

Christ Followers Fast

Matt 6:16-18 - *Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

The Poster for Fasting

Vs. 18 - *“do not appear to men to be fasting, but to your Father who is in the secret place;”*

The Reasons for Fasting

Divinely Directed

Moses

Ex 34:28 - *So he was there with the Lord forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments.*

Elijah

1 Kings 19:8 - *So he arose and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.*

Jesus

Luke 4:1-2 - *Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, ² being tempted for forty days by the devil. And in those days, He ate nothing, and afterward, when they had ended, He was hungry.*

Repentance of Sin

1 Sam 7:6 - *So they gathered together at Mizpah, drew water, and poured it out before the Lord. And they fasted that day, and said there, “We have sinned against the Lord.” And Samuel judged the children of Israel at Mizpah.*

Ezra 10:6 - *Then Ezra rose up from before the house of God, and went into the chamber of Jehohanan the son of Eliashib; and when he came there, he ate no bread and drank no water, for he mourned because of the guilt of those from the captivity.*

Seeking an Answer

Dan 10:2-3 - *In those days I, Daniel, was mourning three full weeks. ³ I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.*

Acts 13:2-3 - *As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." ³ Then, having fasted and prayed, and laid hands on them, they sent them away.*

Confronting demonic activity

Matt 17:14-21 - *And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, ¹⁵ "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. ¹⁶ So I brought him to Your disciples, but they could not cure him." ¹⁷ Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." ¹⁸ And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. ¹⁹ Then the disciples came to Jesus privately and said, "Why could we not cast it out?" ²⁰ So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. ²¹ However, this kind does not go out except by prayer and fasting."*

The Heart of Fasting

Is 58:6-9 - *Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? ⁷ Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? ⁸ Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. ⁹ Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am.'*