



Fasting
for a
Breakthrough

Spiritual Disciplines

- Public Worship
- Private Worship
- Scripture
- Prayer
- Feasting
- Fasting
- Silence and Solitude

...there are others

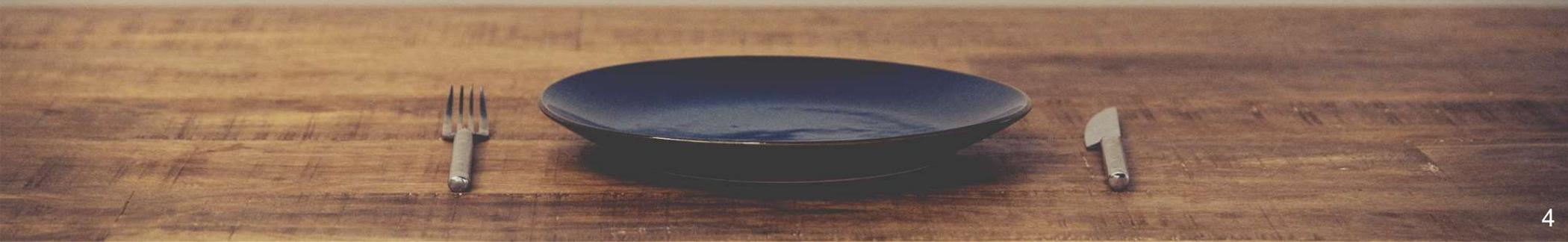
James 4:5-10

5 Or do you think that the Scripture says in vain, "The Spirit who dwells in us yearns **jealously**"? 6 But He gives more grace. Therefore He says: "God resists the proud, But gives **grace to the humble.**"

7 Therefore **submit** to God. **Resist** the devil and he will flee from you. 8 **Draw near to God** and He will draw near to you. **Cleanse** your hands, you sinners; and **purify** your hearts, you double-minded. 9 Lament and **mourn** and weep! Let your laughter be turned to mourning and your joy to gloom. 10 **Humble yourselves** in the sight of the Lord, and He will lift you up.

Examples of Fasting

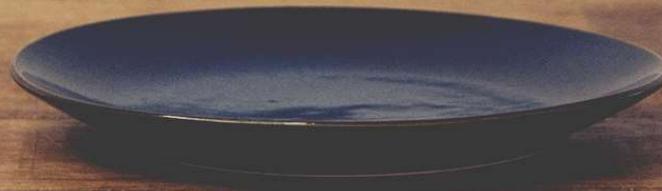
- Rich history of fasting - mentioned over 70x
- Jesus fasted – 40 days in wilderness (Matt 4:1-11)
- Moses fasted – 40 days receiving the Law (Ex 34:28)
- Daniel fasted – 21 days (Dan 10:2-3)
- Esther fasted – 3 days for deliverance (Esther 4:16)



Examples of Fasting

- **David** fasted in repentance (Ps 69:10, 2 Sam 12:16)
- Jehoshaphat fasted for guidance (2 Chron 20:3-4)
- King of Nineveh called a national fast (Jonah 3:7-10)

Elijah, Ezra, Nehemiah, Anna, Cornelius. Paul,
Early Church



What is Fasting?

To abstain from food and/or drink for a predetermined amount of time for the sake of focusing on your relationship with God



Hebrew Word = tsowm =
To cover over the mouth



What is Fasting?

In the OT, Israel was commanded to fast one day a year, The Day of Atonement (Yom Kippur)

“afflict your souls” = fasting

(Leviticus 16:29-30)

Other fast are personal

or

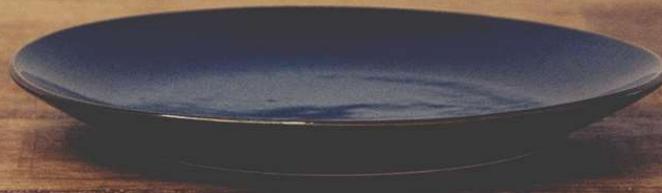
Prompted by a leader



Types of Fast

- 1) Fast from food & water
 - 2) Fast from food and drink water
 - 3) Fast from food and drink water and/or juice
- Duration: 1, 3, 7, 21, 40 days
(but you can fast a meal or 2 – there is freedom)

If you have medical concerns, please consult your Doctor.



