

# **Fasting: The Basics**

**February 11<sup>th</sup> 2024**



# The Season

- **We just had our first prayer meeting**
- **The season of Lent is starting soon**
- **Reminder on the basics of two important topics**
  - Today: Prayer
  - Next Week: Fasting



# Today's Focus

- **Fasting**



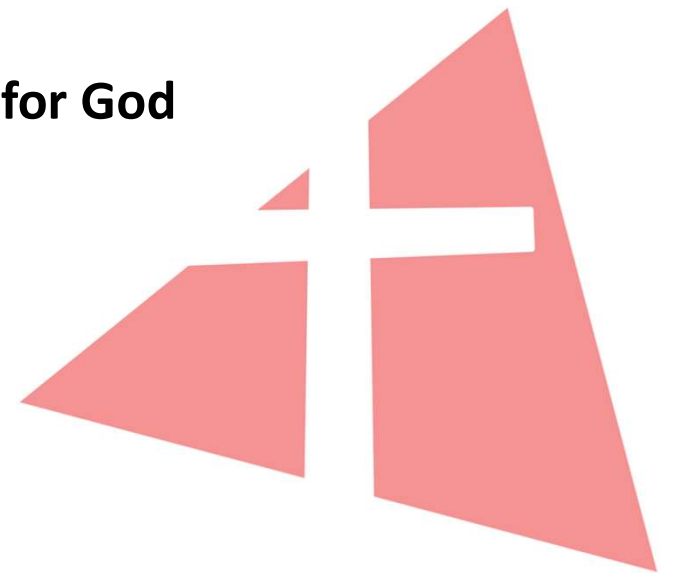
# What is Biblical Fasting not?

- **Inflict suffering on ourselves**
- **A way to make our prayers more powerful**
- **A way to get from God what we want**



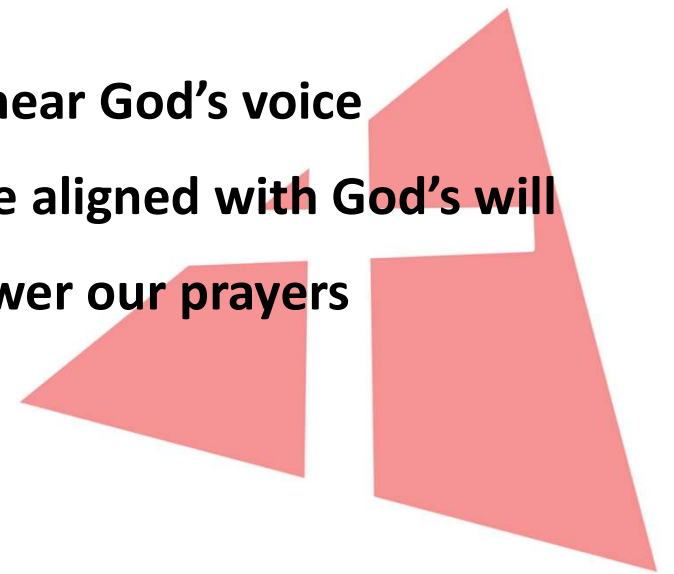
# What is Biblical Fasting?

- **Abstaining from something of this world to increase our need for God**



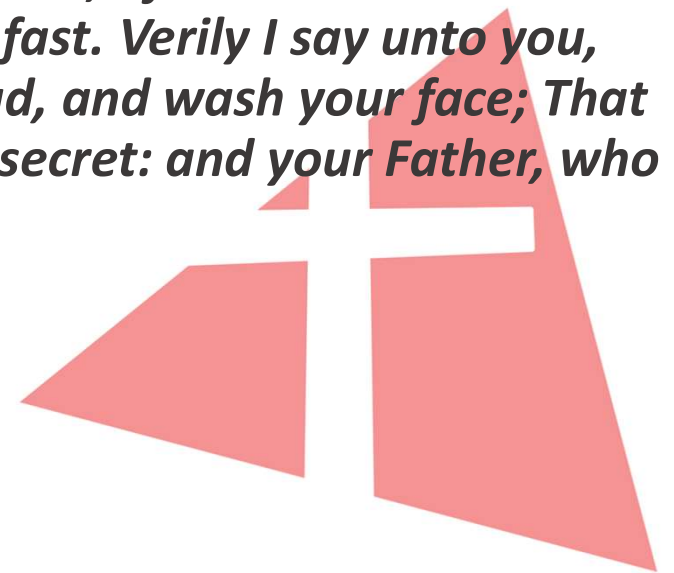
# The Effects of Fasting

- **As we fast, we experience some form of need or withdrawal**
- **As we experience need/withdrawal, we depend more on God**
- **As we depend more on God, we are more willing and able to hear God's voice**
- **As we hear God's voice more clearly, we can pray prayers more aligned with God's will**
- **As we pray prayers more aligned with God's will, God will answer our prayers**



