



Fasting

Guidelines for preparation, biblical reasons, fasting schedule, and more.

Preparation for Fasting

The main preparation for fasting is of the heart and mind. Our motives for fasting must be God-ward, not for selfish gain. We are to dethrone “self” so that Christ may be enthroned. We must be careful not to think we merit anything of God by fasting: God does not owe us because we have fasted.

Fasting often proves to be, as it was for Jesus, a time of conflict with our flesh and the powers of darkness. Satan will try to tempt you and discourage you in every way he can. It is important to maintain a spirit of praise.

Do not make the mistake of judging the effectiveness of your fast by how you feel. Often in seasons of prayer and fasting you find that circumstances are not as easy. Generally, you will not see the results of fasting until later, but the promise stands: “Your Father who sees in secret will reward you.”

Biblical Reasons for Fasting

- + When under chastening (2 Sam 16-23)
- + When under judgment (1Kings 21:27)
- + When in need (Ezra 8:21)
- + When in danger (Esther 4)
- + When worried (Dan 6:18)
- + When in trouble (Acts 27:9,33)
- + When in spiritual warfare (Matt 4:1-11)
- + When desperate (Acts 9)

It may help to ask yourself the following questions:

- + Is this desire to fast God given?
- + Are my motives right?
- + Is there any hidden desire to impress others?
- + What are my spiritual objectives in this fast?
- + Is my desire for personal blessing or a genuine concern for others?