

Fasting Thoughts and Tips

Notes and reflections from *Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God*, by Jentezen Franklin

The discipline of fasting releases the anointing, the favor and the blessing of God in the life of a Christian.

The way you approach your fast is extremely important. If you are not serious about it then you won't get serious results.

There are three things you must ask yourself before you fast:

1. What are the motives behind the fast – *fasting brings the flesh off the throne* [1 Cor. 9:27]
2. What are the specific needs I am fasting for? [many examples in scripture which I will point out later]
3. Am I determined to minister unto the Lord during my fast [Acts 13:2]

There are many scriptures on fasting. Do a word search on your own – never take others' word for it without backing it up with the Word. [There are 112 verses in NASV on fasting]

There are seven types of fasts in the Bible – I will give you a brief synopsis of each of them:

1. The Esther Fast [3 day fast]
 - Esther 4:16 – “fast for me; neither eat nor drink for three days, night or day”
 - The purpose of the three-day Esther fast is to seek God's favor in the time of crisis
2. The Daniel Fast - Intercession for Israel [21 day fast]
 - Daniel 10:2-3 “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
 - A Daniel fast is a fast of only vegetables, fruit and water
 - You should read the results of what happened because of Daniel's fast in the rest of chapter 10
3. The self-examination Fast [1 day fast]
 - Leviticus 23:27 and Jeremiah 36:6
 - Set aside a certain time that you fast and seek Him and here's the purpose for it – self examination and *consecration *[dedication to the service and worship of God]
4. The Fast Before A Battle
 - Judges 20:26
 - You should never go into a major battle without fasting first
5. Fasting To Lift God's Judgment From Another's Life
 - 1 Kings 21:27-29
 - Because a wicked man humbled himself in fasting God lifted the judgment
 - Do you know someone who knows right from wrong and yet that person is living a wicked life?
6. The Fast For Healing
 - Isaiah 58:8 “Then your light shall break forth like the morning, your healing shall spring forth speedily and your righteousness shall go before you”
7. The Dominion Fast [40 day fast]
 - Jesus fasted in Matthew 4 for dominion and for authority [no wonder Satan tempted Him the way he did]

The Effects of Godly Fasting – Ezra 8:21 “Then I proclaimed a fast there at the river of Ahava that we might humble ourselves before God to seek from Him the right way for us and our little ones and all our possessions.”

There are 3 powerful reasons indicated in this verse alone for fasting:

1. we fast to seek of God the “right way”
2. you should fast for your little ones, your children [how ever old they might be]
3. fast for substance – petition God about our substance, our resources, our finances. We affirm to God that He is our Source and we are asking for Him to bless us in these areas.

Establish a place and a time where you can pray. Prayer is *critical* during the fast to break through and hear what the Lord is saying to you. Without being combined with prayer and the Word – fasting is little more than dieting.

Fasting is a spiritual discipline that every believer should have in their lives. Jesus did not say “if” you fast He said “when” you fast. [Matthew 6:16]

Is that meat you feel like eating rather than fasting worth the risk of you missing the promise of God?