

1: Purposes for Fasting | www.enganchecubano.com

The purpose of fasting is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things. [Ole Kristian O. Hallesby].

Contained in a Body. All 3 put together completes the man. In the Bible, we see the significance of the number 3. As we enter into our fast in this year, the Holy Spirit wants us to fast as a church in these three areas of significance of our being - Body, Soul and Spirit. Every aspect plays a vital role. We were created with a soul- that is what goes into eternity. We need to make sure that our soul is saved and all set to face eternity. But for us to survive on this earth as a human we need to have body. We nourish our body with food and exercise, but we fall sick and feel weak in our bodies. Since we were created in the image of God, we are spirit beings. Its our spirit which communicates with Holy Spirit. We need to make sure that our spirit man is strong and healthy otherwise we will succumb to the viles of the enemy. During this fast, we are going to pray specifically for these 3 areas so that we can understand what we need, get the help and strength from the Lord. How do we enrich our body with Spiritual vitamins and energy? The basic supplement that any believer needs is the strength from the Most High God. Even before we pray for health and healing, let us focus on getting the supplements. You might say that I always pray, even twice a day or for many hours a day etc. Wherever you are, we want to challenge you to go higher. To spend more focused and disciplined time with God. We will meditate on the following: How do you wait at His feet? How to pray effectively? How to pray the prayers that release answers? Wait, I say, on the Lord! Growth in Family setup: Pray for the Peace, Unity and Fellowship within our family. The devil has been very actively involved in causing separation and confusion in families. He has stolen the laughter and joy from homes. We will pray to bring back all that was lost. Restoration of family love. Practice hospitality to one another those of the household of faith. Growth in Children lifestyle: Pray for education, guidance, future life partner and jobs for our children. Are you children blessed in all that they do? But above all, we will pray that our children will learn to Reverence God, Honour their parents and walk humbly in His ways. Their praise of Him endures forever. Growth in Individual Self: Pray for every child of God to live a blessed and successful life. Is your life a success? Are you still struggling to achieve your destiny in this world? Or have you given up hope upon yourself and consider your life to be a failure? As a child of God, we are called to have dominion and be the best that He has designed us to be. Likewise we will pray that God will will give you direction, boldness and the strength to grow in the Lord to achieve success. For then you shall make your way prosperous, and then you shall deal wisely and have good success. Growth in Personal Ministry: Pray for God to guide us in serving Him in some form wherever He has placed us and for the Salvation of friends and family. Each one of us has a mandate to share the good news of the gospel in this world. Regardless of what we do in life, are we trusted to fulfil His high calling? We will pray that God will open new doors for everyone to spread the message of Salvation and also to teach us to share His unchanging love to those who are lost. Woe to me if I do not preach the gospel! Growth in Legal related Blessing: Pray against any Law suits, Land or property disputes. Some of the blessings have been stolen due to unwanted Law suits, disputes etc. We will pray that all the barriers to be destroyed and justice to prevail. His people will inherit all the blessings that is due unto them. The humble will be filled with fresh joy from the Lord. Those who are poor will rejoice in the Holy One of Israel. Those who intimidate and harass will be gone, and all those who plot evil will be killed. Those who make the innocent guilty by their false testimony will disappear. And those how use trickery to pervert justice and tell lies to tear down the innocent will be no more Psalm No good thing will He withhold from those who walk uprightly. He will not stop until truth and righteousness prevailâ€¦ Isaiah Pray for Healing from diseases and sickness: The scripture is clearly saying that Jesus took our weakness, lack of strength, infirmity and he carried our disease and sickness. Over years ago, Jesus bore our sins at Calvary so we might live unto righteousness. We have to constantly feed our soul with spiritual food and keep it stronger. During the 2nd week of our fasting, we will pray and understand how to Establish our soul and lead a victorious Christian living. Pray for God to release a hunger and thirst for