Question

Can you fast from things other than food?

Ex: TV, Social Media, Activities, Sweets, etc

Since Spiritual Disciplines are a personal act of worship, there is a **freedom** for you to choose how you are going to do it.

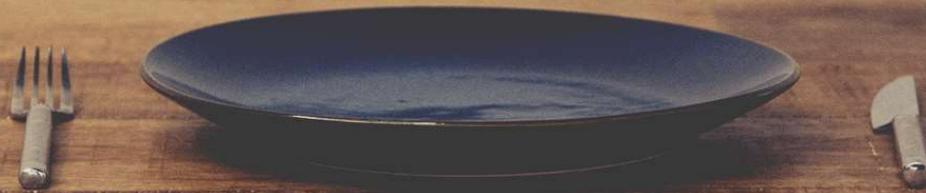
Be **Spirit-led** in your devotion to God

Interesting Note

Our word
breakfast
comes from the idea of
breaking the fast –
the first meal after a
night of fasting

Reasons

- Fasting is about spiritual hunger to experience the nearness of God.
- Fasting is an act of worship & devotion to God.
 - To draw closer to God by intensifying your devotion for a period of time.
 - incorporate more prayer and Scripture time
 - present your bodies a living sacrifice
(Rom 12:1)



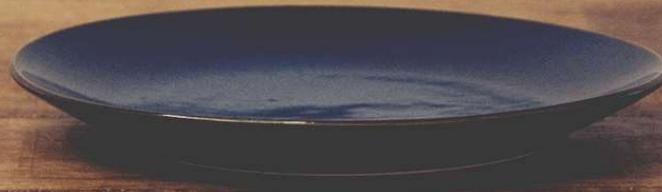
Reasons

Jesus, Matthew 4:4

"It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

Jesus, John 4:32

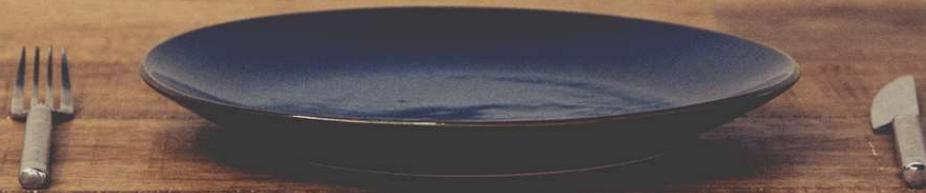
But He said to them, "I have food to eat of which you do not know."



Reasons

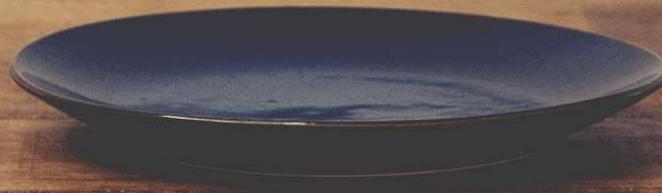
- Fasting can be part of an act of repentance before God.
- Fasting can be done during a time of grief.

(sometimes we see people fasting in “sackcloth & ashes”)



Reasons

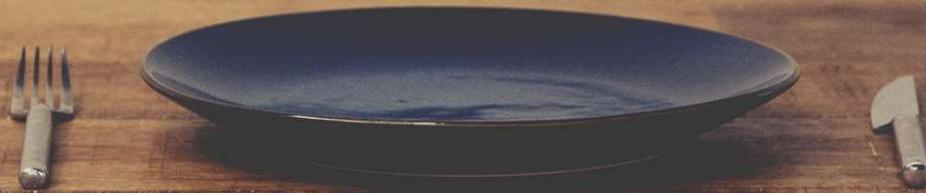
- Fasting is a way to humble yourself before God.
 - You intentionally put yourself last and God first.
 - Prayer & Fasting go together



Reasons

- Fasting is a way to “deny yourself”, take up your cross and follow Jesus closely.
 - Deny yourself your most basic needs.
 - A way to “crucify your flesh” and strengthen your inner-man.
 - Idea of “self-control” – bringing yourself under the leadership of The Spirit of God.

