

# "THE BIBLE SAYS IT'S 'WHEN YOU FAST'...NOT 'IF YOU FAST'"

## NOTES ON FASTING

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**FASTING: TO ABSTAIN FROM FOOD...TO EAT SPARINGLY OR ABSTAIN FROM SOME FOODS...THE PERIOD OF WHICH YOU ABSTAIN FROM FOODS**

- **THERE ARE 36 DIFFERENT SPECIFIC FASTS LISTED IN SCRIPTURE. THE TIME FRAMES ARE ONE MEAL, ONE DAY, THREE DAYS, SEVEN DAYS, TEN DAYS, FOURTEEN DAYS, TWENTY ONE DAYS, AND FORTY DAYS.**
- **FIFTEEN OF THE 36 FASTS ARE FOR PERIODS OF TIME THAT ARE NOT MENTIONED. THIS LEAVES THE DOOR OPEN FOR FASTING FOR WHATEVER LENGTH OF TIME YOU FEEL GOD LEADING YOU TO..**

### **WHAT DOES FASTING ACCOMPLISH?:**

- **HUMBLES THE SOUL BEFORE GOD (PSALM 35:13)**
- **CHASTENS THE SOUL (PSALM 69:10)...TO ELIMINATE FALSITY AND INCREASE RESTRAINT**
- **CRUCIFIES THE FLESHLY DESIRE FOR FOOD...GLUTTONY IS SINFUL AND FASTING CAN HELP ANY GLUTTONOUS TENDENCIES BE "NIPPED IN THE BUD"...**
- **SHOWS GOD THAT YOU ARE SEEKING HIM AND NOT OTHERS (1 COR 7:5)**
- **GIVES THE DIGESTIVE SYSTEM A REST (MATT 6:16-18, 9:15, LUKE 5:33)**
- **PROVIDES VICTORY OVER TEMPTATION (NOT JUST IN THE AREA OF FOOD)**
- **AIDS IN PRAYER (MATTHEW 4:1-11)**
- **HELPS TO OBTAIN POWER OVER DEMONS (MATTHEW 17:14-21)**

### **WHEN SHOULD YOU FAST?**

- **WHEN THERE IS SPIRITUAL CONFLICT (MATTHEW 4:1-11)**
- **WHEN THE MAN OF GOD INSTRUCTS THE PEOPLE TO DO SO (MATTHEW 9:14-15)**

- **WHEN YOU CANNOT DO IT YOURSELF AND NEED GOD TO INTERVENE (JONAH 3:4-10)**
- **WHEN YOU FEEL THAT GOD IS LEADING YOU TO FAST (JOEL 2:12-13)**

## **WHAT DO YOU GET OUT OF FASTING?**

- **THE WORD OF GOD COMES TO YOU (DEUTERONOMY 9:9-10)**
- **INSTRUCTION OF GOD COMES TO YOU (DEUTERONOMY 9:11-12)**
- **ANSWERED PRAYER AND DIRECTION (EZRA 8:21-23)**
- **FAVOR IN SITUATIONS THAT LOOK IMPOSSIBLE (NEHEMIAH 1:1-11, 2:4-8)**
- **GODLY INSIGHT ON MINISTRY MATTERS (ACTS 13:1-3 ACTS 14:23)**
- **KNOWLEDGE YOU WOULDN'T GAIN OTHERWISE (ACTS 27:9-11)**
- **BOLDNESS (ACTS 27:18-22)**
- **THE PRESENCE OF GOD RIGHT WITH YOU (ACTS 27:23-25)**
- **THE MIRACULOUS (WHICH WE WILL FIND OUT ABOUT IN A BIT)**
- **OPPOSITION (DANIEL 10:2-3, 10-13)**

## **WHAT TYPES OF FASTS ARE THERE?**

- **DANIEL FAST (DANIEL 1:5-20)...YOU EAT, BUT LIMIT YOURSELF TO FRUITS & VEGETABLES WITHOUT PROCESSING OR UNNATURAL SEASONINGS, CONDIMENTS, OR PREPARATORY ITEMS**
- **NO FOOD AT ALL FAST (1 KINGS 19:6-9)**
- **NO INTAKE AT ALL FAST (ESTHER 4:16-17)**
- **ABSTAINING FROM NON-NUTRITIONAL ITEMS (1 COR 7:5 TLB)**