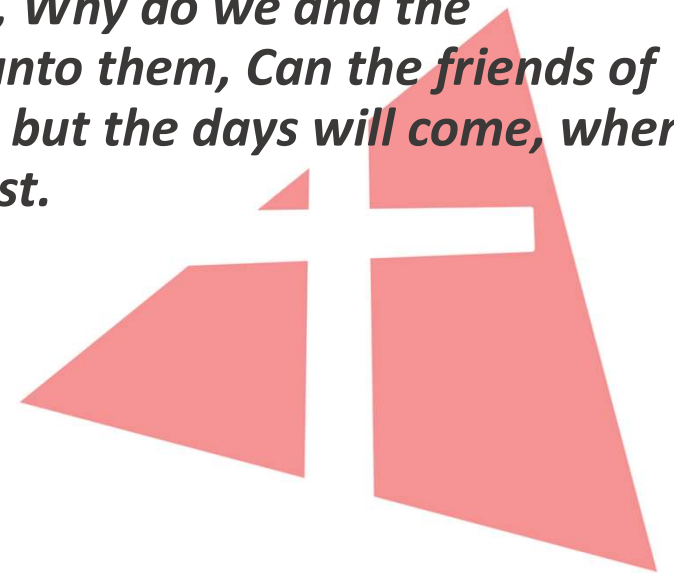
# Fasting is not just an optional practice

*Matthew 6:16-18 Moreover when you fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But you, when you fast, anoint your head, and wash your face; That you appear not unto men to fast, but unto your Father who is in secret: and your Father, who sees in secret, shall reward you openly.*



# Fasting is not just an optional practice

*Matthew 9:14-15 Then came to him the disciples of John, saying, Why do we and the Pharisees fast often, but your disciples fast not? And Jesus said unto them, Can the friends of the bridegroom mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.*





# Biblical Examples

- 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.*

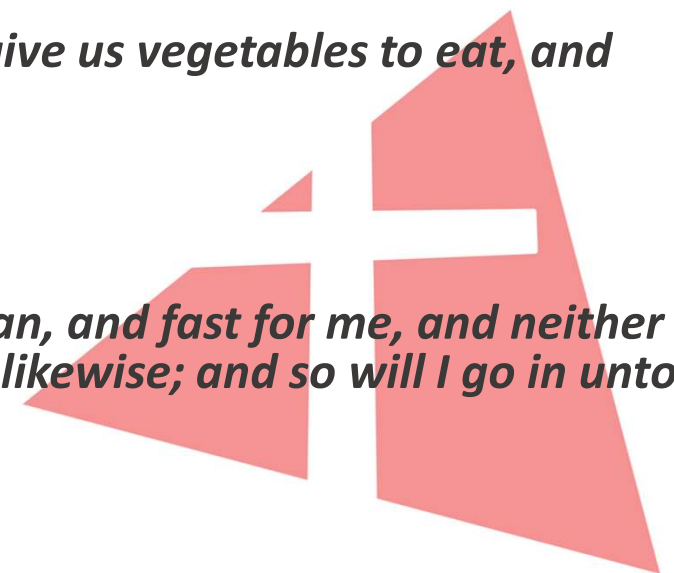
- Vegetables only

*Daniel 1:12 Test your servants, I beseech you, ten days; and let them give us vegetables to eat, and water to drink.*