His word: The Psalmist says that he has hid His word so that he might not sin against God. The word of God is like a medicine which strengthens and nourishes our soul with needed supplements. The word of God is sweet when it is receivedâ€” Psa: Lets us ask the Lord to pour out a new desire to read, study and meditate His word. To become strong in the Word of the Lord. To share His word. To believe His Word. To receive the blessing through the Word. Future Plan and Destiny Establishment: Pray for God to provide a clear picture of our Destiny: It is our appointed or ordained future. Destiny is what God has predetermined us to be and to become, in His divine will. We are going to ask God to rekindle His vision and plans once again in our lives. What is the divine purpose in our life? Do you feel that your goals and desires are stagnant and you are unable to move forward in life? If it seems slow, wait for it; it will surely come; it will not delay. Pray for churches to be strengthened and established: For new anointing, boldness, strength and revelation to be released. For the Glory of the Lord to be poured out and manifested in all Church services, crusades, conventions etc. For the financial needs of the Ministries to be met and for God to open new doors to spread His Gospel. For divisions to be removed and unity to be released. Financial Increase and Establishment: Pray for God to bless the people and prosper them: He gives us the power, or ability, to get wealth. Whether we realize it or not, God is the source of our prosperity. We will study and pray for: How to successfully plan our finances which is future proof? They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit. How to expand our boundaries using Biblical Principle?

2: Fasting: Why, When and How

Fasting is a way to demonstrate to God and to ourselves that we are serious about our relationship with Him. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast.

One of the most telling passages in which fasting is mentioned is Matthew 6: Strict exercise of self-control is an essential feature of the Christian life. Such customs have only one purpose – to make the disciples more ready and cheerful to accomplish those things which God would have done. Fasting is just as biblical and normal a part of a spiritual walk of obedience with God as are these others. Following are seven circumstances in the Bible in which believers sought God through this discipline. To prepare for ministry. He needed time alone to prepare for what His Father had called Him to do Matthew 4: Paul and Barnabas prayed and fasted for the elders of the churches before committing them to the Lord for His service Acts To seek deliverance or protection. Ezra declared a corporate fast and prayed for a safe journey for the Israelites as they made the nine-hundred- mile trek to Jerusalem from Babylon Ezra 8: After Jonah pronounced judgment against the city of Nineveh, the king covered himself with sackcloth and sat in the dust. He then ordered the people to fast and pray. After losing forty thousand men in battle in two days, the Israelites cried out to God for help. Luke 2 tells the story of an eighty-four-year-old prophetess named Anna. Despite biblical examples throughout Scripture, many Christians are slow to fast. I believe there are three main factors that cause believers to be hesitant – fear, ignorance, or rebellion. Afraid of the unknown. Afraid of feeling hunger pangs. Afraid of starting and not finishing. Afraid of fasting alone. The Enemy has them convinced they could never do it. Many Christians simply have not been taught about the importance of seeking God in this way. Churches often do not encourage fasting, and in many cases never even mention it from the pulpit. Their hearts are hardened when it comes to the idea of fasting. When God invites them to draw near, they dig their heels into the ground and refuse to obey. Bill Bright, founder of Campus Crusade for Christ, was a firm believer in the power of prayer and fasting. In his guide Why You Should Fast, he listed the following reasons for seeking God through self-denial. Fasting was an expected discipline in both the Old and New Testament eras. Fasting is a biblical way to truly humble yourself in the sight of God. Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life. Fasting will encourage the Holy Spirit to quicken the Word of God in your heart and His truth will become more meaningful to you. Fasting can transform your prayer life into a richer and more personal experience. Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great. As you empty yourself physically and spiritually, you open the door for God to step in and do the miraculous. Your relationship with the Lord is taken to a whole new level. Anyone who has done a fast – whether absolute, liquid, or partial – would agree fasting is difficult. Physically, you may suffer from unpleasant side effects, such as headaches, fatigue, and intestinal discomfort, as your body attempts to adjust to the reduced caloric intake. Spiritually, attacks from the Enemy increase in frequency and intensity, resulting in a barrage of frustrations that can seem overwhelming. However, the same people who would be honest about the challenges of fasting would also concur that the sacrifices are well worth the rewards. Fasting is a spiritual exercise which God honors. He promises to heap blessings on people who are hungry for Him Matthew 5: Excerpted with permission from Spiritually Strong: Jesus instructed us that when we fast, we are to do it in secret, and not to be obvious to others that we are fasting Matthew 6: Is that difficult for you? Share your thoughts on fasting with others in our community of believers! What if you fasted regret? Such heart-fasts could trigger a spiritual revolution! Through readings, reflection questions, daily fasts, ancient quotes, and more, this is the dream of 40 Days of Decrease: A Different Kind of Hunger. A Different Kind of Fast. Sharing Kristen Feola Kristen Feola is the author of the best-selling book, The Ultimate Guide to the Daniel Fast, an encouraging and engaging resource for individuals, small groups, and churches participating in the Daniel Fast. Kristen is a frequent contributor to Pentecostal Evangel magazine, and her writing has appeared in a variety of Christian and health-related publications. She has worked as a personal trainer, fitness

