

Getting Serious About Your Life in Christ
(the Discipline of Fasting)

***"So our aim is to please him always, whether we are here in this body or away from this body. For we must all stand before Christ to be judged. We will each receive whatever we deserve for the good or evil we have done in our bodies."
2 Cor 5:9-10 NLT***

❖ What is fasting ? **Fasting is voluntarily abstaining from food for a period of time in order to focus on God. ("Fasting is the intercontinental ballistic missile of the Christian faith.." Derek Prince)**

❖ Are True believers required to fast ? **There is no direct command in Scripture; but Jesus assumes His followers will fast.**

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, 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 men 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.." Mt 6:16-18 NIV

❖ Are there different types of fasts ? **Several!**

Who:	Private Fasts	Congregational Fasts	National Fasts
	Matt. 6:16-18	Joel 2:15-16	2 Chron. 20:3
	"solo"	"a certain group"	"a country"

How:	Partial Fasts	Normal Fasts	Absolute Fasts
	Supernatural Fasts		
	Daniel 1:12	Matt. 4::2	Esther 4:16
	Deut. 9:9	"water only"	"no food or water"
	"restricted diet"		
	"absolute fasts over 3 days"		

When:	Occasional Fasts	Regular Fasts
	Matt. 9:15	Lev. 16:29-31

planned"

"as God leads"

"scheduled &

- ❖ Are there any cautions ? **Absolutely! Avoid: 1. seeking the approval of others; 2. worldly influences during your fast, ie. T.V., magazines, etc.; 3. over-eating before and after your fast (the hibernating grizzly syndrome)**

Fasting done appropriately has health benefits, but it isn't a diet plan!

- ❖ How do I get started? **1. Be convinced; 2. determine the type and the length of your fast (write it down); 3. determine three to five things that will be your prayer focus for that particular fast (write them down); 4. prepare yourself spiritually; 5. prepare yourself physically; 6. use your extra time to pray and meditate on God's Word; 7. start small, practice, and don't give up**
- ❖ What are the possible benefits of fasting?

"Show me a man with an addiction (idol), and I will show you a man who demands reliable pleasure and who is angry (frustrated) with an unmanageable God." Dr. Larry Crabb

"So I run straight to the goal with purpose in every step. I am not like a boxer who misses his punches. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified." 1 Cor 9:26-27 NLT

VIP - Biblical Fasting is often the most effective way to:

- 1. express repentance and seek spiritual revival - Joel 2:12**
- 2. strengthen prayer - Ezra 8:23**
- 3. provide protection or deliverance from one's enemies - 2 Chron. 20:3-4**
- 4. minister to the needs of others - Isaiah 58:6-7**

**5. express love and worship for your Heavenly Father -
Luke 2:37**

6. seek God's guidance - Judges 20:26-28

**7. overcome temptation and dedicate yourself to God -
Matthew 4:1-11**

Matthew 9:14-15 NIV

"Then John's disciples came and asked him, "How is it that we and the Pharisees fast, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

***Bill Bright* (10/19/21 - 7/19/03)**

Bill Bright and his wife Vonette signed a contract like the one on the back of this card in 1951. Approximately 24 hours later God gave him the vision for Campus Crusade for Christ, a vision to help take the Gospel to the whole world. Bill wrote the following, "I believe fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the stronghold of evil and usher in a great revival and spiritual harvest around the world."