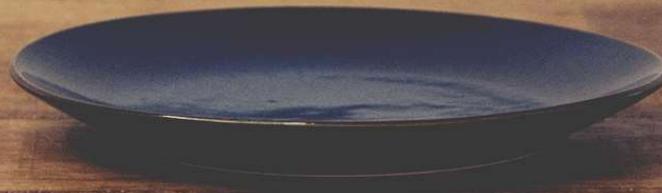
(May want to add Holy Communion)



Reasons

- Help bring clarity to discern God's will for making a decision.
 - To sharpen your spiritual ear to hear what the Spirit might share.
 - A way to cut out distractions & the flesh.

Acts 13:1-2*

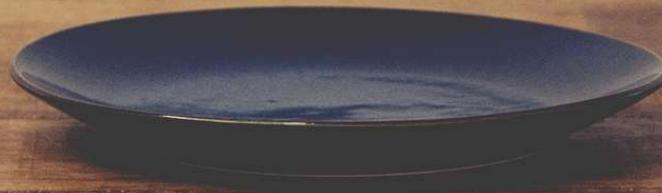


Acts 13:1-2

Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them."

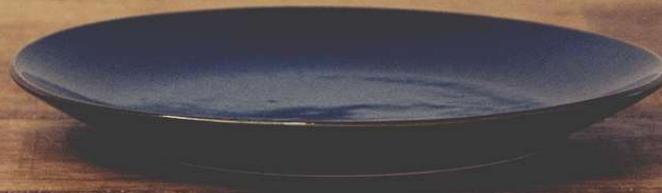
Reasons

- Preparation for going into something new
 - (Matthew 4 – Jesus fasted 40 days)
 - Consecrate and dedicate yourself
 - Preparing your heart to pass the test.
 - Jesus was physically hungry, but spiritually He was stronger than ever.



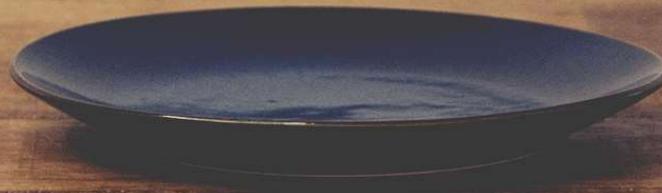
Reasons

- Need for more spiritual power in order to be effective in ministry.
 - (Jesus, Matthew 17:21 – ““However, this kind does not go out except by prayer and fasting.”)
 - Stronger faith to drive out unbelief



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Reasons

Help Build Up Your Spiritual Immune System

- Think of sin like a virus looking for a weak spot
- Think of the various forms of sin that are trying to infect us and make us spiritually sick.
 - Our spiritual immune system has to be stronger
 - Fasting, when done properly, helps our spirit to strengthen by drawing us closer to God and helping us become more like Jesus.

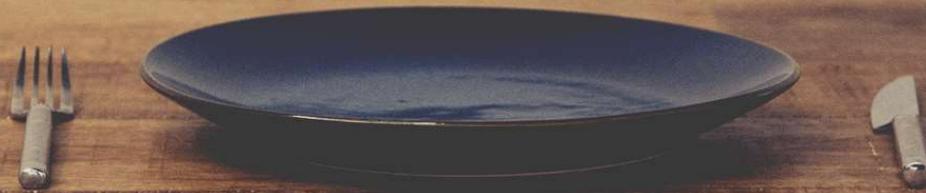


Reasons

Isaiah 58:6-7

6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?



Warnings about Fasting

- Matt 6:16-21 – Jesus warns us about doing this the wrong way.
- Guard against legalism, pride and condemnation in these practices.
- Guard against the attitude of “earning points” with God