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3: Fasting Day Why Does God Reward Fasting?- Shades of Grace | Natalie Nichols

In Scripture we see several purposes for fasting. It's part of the discipline of self-control; it's a way of sharing that we depend on God alone and draw all our strength and resources from him; it's a way of focusing totally on him when seeking his guidance and help, and of showing that you really are in earnest in your quest; it's also, at times, an expression of sorrow and.

What does the Bible say about fasting? If it is, how and why should it be practiced? This article studies each reference to fasting in the New Testament to seek answers to these questions. Two godly people, Simeon and Anna, were attracted to the infant. There is no indication that she was required to do this. The phrase *οὐκ ἐφάγομεν*, with the emphatic negations *οὐκ* and *ἐφάγομεν* and a constantive aorist, paints a strong assertion: It seems doubtful that *νηστεία* is used in a religious sense in 2 Corinthians 6: Every translation and commentary reviewed by this writer concurred that Jesus was fasting in a religious sense during the 40 days. Aside from that, however, most feel there is not the slightest hint that Jesus fasted. He never commanded fasting or propounded any detailed regulations concerning the practice. Beyond question, however, Christ radically changed the way fasting was to be carried on as well as the relative importance of the practice. These verses, part of the Sermon on the Mount, are part of a section in which Jesus dealt with what some have referred to as the three pillars of Jewish piety: Of the three practices almsgiving, prayer, and fasting, fasting has been the most disjunctive and debated in the history of the church. This indicates a change from one subject to another, but to a related one. He simply assumed that they would do so. The Old Testament also speaks favorably of other special fast days in which the entire nation humbled themselves before God 1 Sam. In fact at least once God even commanded emergency fasting Joel 2: By New Testament times, fasting had been encumbered by additional regulations. Some Jews fasted two days each week throughout the entire year Luke Such weekly fasts were observed on Thursdays and Mondays, because according to tradition, Moses ascended Mount Sinai on Thursday and descended on Monday. So fasting, like prayer and almsgiving, was reduced to a hypocritical system. Some practiced this type of fasting as a means of seeking to gain the reputation of being godly. This was deliberately planned hypocrisy. They were to anoint their heads and wash their faces. Rather they were reserved for joyous occasions. The concept of rewarding good and punishing evil was clearly taught in the Old Testament, but the method of reward is somewhat mysterious and complex. The concept of reward and punishment being accomplished after death in eschatological times was not spelled out until in the apocryphal 2 Maccabees 7: The rest of the New Testament emphasizes this concept of reward in the life to come. His main concern was their inner spirit with which fasting was performed. They were to be pure in motive as they fasted and not to fast as a means of gaining approval from others. Jesus Questioned regarding Fasting Matt. On the surface this answer seems straightforward and simple, yet more has been written on this incident than about any other New Testament reference to the practice of fasting. He was noted for his severity regarding food Matt. Their conduct reveals a clear-cut breach with existing religious practice. In the Old Testament the relationship of Yahweh and Israel is often presented in terms of matrimony. However, this should present no great problem because He did this on a number of occasions John 8: In fact the Jews accused Him of this very thing So for the evangelicals who believe in the inerrant, verbally inspired Bible, no problem exists. However, for the biblical scholars who do not approach the Scriptures with this perspective, the problem is knotty. Similarly in the story of the Good Samaritan Luke So in this instance Matt. He presented a contrast between wedding-like joy and funeral-like mourning. Nowhere does the New Testament command fasting. The main point is that fasting should not be practiced because Jewish or church tradition demands it, but fasting should be practiced in times of sorrow. Since believers today are not under the Mosaic Law, there is to be no regularly scheduled fasting. Christian fasting should not be compulsory. It may be practiced because of a felt need, not out of the requirement to observe a rigid command. When practiced as a feat of religious superiority or merit Luke After his unusual experience Saul was left blinded. Because *νηστεύω*, the usual word for religious fasting is not used in Acts 9, many have concluded that Saul was either unable to eat or did not think about eating because he was suffering

