

# The Nuts & Bolts of Fasting

**2 Chronicles 16:9:** For the eyes of the LORD run to and fro throughout the whole earth, to show Himself **strong** on behalf of those whose heart is **loyal to Him** (NIV- **fully committed to Him**). In this **you** have done foolishly; therefore from now on you shall have wars."

## Who?

- **Moses:** Exodus 34:28
- **David:** 2 Samuel 12:16; Psalm 35:13; 69:10; 109:24  
**Psalm 35:13** I humbled myself with fasting.
- **Jehoshaphat** with all of Israel  
**2 Chronicles 20:3-4:** And **Jehoshaphat feared**, and set himself to seek the Lord, and **proclaimed a fast throughout all Judah**. So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord.

**2 Chronicles 20:12:** Oh our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.

- **Ezra** with those traveling with him back to Israel  
**Ezra 8:21, 23:** Then I proclaimed a **fast** there at the river of Ahava, that we might **humble ourselves before our God**, to seek from Him **the right way for us** and our **little ones** and all our possessions. So we **fasted and entreated our God** for this, and **He answered our prayer**.

- **Nehemiah:**

**Nehemiah 1:4:** I was **fasting** and **praying** before the God of heaven.

**Nehemiah 9:3:** And they stood up in their place and **read from the Book of the Law of the Lord their God** for one-fourth of the day; and for another fourth they **confessed** and **worshiped the Lord their God**.

- **Esther:**

**Esther 4:16:** Go, gather all the Jews and **fast for me**; neither **eat nor drink for three** days, night or day. My maids and I will **fast** likewise. And so I will go to the king, which is against the law; and if I perish, I perish!

- **Daniel:**

**Daniel 9:20-23:** Now while I was speaking, praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the Lord my God.

**Daniel 10:3:** 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.

**Daniel 10:11-13:** Gabriel said to me, "Oh Daniel, man greatly beloved, understand the words that I speak to you from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me."

- **Josiah:** with all of Israel, Jeremiah 36:9

- **The people of Nineveh:**  
**Jonah 3:8:** But let man and beast be covered with sackcloth, and **cry mightily to God**; yes, let every one turn from his evil way and from the violence that is in his hands.
- **The prophetess Anna:** Luke 2:37
- **Jesus** fasted 40 days, Luke 4:2  
**Luke 4:14:** Then **Jesus** returned in the **power of the Spirit** to Galilee.
- The **Disciples** failed to **pray** and **fast**.  
**Matthew 17:21:** However, this kind does not go out except by **prayer and fasting**.
- **Cornelius:** Acts 10, **praying** and **fasting** and **visions**
- **Paul with the leaders in Antioch**  
**Acts 13:2:** While **they** were **worshiping** the Lord and **fasting**, the **Holy Spirit said**, "**Set apart** for me Barnabas and Saul for the work to which I have **called** them."
- **Paul and Barnabas:** Acts 14:23

# Who?

**Zechariah 7:5:** Say to all the people of the land, and to the priests: "When you **fasted, did you really fast for Me - for Me?**"

# What?

What is fasting? **Fasting** literally means "**No food!**"

**Fasting** is saying **NO** to food and **YES** to God!

**Fasting** is denying the **physical** to seek the **spiritual**.

Fasting can involve saying **no** to things we **enjoy** and **take pleasure in!**

**1 Corinthians 7:2,3, 5:** But because there is so much sexual immorality. The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. Do not deprive each other of sexual relations, **unless you both agree to refrain from sexual intimacy for a limited time** so you can give yourselves to **fasting and prayer**. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.

- Sex
- Exercise
- Television
- Technology
- Coffee
- Sugar / Chocolate

What fasting and prayer is **NOT**

- NOT to be **RIGHTEOUS**
- NOT a hunger strike; **Fasting** and **Prayer**
- NOT a **diet**
- NOT about the **health benefits**

## Where?

“Our seasons of **fasting** and **prayer** at the Tabernacle have been **high days indeed**; never has Heaven’s gate stood wider; never have our hearts been nearer the central **Glory.**” ~**Charles Spurgeon**

## When?

**Matthew 6:16:** **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. Your Father who sees in secret will **reward you openly**.

Is there anyway you can clear your schedule **NOW?**

## Why?

- **Ask help** from God
- **Humble** ourselves before God
- Direction
- Breakthrough
- Powerful weapon in the spiritual realm (**lost weapon**)
- Crisis
- Repentance
- Answers
- Revival
- Victory
- To seek and hear God

## How?

- **Absolute Fast:** No food or water
- **Normal Fast:** No food
- **Partial Fast:** Daniel fast or a juice fast or ?

**Daniel 10:3:** 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.

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**Medications:** Make sure you **first** talk to your doctor

Should kids fast? **No**

Should kids see their parents fast? **YES**

If I'm not fasting can I still come and **pray**? **YES!** This is a week of **Prayer and Fasting**.

I've tried fasting (to be honest), **God didn't answer me**.

**Revelation 5:8:** ... **golden bowls full of incense**, which are the prayers of the saints...

Would **YOU** help us **STEWARD** this week!