

The Discipline of Fasting

Some have exalted religious fasting beyond all Scriptures and reason; and others have utterly disregarded it. – John Wesley

So why is there an almost total disregard for this Discipline in life today.

1. Fasting has developed a bad reputation as a result of the Middle Ages.
Many tend to confuse fasting with mortification.
2. The constant propaganda fed us today convinces us if we do not have 3 meals a day with several snacks we are on the verge of starvation.

Scripture Support

Throughout Scripture fasting refers to the abstaining from food for spiritual purposes.

Luke 4.2 –

The Purpose of fasting

Matthew 6.16-18 – Motive

To use good things to our own end is always the sign of false religion

Fasting must always center on God.

Luke 2.37 –

Acts 13.2 –

Our seasons of fasting and prayer at the tabernacle have been high days indeed: Never has Heaven's gate stood wider; never have our hearts been nearer the central glory. – Charles Spurgeon

Zechariah 7.5 –

All spiritual disciplines must never replace God as the center of our disciplines.

First, let it {fasting} be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven. – John Wesley

Psalms 69.10 –

Matt. 4.4 –

Col. 1.7 –

John 4.32-34 –

1 Cor. 6.12 –

1 Cor. 9.27 –

Psalms 35.13 –

Other areas also include: Effectiveness in prayer, guidance, increased concentration, deliverance from bondage, physical well-being, revelations.

Types of fast:

The Normal Fast:

The Partial Fast:

Daniel 1.12

Matthew 3.4

The Absolute Fast:

Ezra 10.6

Esther 4.16

Acts 9.9

The Supernatural Fast:

Duet. 9.9

Kings 19.8

The Private Fast:

Matthew 6.16-18

The Congregational Fast:

Joel 2.15-16

Acts 13.2

The National Fast:

2 Chronicles 20.3

Nehemiah 9.1

Esther 4.16

The Practice of Fasting:

The Progression of fasting

1. Begin with a partial fast of 24 hours
2. Then proceed to a normal 24 hour fast
3. Move on to a 36-48 hour fast after successful 24 hour fasts.
4. After several 36-48 hour fast a 7 day fast will have a substantial impact on your life.
5. After completing several 7 day fast you may consider 2 week – 40 day fast. (At this point you need to speak with a pastor to help with instruction and safety issues.)