from shock. However, religious fasting may sometimes be referred to in other ways. This is precisely what Jesus practiced and taught Matt. In this instance fasting was accompanied by prayer. Fasting Associated with the First Missionaries Acts Perhaps it was because the church, burdened for the needs of the world, gathered on this occasion for special prayer with fasting. This combination of fasting and prayer was common in Judaism, but in New Testament times the two seldom occurred together among Christians. On only four occasions in the New Testament were the two linked. Two of these refer to commissioning or ordination services, one refers to the practice of the godly woman Anna Luke 2: To imply, as some do, that fasting is an essential ingredient in effective prayer cannot be substantiated biblically. In the New Testament much is said about prayer but very little about fasting. Prayer is commanded but fasting is not. The Book of Acts refers to many instances of prayer where no indication of fasting is mentioned. In one of the most powerfully dramatic prayer meetings recorded in the entire Bible Acts 4: There is no record of fasting and laying on of hands in connection with the appointment of Matthias as an apostle Acts 1: Likewise at the appointment of men to help with the distribution of food the believers prayed and laid hands on their heads, but no mention is made of fasting 6: Was the fasting practiced to demonstrate to God the gravity and solemnity of this occasion? Was it done to indicate humility and inadequacy with respect to the task to which Paul and Barnabas were being sent? One cannot be sure. But clearly Christ taught that fasting should be motivated by a serious felt need Matt. Fasting at the Ordination of Elders Acts This became a pattern for the Apostle Paul. The word used for prayer is proseuvcomai, the broadest term for prayer in the New Testament. It can include petition and intercession as well as praise, adoration, and thanksgiving. Since this praying was with reference to commending the churches or the elders to the Lord, it was probably intercessory in nature. This grammatical structure indicates in both Greek and English that fasting in this instance was secondary to the praying. What was the purpose of the fasting? Lenski ventured the opinion that fasting was an aid to the praying. If fasting is an effective aid to meaningful prayer, why then is it mentioned in the same context with prayer in the entire New Testament on only four occasions? As has been demonstrated, fasting was in response to a felt need of some sort. Perhaps in this case Paul and Barnabas, realizing the immense problems facing these young churches and elders in a demonically dominated pagan environment, felt burdened to the point of fasting as well as praying on these occasions. Thus fasting is presented as an accepted observance in the church in the Book of Acts. Munch feels that Acts 2: However, in both verses the context of the terms clearly indicates that they are used in a nonreligious sense. Along with beatings, imprisonments, tumults, labors, sleepless nights, hardships, thirst, cold, and exposure, Paul also experienced hunger. This leaves the impression that the question did not even arise, at least in the Hellenistic congregations. Again, fasting was practiced in the early church. Clearly it has a place in Christian piety, but that it had a frequent place is open to serious question. Fasting in the Postapostolic Church Amazingly Christianity quickly departed from the personal, inward, and spiritual emphasis found in the New Testament. Fasting is a case in point. The earliest hints in post-New Testament writings indicate a return to the external, legalistic, ritualistic practice of fasting. Evidently as time elapsed after the death of the Apostles, the church succumbed to the religious pressures of the Jewish and pagan world around them, and fasting became a full-blown practice. They simply took over the Jewish practice of fasting two days a week, changing the days from Mondays and Thursdays to Wednesdays and Fridays. Even their individual fasts were caught up in the growing ascetic tendencies of the time. This too is unfortunate. Give it two wings: But in neither of these nor in any other of the many New Testament passages pertaining to effective prayer is fasting discussed. It was a spontaneous reaction to emergencies. In the Old Testament a fast was a means of demonstrating a humble heart, a repentant spirit. Since fasts in the Old Testament were in response to calamities and were to demonstrate humility and repentance, it would seem that the same purpose and attitudes would hold true for New Testament believers.