- Total fast

*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.*

- Any other form of abstaining from food



# Biblical Examples

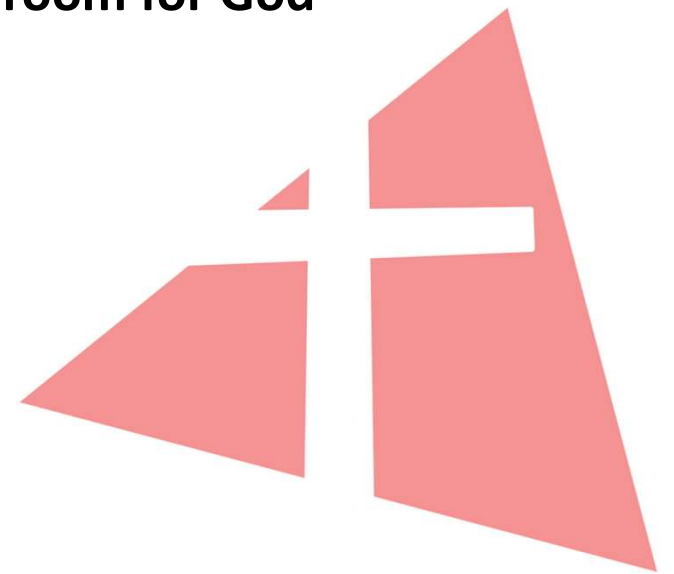
- Sexual Fast

*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.*



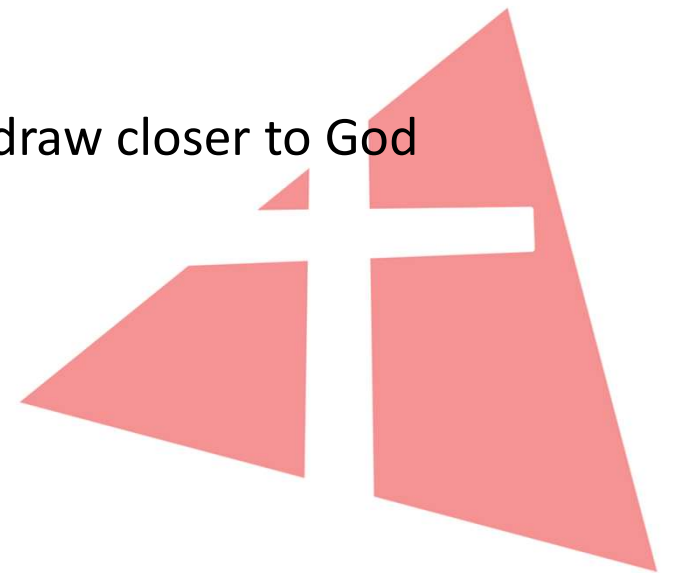
# Other forms of Fasting

- **Abstaining from anything of this world in order to make more room for God**
  - Phone/Digital Fast
  - Hobbies
  - ...



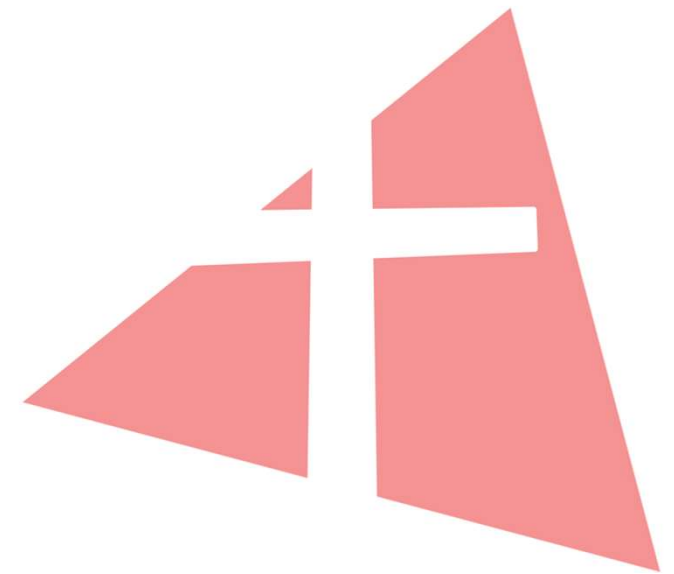
# Sacrifice

- **A fast isn't a fast if we don't really miss anything**
  - Something that increases our time with God
  - Something that makes us feel uncomfortable and makes us draw closer to God
  - ...



# Practical steps before starting a Fast

- **Set a timeframe**
  - Arrange your schedule
- **Set a goal**
- **Define the limits of your fast**
- **Define your time with God**
- **Set some form of accountability**



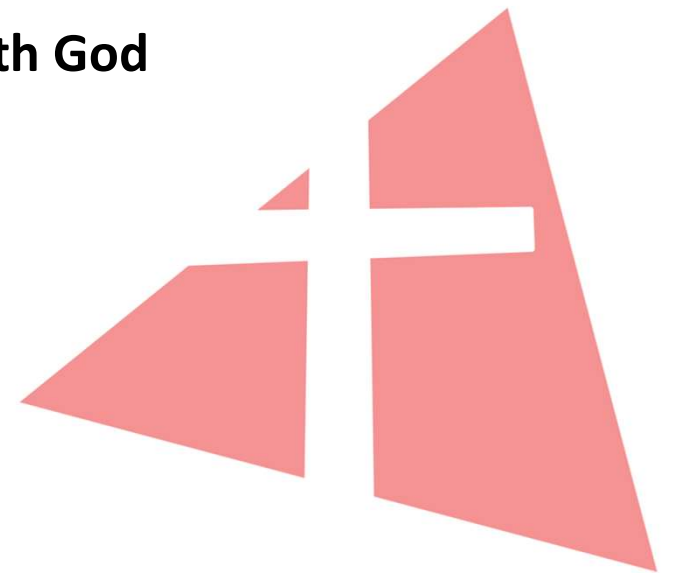
# One more Warning

- **Satan knows the power of fasting and will try to distract us**



# In Conclusion

- **Fasting can be a wonderful tool to deepen our relationship with God**
- **But our hearts have to be in the right place**





*Holy*  
**COMMUNION**

REMEMBER **HIS** SACRIFICE