

“Fasting. . .It’s Not Supposed to be Optional.”

Prayer and fasting are inseparable twins designed to usher you quietly into God’s presence. They call in divine power to your assistance. To state it simply, fasting puts a sharp edge on prayer. The large majority of Christians do not take advantage of fasting. In Matthew 6:16 it reads “When you fast. . .” This certainly doesn’t make it sound like an option for followers of Christ.

When you understand the tremendous benefits of fasting, you’ll want to get started with this life-changing discipline. God will meet you wherever you are in fasting. He’s looking at your heart.

If there is anything impure in your life God will always reveal this during a fast. This is why fasting should be done regularly. The more you fast the more effective it becomes. In fasting, you are placed in a position to hear from God. It really humbles the soul.

5 Reasons to Fast:

1. Sharpen focus on God
2. Victory over strongholds
3. Advance with specific direction for your life
4. Pursue brokenness and be esteemed of God
5. Experience deep communion with God

5 “R” Approach to fasting: Isa. 58 “True fasting”

1. Repairs walls broken (58:12)
2. Restores our relationship with God (58:9)
3. Reconciles us to one another (58:12)
4. Renews our Spirit for the journey (58:14)
5. Refreshes others (58:11)

Isaiah 58 (NKJV)

“Cry aloud, ^[a]spare not;
Lift up your voice like a trumpet;
Tell My people their transgression,
And the house of Jacob their sins.
² Yet they seek Me daily,
And delight to know My ways,
As a nation that did righteousness,
And did not forsake the ordinance of their God.
They ask of Me the ordinances of justice;
They take delight in approaching God.
³ ‘Why have we fasted,’ they say, ‘and You have not seen?’
Why have we afflicted our souls, and You take no notice?’
“In fact, in the day of your fast you find pleasure,
And ^[a]exploit all your laborers.
⁴ Indeed you fast for strife and debate,
And to strike with the fist of wickedness.
You will not fast as *you* do this day,
To make your voice heard on high.
⁵ Is it a fast that I have chosen,
A day for a man to afflict his soul?
Is it to bow down his head like a bulrush,
And to spread out sackcloth and ashes?
Would you call this a fast,
And an acceptable day to the LORD?
⁶ “Is this not the fast that I have chosen:
To loose the bonds of wickedness,
To undo the ^[a]heavy burdens,
To let the oppressed go free,
And that you break every yoke?
⁷ Is it not to share your bread with the hungry,
And that you bring to your house the poor who are ^[a]cast out;
When you see the naked, that you cover him,
And not hide yourself from your own flesh?”

⁸ Then your light shall break forth like the morning,
Your healing shall spring forth speedily,
And your righteousness shall go before you;
The glory of the LORD shall be your rear guard.
⁹ Then you shall call, and the LORD will answer;
You shall cry, and He will say, ‘Here I am.’
“If you take away the yoke from your midst,
The ^[a]pointing of the finger, and speaking wickedness,
¹⁰ If you extend your soul to the hungry
And satisfy the afflicted soul,
Then your light shall dawn in the darkness,
And your ^[a]darkness shall be as the noonday.
¹¹ The LORD will guide you continually,
And satisfy your soul in drought,
And strengthen your bones;
You shall be like a watered garden,
And like a spring of water, whose waters do not fail.
¹² Those from among you
Shall build the old waste places;
You shall raise up the foundations of many generations;
And you shall be called the Repairer of the Breach,
The Restorer of ^[a]Streets to Dwell In.
¹³ “If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the LORD honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking *your own* words,
¹⁴ Then you shall delight yourself in the LORD;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of the LORD has spoken.”

**Some of the above is taken from “Prayer and Fasting Booklet-A Helpful Guide.” It is a wonderful guide to help you get started in fasting. The above was intended to merely hit the basics and hopefully “wet your appetite” for fasting. Nothing you do will ever strengthen your personal relationship with Jesus or others more than fasting. My prayer is that you will allow Him to work in and through you more than ever before as you obediently follow the commands in Matthew 6 of “When you pray. . .and . . .when you fast.”