

FASTING

INTRODUCTION

**Mark 2:18-20, Matthew 17:21, Luke 4:1-2, Act 13:1- 13, 14: 21-23
Acts 9:2, 2 Cor. 5, 6:27, Joel1:13-14, 15-16**

Our Lord Jesus taught us to fast. While here with us; He Fasted. **Mark 9:29.** **“And he said unto them, this kind can come forth by nothing, but by prayer and fasting.”**

Matthew 5:16 **“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”**

He therefore expect His Disciple to fast regularly, Fasting for believers is a must not optional

Examples of those that fasted

- Moses fasted
- David fasted
- Esther fasted
- Daniel fasted
- Elijah fasted
- Paul fasted
- Jesus Christ fasted

WHAT IS FASTING?

- Fasting in Christendom is abstaining from food and water for spiritual purposes.
- It disciplines our body to enable us concentrate on our prayer.
- Fasting focuses our attention on God, His kingdom and purpose.
- Fasting helps us to draw power from the All- Powerful God.
- Fasting invokes divine intervention in our helpless circumstances and situation

RCCG

Fasting is a widely accepted spiritual exercise in **THE REDEEMED CHRISTIAN CHURCH OF GOD WORLDWIDE**. Our corporate fasting is proclaimed by our leaders E.g. – **Daniel Fast- January 3rd – 24th. 2009.**
Corporate fast February 1st - 28th 2009.

TYPES OF FAST

1. ABSOLUTE FAST

This is done without food and water or any drink for a period of time. Examples – In **Esther 4:16**- Esther and her maidens fasted for three days and three nights without food and water. For health and medical reasons, it is not advisable to go beyond **4 days**.

2. COMPLETE OR TOTAL FAST

This is done by abstaining from all food and drinks except water. Water may be taken to prevent the physical body from being dehydrated; Dehydration can lead to fluid imbalance, which can throw the body chemistry into chaos. Jesus went through this type of fast for 40 days **Matt. 4:20** He hungered but not thirsty.

3. PARTIAL FAST

This is done by abstaining from food from 12 midnight to 6pm; breaking with light food every night. Daniel had this type of fasting **Dan.10:2-3** **"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."**

The advantage of this is that, one is strong enough to do his activities and job responsibilities.

BENEFIT OF FASTING

- 1. Fasting humbles and disciplines the soul – Psalm 35:13, 69:10**
- 2. Fasting crucifies unholy desires and appetite and causes the human spirit to be in ascendancy to commune with God in worship and prayer. Matt. 4:1-11, 1 Cor.9:27**
- 3. Fasting helps you to notice and avoid satanic temptation and facilitate victory over satanic attacks.**
- 4. Fasting renews a believer's strength Isa. 40:28- 31**
- 5. Corporate fasting brings divine intervention. 2 Chron.20:1-30, Jonah 3:4-10, Ezra 8:21-23**
- 6. Fasting and prayer brings about great spiritual revival and spiritual awakening- Joel2:15-20**
- 7. Fasting has health benefits. It cleanses and purifies the body system – Isa 58:3-6**

8. Fasting brings great spiritual revelations. Men who fasted hear better from God.
9. Fasting brings about holy boldness.
10. Fasting invokes open heavens – when heaven opens blessings are poured down.

HOW TO CONDUCT AND BREAK A FAST

1. Sanctify your heart i.e. cleansing our heart from all forms of sin before embarking on a fast. You must maintain a right stand with God. Why? Because the altar sanctifies the gift. **Rom 12:1-2**
2. Ensure that you are physically fit. Take account of your medical condition before you embark on a fast. **Those with health challenges should seek medical advice from their physicians before embarking on a fast.**
3. Meditate on the word of God during the fast. This will strengthen your soul and spirit. **John 6:63**
4. Pray continuously
5. Remain focused on God and talk less.

BREAKING OF FAST:

1. Break your fast first with fluids to hydrate the tissues of the body – Water, Tea or Juice etc.
2. Follow by eating light food and fruits – Orange, grapes, Tangerine, custard, and puddings.
3. Do not break your fast with heavy food; e.g. pounded yam, Rice and beans, especially when fasting exceeds two days.
4. Don't eat food that will cause you problems. E.g. coffee or food that gives heartburns.
5. Portion Control – Reduce the quantity of food during fasting.

IMPORTANT: - If you experience dizziness, headache, faint spells or other discomfort, you need to seek spiritual and medical counsel.

Recommended Recipes for breaking fast – Fruits (Apples, grapes, Banana etc) Tea, Juices, pudding, custard, Bread, Salad, soups, Omelets, mash potato, Beans, Porridge with vegetable, soft Amala with vegetable soup