

Pastor Jarrod's Fasting Notes 2026



TODAY: Intermittent fasting for fitness, detoxing for health, giving up social media for mental health.... This doesn't count as a Biblical fast for God.

WHO FASTING IS FOR

NOT for super-Christians, but the common one. For those who realize they're desperate for God.

WHAT IS FASTING

Fasting is giving up something [wholly] good to have more [of the presence] of [our holy] God.

Practiced by Israel/Prophets/Jesus/Apostles... and early church congregations.

Big picture of Fasting

1. **SEEKING MORE OF GOD'S PRESENCE**
 - a. Reminds me I'm made for God, and my physical hunger points to my spiritual hunger that only He satisfies.

2. **BRINGING MY FLESH INTO SUBMISSION**
 - a. Anything in my life that hinders my nearness to God, or numbs me to Him, or dulls my soul, I give up for Him to fill and give victory in those places.
 - b. Starves fleshly desires and strengthens them for victory.

FASTING NOT

- **Manipulating God/Twisting His Arm**
- **Trying to make God do something that's not His will.**
- **Not about what you're giving up, but Who you're getting after.**
- **A command, but an invitation.... Saying to your appetite—Your not priority, God is.**

It's voluntary: I'm breaking out of my routine to seek you, love you, have more of you-- TO fill that time with Prayer, worship, Word. It's hearing God's invitation to say, "Come now. Break your routine. Come and know me more than you've ever known me." -Jentzen Franklin

Getting to the place of utter need, dependence, aching for Him.

Getting to the place to say to your flesh, you have NO power over me. God fills me.

Provides deep self-examination—invites God to deep internal work.

Biblically, fasting is from FOOD. (Lit means to cover your mouth not to eat). So going without social media, or News, or whatever is abstinence, not fasting. J.F.

FASTING AND PRAYER

- Yes, fast & pray for guidance, victory, a loved one, healing, and more. Boldly ask!
- Fasting strengthens prayer. It removes distractions/sharpens focus!
- Says to God—God you and only you can answer and move. I'm pouring all my heart onto and into this prayer. I plead answer, move, hear! I'm beyond desperate, you are my only hope.

At the same time:

* Boldly ask, but don't demand. Don't "claim." Can get disillusioned when you don't get what you fasted about.

* Fasting is to get you ready for God's answer and will—whatever it may be.

* Fasting prepares your heart to say "Father, YOUR will be done not mine. I leave the answer in your hands, I trust you with the results." -J.F.

* If God 0 answer, I have a greater peace. If God doesn't answer, or hasn't answered yet, or answers in a diff way—I have peace b/c I fasted about it. (King D and child – 2nd Sam 12:16-23)

* God is not a genie, or a religious formula. He is personal. He is relational. And always for our eternal good.

BIBLICAL FASTS:

- Set period: Sunrise to Sunset (12 hrs) | 24hrs (Ex. 6pm – 6pm)
- Multiple days (1, 3, 7, 14, 21, 40 days).

Absolute fast (no food or water) Esther/Paul /Moses/Jesus

Normal fast (no food/water only) David/Nehemiah

Daniel Fast (Daniel 1 &10)

- Restrict *types* of food and drink (no wine)
- ONLY vegetables, fruits, whole grains, nuts, and seeds
- AVOID meat, dairy, sugar, and processed foods

“Abstinence” (helps, but not *Biblical* fast): Giving up social media/television/Video games/News

Challenges

- Hunger pangs, headaches, fatigue, bad breath, brain fog (normal)
- Hangry, moody, distracted, irritable, tempted (normal) // Enemy!

What to do while fasting?

-Worship music, journal, praying and listening to Holy Spirit, memorize a text of Scripture, pray through a prayer model (Lord’s prayer, A.C.T.S., a Psalm).

*When pangs/impulses come, do the above. Schedule times of prayer – 9am, 12pm, 3pm, 6pm.

- Without the above, especially prayer, you’re just dieting.
- Without having an intention, you’re just starving yourself.

Set Intention Before what from/and how long fast: WHY? (REL NOT RULES!)

- Seek Guidance (for major life decision—move, job, rel).
- God’s favor w/ someone in your life.
- Intercession
- Prepare for spiritual ministry
- Seek deliverance spiritual victory
- REPENTANCE **“Yet even now” SERMON**