

POINTERS ON FASTING
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WHAT IS FASTING?

- **is not** the condition of merely skipping food for a period of time – **this is simply dieting**
- **is not** something done by fanatics only
- **is not** a practice limited to ministers or special occasions

BIBLICAL FASTING is the act of refraining from food for a period of time for SPIRITUAL PURPOSES

SPIRITUAL PURPOSE:

- enable the believer to experience the deeper, more intimate and powerful relationship with God
- enable the human spirit to become uncluttered by the things of this world and become amazingly more sensitive to the things that are of God

WHY DO FASTING?

- when you feel you are growing dry spiritually
- when you need a fresh encounter with God

The discipline of BIBLICAL FASTING releases the anointing, the favor, and the blessings of God in the life of a Christian
Matthew 5:6 "Blessed are those who hunger and thirst for righteousness"

SOME BENEFITS OF FASTING (God delights in giving rewards):

- Answer to prayers
- Financial breakthrough
- Countless Blessings
- Children well being
- Health and healing (physical, mental, relational)
- Spiritual uplifting, renewal, strengthening

WHY FAST AT THE BEGINNING OF THE YEAR?

- To set the course for the rest of the year
- Blessings will happen for you and your family throughout the year

Release the principle found in Matthew 6:33

“But seek first his kingdom and his righteousness, and all these things will be given to you as well”

TYPES OF FASTING:

- **Absolute**
 - no food, no water
 - recommended to be done in short periods of time
 - may require medical supervision (dependent upon health condition)
- **Normal**
 - no food, with water and clear broth or juice (liquid fasting)
 - can be done in short or longer periods of time
- **Partial**
 - give up particular foods and drinks for a period of time
 - commonly known as Daniel’s fast

DANIEL’S FAST (Daniel 10:2, 12-13)

- **Duration = 21 days (continuous fasting with no breaks)**
 - however, during Charisma 21 days of prayer and fasting beginning January 7th, variations can be practiced **depending** on your **commitment** or **capacity to fast**:

You can do combinations of:

- fasting for 1/2 day or 24 hours or more (**no food / no water - this is absolute fasting**), then break / repeat in the next 21 days

NOTE: do not include the time between 11pm and 5am in your 12 hours fasting as this is the time that you are resting....12 hours include when you do normal activities

- or fast for 3 days or more (**no food but with water – this is normal or liquid fasting**, then break / repeat in the next 21 days

- or complete the 21 days (**fruit and vegetables with water – this is Daniel's fast**)

- **Common foods / drinks to avoid for Daniel's fast**

- no meat, no wine or beer or liquor, no bread, no rice, no sweets (in artificial or processed form)

- no sweetened, energy, or carbonated drinks, no caffeine

- **recommended:** fruits and vegetables, water, soup, nuts

IMPORTANT: What you are giving up is something important to you because if it does not mean anything to you it won't mean anything to God either.

PREPARATION TO FASTING:

- Do not feast on food a day or two or more as your scheduled fasting approaches but rather taper your food intake.
- On the first day of your fasting drink plenty of purified or spring water (up to a gallon, if you can).
- During the course of your fasting and whenever you feel the hunger pangs...drink water because it will fill you up.

COMMON SYMPTOMS:

- slight headache or slight dizziness (this is natural – do not be alarmed) this symptom will go away in a day or two
- reason – your body is undergoing detoxification and is getting rid of toxins that built up over the years

Think of this process as a form of sanctification – the toxins are the many sins and unholy ways that you have practiced over the years ... the detoxification represent God’s renewing power towards your own holiness.

MORE ABOUT FASTING:

- Fasting that is NOT combined with prayer is merely dieting.
- Fasting in itself is a continual prayer before God.

There will be days when your heart is prompted to deep times of prayers and there will be days when your energy is sapped and you cannot seem to focus in praying.

- Fasting is like spring cleaning your body... it gives the digestive system a break, medically speaking... this is healthy.

FOOD FOR THOUGHT:

- God has an assignment for each of us. Every assignment, every direction from Him starts somewhere.

How do you discover them?

How will you hear His voice?

How will you know His will for your life?

How will you know His plans for you?

Answer: Romans 12:1–2 (Fasting keeps you sensitive to His Spirit enabling you to live holy)