## **FASTING GUIDELINES**

- **MAKE SURE THAT YOU ARE LIVING RIGHT YOURSELF BEFORE YOU START FASTING. PSALM 66:18 SAYS "IF I REGARD INIQUITY IN MY HEART, THE LORD WILL NOT HEAR ME".**

- **SEE A MEDICAL DOCTOR IF YOU FEEL YOU THAT THERE ARE ANY MEDICAL PROBLEMS THAT MIGHT ARISE OR BE COMPLICATED BY YOUR FASTING. THIS IS WHERE FASTING OF A CERTAIN PLEASURE OR ACTIVITY MAY COME IN TO PLAY.**
- **SEE GOD ON HOW LONG TO FAST, IF HE HAS NOT SPOKEN AN EXACT LENGTH TO YOU ALREADY. REMEMBER, HE WILL NOT CALL A BEGINNING FASTER TO FAST MORE THAN ABLE OR A SEASONED FASTER TO MORE THAN HE CAN STAND AT THE TIME.**
- **SEEK GOD FOR GUIDANCE, POWER, DISCERNMENT, AND STRENGTH FOR YOUR LIFE DURING THE FAST. REMEMBER THAT A FAST IS TO GET "YOU" OUT OF THE WAY AND LET GOD HAVE MORE OF YOUR LIFE.**
- **SEEK GOD'S LEADING ON WHAT YOU ARE ALLOWED TO CONSUME DURING THE COURSE OF THE FAST. MOST ONE TO THREE DAY FASTS CAN BE WATER ONLY. FASTS OF LONGER DURATION (OR ONE TO THREE DAY FASTS TO THOSE WHO ARE NEW TO FASTING) REQUIRE THE INTAKE OF SOME OTHER TYPE OF LIQUID...USUALLY JUICES (PREFERABLY 100% JUICE AND LESS ACIDIC JUICES) AND POSSIBLY SOME BROTH (BUT MAKE SURE IT'S THE LOW SODIUM KIND!!)**
- **JUICES SUCH AS SUNNY DELIGHT AND MANY OCEAN SPRAY PRODUCTS ARE NOT 100% JUICE. IF YOU CANNOT SQUEEZE OR CREATE YOUR OWN, MAKE SURE THE LABEL SAYS 100%. THE LESS ACIDIC JUICES, WHICH ARE BEST, ARE JUICES LIKE APPLE, GRAPE, AND CRANBERRY.**
- **REMEMBER THAT MILK IS A FOOD AND IS NEVER ALLOWED DURING A FAST.**
- **IF YOU ARE DOING A "DANIEL FAST", VEGETABLES MAY NOT BE "PREPARED" WITH BUTTER, SAUCES, OR OTHER CONDIMENTS. ONLY "NATURAL" ITEMS MAY BE USED TO AUGMENT THE VEGETABLES (OLIVE OIL, VINEGAR, SALT, PEPPER, AND OTHER ITEMS...NO RANCH DRESSING, STEAK SAUCE, KETCHUP, OR STUFF LIKE THAT). UNPROCESSED BEANS, FRUITS & NUTS ARE OK, TOO.**
- **TRY TO AVOID ANY FOODS THAT CONTAIN HIGH AMOUNTS OF MAN-MADE ADDITIVES.**
- **HIDE "RITUALISTIC" FOODS SUCH AS BOWLS OF CANDY, BAGS OF CHIPS OR PEANUTS...ANYTHING THAT COULD BE SNACKED ON IN AN HABITUAL FASHION. A LOT OF TIMES THINGS LIKE THESE CAN BE A GREATER TEMPTATION THAN A MEAL!**

