

FASTING – For Spiritual Breakthrough

What is fasting?

Fasting is when a Christian voluntarily gives up food to focus on God as the One who meets our needs. It is quenching our hunger for food with a hunger for God.

Why is fast?

- ❑ We fast for spiritual breakthrough to be more centered and focused on God (Matt. 6:16-18).
- ❑ We fast when we are desperate to hear an answer from God or want to see God do a powerful work in our lives or the lives of others (Ez. 8:23, Matt. 9:14-15).
- ❑ We fast when we need God's guidance and discernment (Judg. 20:26, Acts 14:23).
- ❑ We fast when we are broken for God to do something (Ez. 10:6).
- ❑ We fast to become more like Christ (Matt. 4:2, Lk. 4:2).
- ❑ We fast as a way to worship and seek the presence and power of God together (Joel 2:15-16, Acts 13:2).
- ❑ We fast to express repentance and return to God (Jon. 3:5, Joel 2:12).

How to fast?

You could choose to fast (withhold from eating) for the whole day, for one meal a day, for one meal a week, or from some specific food or drink (Dan. 1:12) like coffee or sweets over the next 21 days. You may modify the fast and if you aren't able to fast from food or want to choose something other than food, consider fasting from something like social media, videogames, a hobby, projects, etc.

During the time that you would eat or engage in a certain activity, spend that time when you would do those things in prayer and seeking God. Fasting is pointless if you are just skipping something but not seeking God. During that time, pray, read the Word, meditate on God, call on God to move in your life and reveal Himself to you or others. When you feel temptation to break the fast, PRAY immediately! This teaches you dependence on the Holy Spirit.

How NOT to fast?

You fast with no biblical purpose or without consulting the leading of the Holy Spirit of God. "Without a clear biblical purpose, fasting becomes an end in itself. Every hunger pang only makes you calculate the time remaining until you can eat. Such thinking disconnects the experience in your mind and heart from the Gospel and descends into the deception that perhaps your suffering will earn God's favor." -Don Whitney, *Spiritual Disciplines of the Christian Life*, 199