



©2015 G. Craige Works All Rights Reserved

BIBLICAL FASTING

- The bible gives indications of how we should fast. There are many examples in Scripture of fasting by abstaining from food and drink for a time. *Acts 27:33 And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.*
- Fasting is a natural act that can position us for spiritual things. When our flesh is brought under our power, we can properly submit to God. *Ezra 8:21 Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.*
- The act of denying ourselves is the only way we can manage our fleshly appetites. Denying ourselves starts with food, but it must be exhibited in other areas of our daily walk. *Titus 2:12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;*

FASTING TRUTHS

- We should never jeopardize our health by fasting. Fasting should temper our flesh, not harm it. *Acts 27:34 Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.*
- We must make sure we are not fasting for attention. It's very easy to turn a fast with good intentions into a show of religion. *Matt. 6:16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.*
- We should never be overly confident in what we will hear or receive from God after a fast. Fasting benefits us by killing desires, not enhancing them. When we enter a fast with a preconceived idea of what God will speak to us, then we set ourselves up for voices that may not be from God. *Matt. 4:2 And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.*

BIBLICAL EXAMPLES OF WHEN TO FAST:

1. When people are being selected for ministry positions or ordained for service in the church. (Acts 13:3, Acts 14:23)
2. When interceding for God's people. (Jonah 3:5-10)
3. Humbling and chastening yourself. (Psalms 35:13, Psalms 69:10)
4. Seeking God's direction. (Judges 20:26-28)
5. Healing and purification of the body. (Acts 9:9 17-19)
6. Deliverance from oppression of evil spirits. (Isaiah 58:6, Mark 9:29, Matthew 17:21)



SUMMARY

Fasting is beneficial, which makes it mandatory for self-control. However, we cannot totally rely on fasting to deny our flesh but we must practice good decision-making and living habits. Also, believers should never substitute reading and hearing the Word with constant fasting. We must maintain balance when it comes to fasting and our personal health. We must also keep in mind that there is no way to atone for our sins or the sins of others. Jesus has made atonement for sin so fasting cannot be considered a sacrificial act. Fasting is an act of denying our flesh and putting us in a better place to serve God and doing His will instead of our own. Fasting coupled with prayer makes us better followers of God and helps us to grow in Him.

Mark 8:2 I have compassion on the multitude, because they have now been with me three days, and have nothing to eat:

Mark 8:3 And if I send them away fasting to their own houses, they will faint by the way: for divers of them came from far.