

WHAT CAN FASTING DO FOR A CHRISTIAN?

“As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away.”

Acts 13:2-3

OUTLINE

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Introduction

QUESTION: What is one notable similarity which Elijah, David, Jehosaphat Jesus, Paul, and John's disciples have in common?



FASTING 101

- Greek word means, “without eating”
- An intentional choice to forgo food for a certain amount of time.
- A voluntary decision to abstain from eating for spiritual purposes.

WHAT IS FASTING?

JEWISH ANNUAL FASTS

Commemorate capture of Jerusalem	Jeremiah 52:7
Commemorate burning of Temple	Zechariah 7:3
Commemorate death of Gedaliah	Jeremiah 41:4
Commemorate attack of Jerusalem	Zechariah 8:19

**Feast Days were instituted by God. Fast Day were instituted by men.
The Pharisees fasted twice a week (**Luke 18:12**)**

How to Fast? Matthew 6:16-18

- There is nothing wrong with a Christian fasting.
- We are not required to fast today. Colossians 2:16 shows we are under another Law completely.
- Fasting should be done to achieve a spiritual purpose, ONLY.
- Fasting should not be done to be seen or draw attention to oneself.
- Fasting should not be done to commemorate some human holiday (LENT). 1 Timothy 4:3

How to Fast?

Matthew 6:16-18

(Fasting is a humbling of the soul)

- There is not any set time to fast: 1 day – **Judges 20:26** to 40 days, **Deuteronomy 9:9**. Homework: Who fasted?
- Fasting must be done with a sincere heart, **Nehemiah 1:4**.
- Fasting should be done to remove wickedness, **Isaiah 58:6**.
- Fasting should be done to repent from sin, **2 Samuel 12:16**.
- Fasting should be done to assist prayer, **Nehemiah 9:1-2**.

Benefits of Fasting

Fasting can benefit our spiritual warfare, **Mark 9:29**.

-cures unbelief with prayer, **Matthew 17:21**.

-aids in decision making, **Acts 13:2-3; 14:23**.

-focuses on spiritual, **Matthew 4:4; Exodus 34:28**.

Benefits of Fasting

Fasting can help us draw closer to God.

-creates humility, **Esther 4:16.**

-creates spiritual service, **Luke 2:37.**

-creates desire to seek God, **Ezra 8:1; Daniel 9:3-5.**

Benefits of Fasting

Fasting can help us express our sorrow.

-2 Samuel 12:16- David's loss

-Nehemiah 1:4- Weeping for Jerusalem

Conclusion

“Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: and rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of this evil.”

Joel 2:12-13

Invitation

Need to Submit?

Hear

Believe

Repent

Confess

Submit to Baptism

Live Worthy

Return to God?

Repent

Confess

Pray

Live Worthy