

FASTING BASICS

Simply stated, biblical fasting is refraining from food for a spiritual purpose.

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says [Matthew 6](#).

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

10 Reasons to Fast

- 1.To know God more intimately.
- 2.For a miracle in your life or someone else's.
- 3.To get healthy (spiritually, emotionally, physically).
- 4.Break free from addiction(s).
- 5.Salvation for others.
- 6.To know God's Will for your life (Direction on a major decision).
- 7.Stronger family, better marriage.
- 8.For our church (for our future, families strengthened, leaders, growth

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- 9.For our city (that we would see God truly reign in Hampton Roads).
- 10.For our nation (that America would make decisions based on God's Word).

Remember to spend more time in prayer and Bible reading, don't just give something up and go about life normally; a fast should change your pace of life. BIBLICAL FASTING

FOCUS

1 TIMOTHY 2:1-2

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

ROMANS 12:1

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."

MATTHEW 6:33

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

ISAIAH 58:6

“[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God’s peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will “undo the heavy burdens and let the oppressed go free.” We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him

our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Types of Fasting

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Complete or water only Fast – Water only. (this should only be done if consulting with doctor only).

Liquid only fast – water, juices, smoothies, broths, etc.

A specific food or meal per day – (e.g. no meat, no sweets, etc or no breakfast/lunch/dinner).

Technology/recreation – give up some form of technology or hobby for (e.g. television, video games, sports, etc).

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing ([Isaiah 58](#), [Jeremiah 14:12](#), [1 Corinthians 8:8](#)). May God greatly bless you as you fast!

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