

Guiding Scripture

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” – John 10:10

“Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.” – Matthew 17:19-20

THE DISCIPLINE OF FASTING (Continued)

The Purpose of Fasting

What is your motive for fasting? – Matthew 6:16-18

You cannot use the means of fasting to try to get God to “do what you want”.

Fasting must be God-initiated and God ordained. Every other purpose of/for fasting must be subservient to God. If our fasting is not unto God, we have failed.

Fasting reveals the things that control us! We cover up what is inside of us with food and other good things but in fasting, these things surface.

Fasting reminds us that we are sustained by “every word that proceeds from the mouth of God”. (Matthew 4:4) In essence, when we fast we are not merely abstaining from food but we are feasting on the Word of God. Fasting is Feasting!

John 4:32-33

Fasting helps to keep our balance in life. (1 Corinthians 6:12) What are you slave to?

The Practice of Fasting

Getting started: Begin with a partial fast and eliminate one meal and attempt this for once a week for several weeks while you will be fascinated with the physical aspects of your fasting experience you must monitor the inner attitude of your heart.

As you are fasting, take note that the first three days are usually the most difficult in terms of physical discomfort and hunger pains. The body is beginning to rid itself of the toxins that have built up over years of poor eating habits and it is not a comfortable process.

Day 4: Hunger pains will begin to subside and you will have feelings of weakness and dizziness. Rest is the best remedy.

Day 6-7: You will begin to feel more stronger and alert. The hunger pains will continue to diminish until the 9th or 10th day. You are literally starving the body so that you can become more alert and concentrated.

Breaking the Fast: Start by eating small meals because during the fast, your stomach has shrunk and your digestive system has gone into hibernation.

Fasting is a work of the Spirit and during this time, you will engage in some spiritual warfare.

Ephesians 6:10-18

¹⁰ Finally, my brethren, be strong in the Lord, and in the power of his might.

¹¹ Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

¹² For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

¹³ Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

¹⁴ Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

¹⁵ And your feet shod with the preparation of the gospel of peace;

¹⁶ Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

¹⁸ Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.