

FAST FORWARD
January 9, 2022

The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast. (Matthew 9:15)

- **The Principle of Fasting**

Fasting is the deliberate abstinence from some form of physical gratification, for a period of time, in order to achieve a greater spiritual goal.

When you fasted and mourned in the fifth and seventh months these seventy years, was it actually for Me that you fasted? When you eat and drink, do you not eat for yourselves and do you not drink for yourselves?" – Zechariah 7:5-6

- **Purpose of Fasting:**

...to make your voice heard on high – Isaiah 58:4

...a day for a man to humble himself. – Isaiah 58:5

- **When to Fast:**

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry? – Isaiah 58:6-7

- **For protection**

Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish. - Esther 4:16

➤ **For Healing:**

This kind can come out only by prayer and fasting

– Mark 10:29

➤ **For Ministry:**

So after they had fasted and prayed, they placed

their hands on them and sent them off. – Acts 13:3

At its core, fasting is the way we declare to God that we need Him and want Him more than food itself