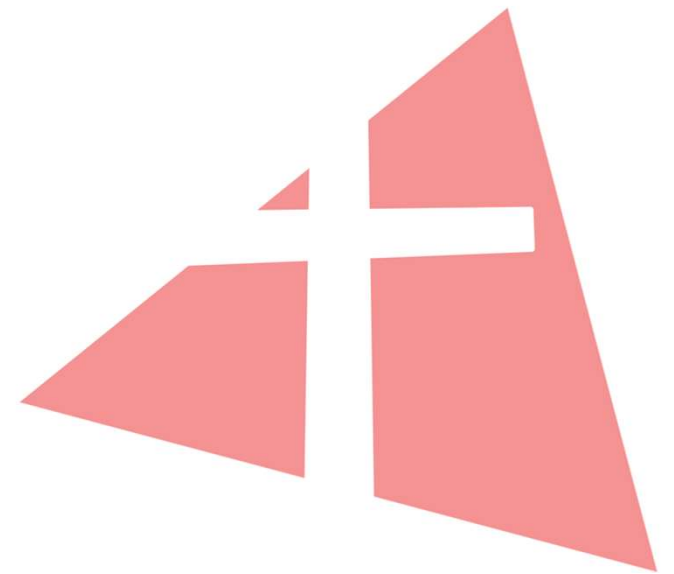
- Encouraging each other
- Keeping each other accountable
- Praying for each other



During the Fast

- **Be disciplined**

- Eating
- Time with God
- Not allowing other things to creep into our daily schedule
- ...



During the Fast

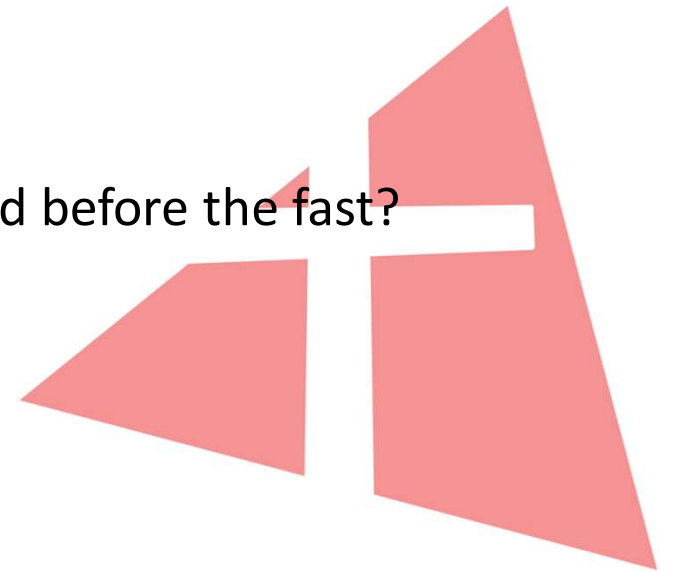
- **What if I can't keep it up?**



Towards the End of the Fast

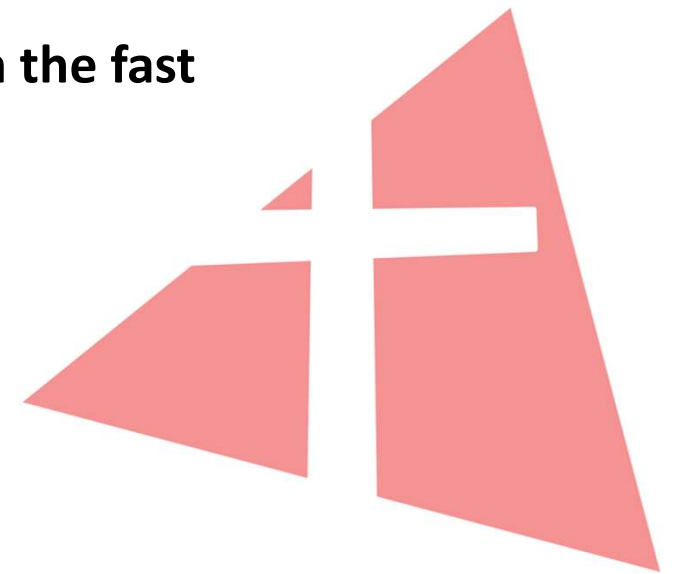
○ Take some time for reflection

- What did God speak to me?
- What changed?
- What do I want to keep up even after finishing the fast?
- What can I do so that I don't simply go back to the way I lived before the fast?
- ...



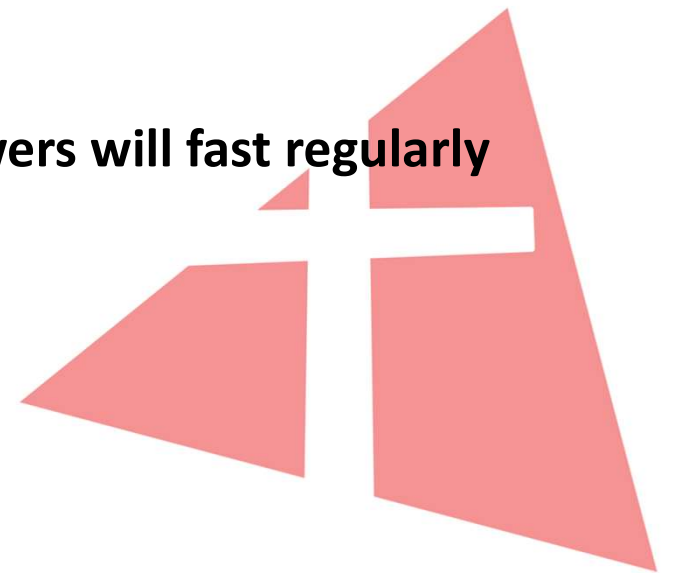
Breaking the Fast

- **Getting off a fast can take even more discipline than staying in the fast**
 - Eating too much too soon can harm our bodies



In Conclusion

- **We will not call for a church-wide fast**
- **But we do want to remind everyone: Jesus said that His followers will fast regularly**





Holy
COMMUNION

REMEMBER **HIS** SACRIFICE