- **DO NOT CHEW ANYTHING DURING THE FAST! THE DIGESTIVE PROCESS IN MOST FOLKS IS STARTED WHEN THE MOUTH IS CHEWING SOMETHING. THUS, IF WE CHEW GUM DURING A FAST...IT WILL BEGIN THE PROCESS OF DIGESTIVE FLUIDS ENTERING INTO OUR SYSTEM FOLLOWED BY: NO FOOD!! THIS CAN BE DANGEROUS TO YOUR HEALTH...POSSIBLY EVEN FORMING AN ULCER-LIKE SITUATION.**
- **NO BREATH MINTS ARE ALLOWED DURING A FAST. THEY ARE A FORM OF FOOD AND ARE CHEWED...PLUS YOU MIGHT BE TEMPTED TO "MAKE A MEAL" OUT OF A ROLL OF LIFESAVERS!!! MAKE SURE YOU HAVE SOME AEROSOL BREATH SPRAY OR DISSOLVING BREATH STRIPS ON HAND DURING A FAST.**
- **DO NOT BE ALARMED WITH HEADACHES, FOUL BREATH, INCREASE IN OR CHANGE OF BODY ODORS, AND CHANGES IN BODY WASTE. THIS IS YOUR BODY'S WAY OF LETTING YOU KNOW THAT THE TOXINS IN YOUR BODY ARE BEING EVICTED. TAKEN INTO THE SPIRITUAL, IT CAN BE TAKEN AS A SIGN THAT "THE WORLD" IS BEING REMOVED FROM US.**
- **DO NOT END A FAST AT AN "ALL YOU CAN EAT" BUFFET RESTAURANT!! THIS IS POSSIBLY THE MOST SERIOUS TIP LISTED HERE. THIS COULD BE VERY DANGEROUS TO YOUR HEALTH BECAUSE IT "SHOCKS" YOUR SYSTEM THAT HAS NOT HAD AN INTAKE OF FOOD FOR A LENGTHENED PERIOD OF TIME.**
- **IF GOD HAS CALLED YOU TO FAST A CERTAIN "PLEASURE" (TV, RADIO, SPORTS, VIDEO GAMES, SHOPPING, FRIENDS, ETC.), DO NOT FILL THE TIME UP WITH DOING OTHER THINGS. FILL THE TIME UP WITH GOD!! READ THE WORD DURING THE TIME. PRAY DURING THE TIME. PRAISE HIM DURING THE TIME.**
- **FASTING WILL BECOME OBVIOUS TO SOME OF THOSE AROUND YOU. DO NOT BE BOASTFUL IN WHAT YOU ARE DOING. IF THEY ASK YOU WHAT YOU ARE DOING, TELL THEM PLAINLY AND DON'T "BROADCAST" OR GO INTO A LENGTHY DISCUSSION ON THE SUBJECT.**
- **KEEP THE OBJECTIVE OF THE FAST IN MIND AND IN PRAYER AT TIMES DURING THE FAST. SPEND THE EXTRA TIME YOU WOULD SPEND EATING HOOKED UP WITH THE LORD IN SOME WAY. WE ARE TO BE FILLING OURSELVES UP WITH HIM WHILE WE ARE NOT FILLING OURSELVES UP WITH THE WORLD AND OUR OWN DESIRES. JUST REMEMBER: "IF YOU DON'T SPEND THE TIME WITH GOD THAT YOU WOULD NORMALLY SPEND EATING DURING A FAST, YOU ARE JUST ON A DIET"!!!!**

## **OTHER RESOURCES**

- **"BIBLICAL FASTING AND PRAYER" BY R.D. FLORY**  
A SMALL BOOKLET THAT HAS A VERY SCRIPTURALLY BASED OUTLINE ON THE DO'S AND DON'T'S OF FASTING.
- **"FASTING FORWARD" BY BILLY WILSON**  
A GUIDE FROM THE HOST OF THE CHURCH OF GOD OF PROPHECY'S WEEKLY "VOICE OF SALVATION" BROADCAST. THIS BOOK FOCUSES ON FASTING AS A MEANS TO GO FURTHER IN YOUR PERSONAL CHRISTIAN LIFE
- **"GOD'S CHOSEN FAST" BY ARTHUR WALLIS**  
THIS IS A PRACTICAL GUIDE TO FASTING...MAINLY FOCUSING ON THE "RIGHT WAYS" TO DO IT AS OPPOSED TO THE "WRONG WAYS" TO DO IT.
- **"THE COMING REVIVAL" BY DR. BILL BRIGHT**  
WHILE NOT NECESSARILY A BOOK ON FASTING ALONE, WHAT THIS BOOK DOES COVER IS UNPARALLELED. THE AIM OF THE BOOK IS TO FAST FOR REVIVAL IN THE WORLD, OUR NATION AND OUR LOCAL MINISTRIES...BUT IT ALSO PROVIDES MANY, MANY TIPS ON HOW WE ARE TO PREPARE FOR, CARRY OUT AND END A FAST IN OUR PERSONAL LIVES. PERSONALLY, THIS IS THE BOOK WHERE I LEARNED THE MOST ABOUT FASTING IN ONE PLACE.