

Fasting Bible Study – <https://foundations7.org>

I want to encourage you and suggest personal fasting. Some are very experienced... and the Lord wants more. Some have never fasted. This is a great time to start.

Most in our culture live adrenalized, filled with emotional ups and downs, we fill ourselves with instant information, decisions, decisions. The storms, the shaking.

We enter the secret place sometimes so revved up with the cares of the world it takes so long to connect with the Lord. We are so amped up in our own circumstances.

Psalm 46:10 be still and know that I am God.

One of the most effective ways to be still and know God is to fast in His presence.

Fasting is a spiritual discipline or practice.

We are disciples of Christ – discipline and disciple.

Discipline is any practice that reinforces desired behaviors. The bible calls us to self-discipline.

Discipleship involves learning disciplines regarding the ways of God. Learning to grow in our relationship with God by exercising spiritual disciplines.

What is spiritual discipline?

Spiritual disciplines are regular and repeated spiritual practices, (also known as habits).

Many churches assume discipleship or leave it up to the church services once or twice a week for growth.

The priesthood of all believers. We want each to grow in spirit, tools to help become disciplined.

Prayer - both in our natural and spiritual tongues

Reading and meditating on His Word – Bible training

Worship – praising and adoring God with thankful hearts.

Ministry of the Holy Spirit – filled and relying on the Spirit.

Generosity and giving – sowing and giving sacrificially.

Fasting – the abstaining from food

Fasting – facilitates all the spiritual disciplines.

There are countless accounts of fasting encouraged throughout the Bible.

The only required day of fasting in the bible is the day of atonement - Leviticus 16:29

What is fasting?

The act of abstaining from food or other distractions to seek God's presence and direction.

Why do we fast?

We may fast for physical purposes – health fasts.

Physical healing – Daniel fast.

We practice spiritual fasting for many reasons:

- We seek a closer walk with God.
- We seek His intervention or involvement in our circumstances (instructions).
- We seek spiritual breakthroughs.
- We fast for spiritual warfare.

Any spiritual discipline is not an end in itself. That's legalism. Fasting included. That's the wrong spirit.

Micah 6:8

Points out what the Lord requires of us:

- To live justly
- To love mercy
- To walk humbly with our God

Fasting is a means by which we can draw nearer to the Lord and submit ourselves in humility to Him.

We don't make God love us any more than He already does if we fast or if we fast longer.

The goal of any of the spiritual disciplines is the greater freedom of living in the spirit rather than the law.

A greater closeness to a holy God.

Spiritual fasting does not try to get something from God for a perceived sacrifice.

Spiritual fasting focuses on God, and who He is.

We realize how big a God we have.

We know who we are in Christ and in relation to God.

The results are always spiritual, they glorify God both in the person who fasts and in others for whom we fast.

Pray and fast for our personal repentance, our family circumstances and our fellowship.

1 Kings 21:20-29

If fasting can avert judgement on the worst, most wicked person in the nation of Israel, what judgement or consequence will fasting avert for you and I?

Pray and fast for our city/state.

Jonah 3:4-10

If fasting can avert judgement on the worst, most wicked gentile city in the Bible, what will fasting do for Kingston, for Tennessee?

Pray and fast for the Nations.

Esther 4:10-17

If fasting can avert disaster, the destruction of the entire nation of Israel, what will fasting do for the United States, Belize, Africa, the nations.

Pray and fast for authority over the enemy.

Jesus said some spirits only come out by nothing but prayer and fasting. Mark 9:28-29

Luke 10:17-20

If fasting and praying gave 70 the power over the demons, what will fasting do for our spiritual warfare

We can't overestimate the effectiveness of fasting.

Satan hates it, tries to keep it out of our minds.

When we fast and deny ourselves food, the enemy attacks with reminders of food.

But we remind the enemy that we choose, with our free will to give up feeding our bodies to God's glory.

Israel did not always fast with the right heart.

Isaiah 58 – the fasting heart that pleases God.

Joel 2:12 – rend your hearts and not your garments.

What does Jesus say?

Matthew 6:6 secret place drive

Matthew 6:7-13 Lord's prayer

Matthew 6:16-18 fasting – Jesus reminds us not to make an outward show of our dedication to God.

Jesus always cautioned that our real pursuit of the father should basically done in secret.

Our pursuit of the kingdom and His work, pursuit of the lost and hurting, should be public.

God will reward in public, with fruit, signs and wonders our pursuit of Him in the secret place.

The ability to stay on your fast is not dependent on our willpower and our ability to not eat, but by our desire to know God better, to hear from Him, and to spend quality time with Him.

Fasting strengthens us in the Lord and allows communication.

Fasting closes the distance between us and the Lord and results in increased wisdom.