

FASTING FOR
SPIRITUAL
BREAKTHROUGH

RODMAN STREET MISSIONARY BAPTIST CHURCH

FAST 2023
JANUARY 15, 2023

WHAT IS FASTING?

- Voluntary abstinence from food
- Biblical fasting is refraining from food for a spiritual purpose
- Fasting is more than just abstaining from food, it is an act of self-denial for a higher purpose.
- Believers can choose to abstain from anything that potentially serves as a distraction in their pursuit of seeking God.

WAYS TO FAST

- 24 hour fast (sunset to sunset) abstaining from solid foods
- Partial fast: abstain from pleasant food, partake only clear soups,, fruit juices, cereals or grains or you may give up one meal a day (Daniel 1: 8-1, 10:2-3)
- 3 day fast: total abstinence of food for 3 days (Esther 4:16)
- Extended fast: Has two methods; both require preparation. Before an extended fast, it is recommended that you omit caffeine and rich food from your diet.
- Total fast: Excludes all food but does include water. Fast should be broken slowly. Only diluted juices for a day or two. Next gradually proceed to fruits, vegetables and grains, adding meats last.
- Non-total fast: No food intake, only diluted fruit juices, water and hot herbal teas are taken

PURPOSE FOR FASTING

- Fasting is a sign of repentance (turning away from sin walking toward God). It is a sign we are starting something new.
- Fasting is self-sacrificial that makes one humble and more acceptable of God's will.

PURPOSE FOR FASTING

- Times of refreshing and prayer have always preceded "times of refreshing from the Lord".
- Fasting produces spiritual and physical discipline. (Luke 2:36, 37; I Cor.9:26-27)
- Fasting keeps you from God's judgment. (Joel 2:12-14; Jonah 3:5-10)
- Fasting manifests concern for family, church, community and country. (II Samuel 12:16; Ezra 8:21; Esther 4:3, 16; Daniel 9:3; Matthew 9:15; Mark 2:18-20; Luke 5:33-35.)

BENEFITS OF FASTING

- It strengthens and implements prayer.
- It brings blessings of obedience.
- It brings humility through repentance. (Humility - a position of respect, honor and submission. It means to trust and place yourself under God's authority and influence.
- It gives revelation of God's way and will for your future. (Daniel 9)
- It establishes authority and power in prayer and spiritual warfare. (Matthew 4:1-11)