



**A Biblical Guide
to Fasting**

What does the Bible teach about fasting?

Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes.

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (1 Sam. 31:13; Nehemiah 1:4), at a time of repentance (1 Sam 7:6; 1 Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help (2 Chron. 20). What all of these fasts share in common is that they were an expression of dependence on God.

Several New Testament passages give us insight about fasting.

Fasting teaches us that God's Word nourishes us: Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustains us: John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus, Himself, sustains us: In John 6:48-50, Jesus says, "I am the bread of life. Your fathers ate manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's Supper. Jesus is the source of eternal life. Fasting from food is feasting on Jesus.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

What is the purpose of fasting?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster, in *A Celebration of Discipline*, says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other

good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately.” David writes, “I humbled my soul with fasting” (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting.”

Fasting teaches us that we can go without getting what we want and survive.

Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (I Timothy 6:6)

Fasting expresses and deepens our hunger for God. Richard Foster says, “Fasting reminds us that, ‘We are sustained “by every word that proceeds from the mouth of God”’. (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “All things hold together” (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word.

Fasting must always, first and foremost, center on God. It must be about Him.

How do I fast?

Step 1: clarify the purpose of your fast

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

Step 2: specify the kind of fast you will do

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14 &15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (beginners should start slowly, building up to longer fasts).
- The type of fast God wants you to undertake – (See the Types of Fasts section below.)
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God’s Word.

Making these commitments ahead of time will help you sustain your fast when physical temptations and life’s pressures tempt you to abandon it (and they will).

Step 3: prepare your heart, mind, and body for fasting

Fasting is not a spur-of-the-moment thing. It should be planned and prepared for. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. There are several things you can do to prepare your heart.

- Fasting requires reasonable precautions. Consult your physician, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is

helpful. Physical preparation makes changing your eating routine a little easier to accomplish, so that you can turn your full attention to the Lord in prayer.

- Prepare your heart and mind: Remember, God is your Father. He loves you and is for you.
- Confess every sin the Holy Spirit calls to your remembrance, and accept God's forgiveness (1 John 1:9). Seek forgiveness from those you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3-4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2).
- Meditate on the attributes of God: His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit during times of fasting. (Galatians 5:16-17)
- Finally, Jesus instructs us in Matthew to not let others know about your fasting. The details of your fast should not be something you constantly talk about to others. Rather, they should remain between you and God.

Types of fasts

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discussing specific kinds of fasts. Let us begin with the helpful words of Richard Foster in his classic, *Celebration of Discipline*: "As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run."

Biblical fasting almost always concerns food. The purpose of fasting is to focus our attention on God, to humble ourselves before Him, and to remind ourselves we are sustained by every word that proceeds from His mouth. Therefore, the practical goal of fasting is to connect our "going without" to our "hungering for God." This process takes time, focus and prayer. Don't expect to become an "expert" right away. Fasting is a discipline. It can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

Fasting is not unlike a beautifully written literary masterpiece - simple enough for a youth to understand, yet magnificently rich enough for the scholar to devote his/her entire life to.

Abstaining from certain types of foods (meat, sweets, etc.) - Daniel 10:3

This type of fast is good for those new to fasting or those with health needs and special diets. (See: *The Daniel Fast*)

Consider abstaining from specific foods like breads, sweets, sodas, coffee, or even red meat. Read about Daniel's approach to fasting in the biblical book of Daniel chapters 1 and 10. You might choose to eat only fruits and vegetables during these 21 days.

Another approach is to go without a specific type of food on certain days of the week. Finally, choose the duration of your fast. Our fast is 21 days but that does not mean you must go without for all of the 21 days. Determine with the Lord, the timing and duration of your fast, and stick to it. Ask God for His guidance and strength.

Abstaining from all food - Esther 4:16; Acts 9:9

This kind of fast is more difficult but is the most common one seen in the Bible. It is also the most intimidating, but don't let it scare you. Here are some ideas to make it more manageable.

- Start slowly. Begin fasting for part of a day (i.e. lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. Take a step of faith. Fasting always involves our faith.
- Next, try fasting from solid foods but not from liquids. Don't eat food but do drink water, juices, smoothies, or perhaps simple soup broths.
- Devote time you would normally spend eating to reading scripture, praying, and seeking the Lord. Meditate on Jesus' statements about food.
- Next, try a 24-hour fast. This means, when you get up, eat a good breakfast and drink only water or juice until breakfast the next day.
- Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, or even multi-week fast. But remember the purpose of your fast: intensifying your dependence on God while weakening your dependence on food and other things.

Abstaining from entertainment

The king's voluntary "fasting" from entertainment in the time of Daniel (Daniel 6:18) helps us understand another type of fast. Fasting from entertainment can be particularly helpful and accessible to kids and teens.

Consider abstaining from the internet, television, video games, pleasure reading (except for the Bible), or from music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God. Our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should be challenging and sacrificial, but know your body and your options. Most importantly, ask God which fast He would have you follow, and then, obey the Spirit's leading by faith. Also, try not to let what you eat or don't eat (watch or don't watch) become the focus of your fast. These 21 days are a time to disconnect from your routine in order to connect more closely with God.

Regardless the type of fast you choose, we recommend:

- Read and meditate on the theme and scriptures for the day.
- Ask God to quiet your mind.
- Spend time in quiet reflection (turn off your cell phone.)
- Keep a journal and write thoughts, insights and revelations the Holy Spirit gives you.
- Read the daily prayer slowly, and out loud.
- Expect God to speak.

No matter what kind of fast you choose, and even if you don't choose to fast, seek God with us daily, in prayer.