

Day 33: Spiritual Disciplines ~ Fasting

One of the most difficult yet rewarding Spiritual disciplines is fasting. There are different types of fasts, including the number of days and what is actually fasted. Biblical fasts involved food and drink. Nowadays, people fast television, social media, or spending money.

The most important aspect of fasting involves the heart. Why are you fasting and does what you fast bring you closer to God?

There are an array of reasons to fast based on scriptural references. Here are a few mentioned: to seek God, revelation knowledge, deliverance, repentance, grow closer to God, humble oneself, or to break a spiritual dry spell.

Fasts are set in motion on a sporadic basis based on need. However, you can also include fasting as part of a weekly discipline. Either way, fasting must be done from the heart and not a way to “get” God to do something for you. I have learned that fasting changes me more than answers prayers at times.

Biblical fasts have lasted from part of a day to forty days. Here are a few examples. David fasted one day for the death of Saul and Jonathon, the army, and Israel (2 Sam 1:12). Esther and the Jewish people fasted three days for direction and deliverance (Est 4:16). Daniel fasted twenty-one days for revelation knowledge (Dan 10:3). Moses fasted for forty days on the mountain when he was with the Lord. (Ex 34:28) Jesus also fasted forty days to prepare for ministry (Matt 4:11).

If you have never fasted, I want to encourage you to implement this spiritual discipline into your life. You will never regret this decision.

Day 33 Worksheet

Have you ever fasted? If yes, what kind? If not, why not?

Have you fasted about your Transformed: 40 Days to Spiritual Breakthrough goal?

Read and write three alternative scriptures that address fasting.

What do you find most difficult about fasting?

Plan a fast. Write your plan down. When will you begin? How long will it be? What will you fast?
