

FASTING 101

Part Three

Faith
~~HOMEWORK~~

Three Views

- ~~Unnecessary~~, undesirable, generally ignored. ~~Jewish tradition.~~
- Has **great benefits** ..should be encouraged as a tool to be used...not bound.
- ~~Bound as a matter of FAITH.~~

FASTING 101

Faith
~~HOMEWORK~~

Thesis:

1. Pitfalls to Avoid
2. Relationship
between prayer and
fasting
3. Practical
applications.

FASTING 101

Faith
~~HOMEWORK~~

Warnings

Pitfalls to Avoid

- Watch your **motive**.
 - “When ye fasted and mourned . . . Did ye at all fast *unto me*” Zech 7:5?

FASTING 101

Faith
HOMework

Warnings Pitfalls to Avoid

- Watch your **motive**.
 - Matt 6:1 "Beware of practicing your righteousness before men **to be noticed by them**; otherwise you have no reward with your Father who is in heaven."

FASTING 101

Faith
~~HOMEWORK~~

Warnings Pitfalls to Avoid

- Avoid formalistic Ritual
 - Isa 58:4-5 "Behold, *you fast for contention and strife.*
 - You do not fast to make your voice heard on high. "It is a fast like this which I choose, a day for a man to humble himself!"

FASTING 101

Faith
~~HOMEWORK~~

Warnings

Pitfalls to Avoid

- Avoid formalistic Ritual
- Luke 18:11-13 Pharisee:
“God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. 12’ I fast twice a week; I pay tithes of all that I get.’

FASTING 101

Faith
~~HOMEWORK~~

Warnings, Pitfalls

I Tim 4:1,3

Now the Spirit speaketh expressly, that in the latter times some shall **depart from the faith**, giving heed to seducing spirits, and doctrines of devils; 3 Forbidding to marry, and **commanding to abstain from meats**, which God hath created to be received with thanksgiving of them which believe and know the truth.

KJV

FASTING 101

Faith
~~HOMEWORK~~

Warnings, Pitfalls

- Catholics & “Lent”.
- Principle:
 - The abuse of a thing is not the destruction thereof.”



FASTING 101

Faith
~~HOMEWORK~~

Warnings, Pitfalls

- Avoid **Carnal** Purposes:
 - Putting down abstainers.
 - Dieting is **not** fasting.
- Don't use as *excuse to be irritable* (Matt 6:16-18).

FASTING 101

Faith
~~HOMEWORK~~

Warnings, Pitfalls

- Remember the definition: “**Must not hurt, but help!**”

FASTING 101

Faith
~~HOMEWORK~~

Few Brief Guidelines

- Usually a day but maximum of 72 hrs w/o food & water (Esther 4:16).
- Drink plenty of fluids, avoid stimulates like coffee.

FASTING 101

Faith
~~HOMEWORK~~

Few Brief Guidelines

- Work up gradually to a 7-day maximum.
- Start with *juice fast*, easier to tolerate.
- May be a fast of specific foods vs. all food.
- Break your fast slowly and carefully.

FASTING 101

Faith
~~HOMEWORK~~

Relationship between prayer and fasting

- *Complement* to prayer.
- Provides **reinforcement**
 - Additional strength & *focus*.
 - *Spiritual overdrive?*



FASTING 101

Faith
HOMESWORK

Mark 9:28-29

- **Disciples:** "Why could we not cast it out?"
- **Jesus:** "This kind can come out by nothing but **prayer and fasting.**"
- **Do you have any “stubborn demons?”**

FASTING 101

Faith
HOMework

Quote: Is Fasting for Today?

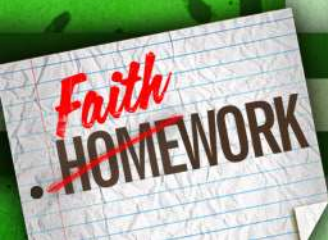
- “As a child of God, if one **only and always** answers the physical calls, needs, and drives, it eventually **covers or dwarfs the spiritual part** of oneself.”
- Paul: 1 Cor 9:27

FASTING 101

Faith
~~HOMEWORK~~

Quote: Is Fasting for Today?

- “One of the greatest ways you can **renew the inner man** is by **fasting**. This happens when we **subdue the physical** in the interest of the **spiritual**.”
- See Eph 3:16



FASTING 101

Quote: Is Fasting for Today?

- “When we subdue the physical for the spiritual I maintain there is a ***conversion of power.***
- Since faith is stronger than the physical, it empowers and strengthens...”

FASTING 101

Faith
~~HOMEWORK~~

Relationship between prayer and fasting

- ***Complement*** to prayer.
 - Fasting = **Self-control.**
 - Prayer = allowing God to have *His will in my life on His terms!* -“God-control!”
 - Jesus and His temptations.

FASTING 101

Faith
~~HOMEWORK~~

Fasting and the nature of Disease

- ***Healing qualities.***
 - Proven to extend life and aging in some cases.
- ***Hardest work body does is digesting food.***
- ***Toxins are flushed out.***
- ***End result: More energy and alertness!***

FASTING 101

Faith
~~HOMEWORK~~

Practical Suggestions

- Enter into fasting with *positive faith*.
- Don't wait for an emergency.
 - Ps 84:7 “Go from **strength to strength**”



FASTING 101

Practical Suggestions

- Set a reasonable goal.
- Couple with Bible devotional and prayer.
- Set certain objectives.
- Avoid boastfulness (Matt 6:16).
- If have health issues that preclude fasting, don't worry about it.

FASTING 101

Faith
~~HOMEWORK~~

INVITATION

- Phil 3:18-19 “Enemies of the cross of Christ: whose end is destruction, whose god is their belly, and whose glory is in their shame — who set their mind on earthly things.”

FASTING 101

Faith
~~HOMEWORK~~