4: Purpose of Fasting - Fasting for God

Fasting is voluntarily going without food or any other regularly enjoyed, good gift from God for the sake of some spiritual purpose. It is markedly counter-cultural in our consumerist society, like abstaining from sex until marriage.

Why Does God Reward Fasting? Why does God respond to fasting? Why does He reward us when we fast? Throughout the pages of the Bible, it is quite evident that He does. Jesus promised he would reward fasting: What is the answer to the question? The following six points explain. Such a claim dishonors God and turns His free grace into a business transaction. It implies that fasting comes from our own will, and that this self-achieved discipline is then offered to God for payment or reward. Such a claim dishonors God because it says that what belongs to God the initiative for prayer and fasting actually belongs to us. This passage literally means: The only option to free grace is condemnation. The means by which it comes to us is our faith Eph. If we try to merit or earn anything from God, our attempt not only nullifies grace, it is evil. Therefore, this is a wrong answer as to why God rewards fasting. He does not reward fasting because it shows Him knew knowledge about our devotion. He created us as new creations in Him. Fasting itself is a gift from God. Therefore, it cannot earn anything from God. This is what Paul meant when he said: For from Him and through Him and to Him are all things. To Him be the glory forever. Fasting is from Him and through Him and to Him. It is not first offered to God that we might be receive recompense for it. It is first given by God that we might benefit and God might be glorified. The Ultimate Origin of Sacrifice King David saw his people sacrificing their riches to build the temple in a similar way that we sacrifice food in fasting. When David saw this, he did not gloat over the self-created virtue of his people; he was humbled that God had given them by grace such generosity. This is the way we should view fasting. We have no basis to boast. This is how we should pray about our own fasting. God Rewards Helplessness and Hope in Him If God is the creator and sustainer of fasting, why is it that he has appointed it as an occasion to reward? Over and over again in Scripture God promises to come to the aid of those who stop depending on themselves and seek God as their treasure and help. Everyone who thirsts, come to the waters; and you who have no money, come buy and eat. Come, buy wine and milk without money and without cost. Listen carefully to Me, and eat what is good, and delight yourself in abundance. Incline your ear and come to Me. God promises water, wine, milk and life that money cannot buy to those who have no money and are thirsty, if they will look away from what money can buy and come to Him. The reward of life is not given to those who can buy it or work for it. The sacrifices of a broken spirit and a contrite heart that are acceptable to God Psalm Because these acts draw attention to His glory. When we serve God not in our own strength, but in the strength that God supplies, then God gets the glory. The giver receives the glory. God is dedicated to doing everything for His glory. God is committed to doing all things for His glory: God chose His people before the foundation of the world for His glory Eph. He created mankind for His glory Isa. He chose Israel for His glory Isa. He delivered them from Egypt for His glory Isa. He put His Son to death to show the glory of His justified righteousness Rom. He commands us to do all things for His glory 1 Cor. He will send Jesus a second time to receive the glory due Him 2 Thess. In the end, He will fill the earth with the knowledge of His glory Hab. John Piper sums up this point: Therefore he rewards acts that confess human helplessness and that express hope in God, because these acts call attention to his glory. God responds to prayer because when we pray, we are looking away from ourselves and any other resource looking to Christ as our only hope. This gives God an opportunity to display His glory and His grace through the providing work of His Son. Fasting is similar to prayer in that it is an offering of emptiness given to God in hope and faith. It is a sacrifice. I am hungry, but you are the Bread of Heaven. I am thirsty, but you are the Fountain of Life. I am weak, but you are strong. I am poor, but you are rich. I am foolish, but you are wise. I am broken, but you are whole. I am dying, but your steadfast love is better than life Ps. And so He acts because the glory of His all-sufficient grace is at stake. God must reward this cry because God is most glorified in us when we are most satisfied in him. God is most glorified in us when we are most satisfied in Him. Nothing causes us to realize how absent the world is of satisfaction, and nothing causes us to find true satisfaction in God, like fasting and prayer! Have you felt your hope and

expectation shift “ from visible securities to God alone? Have you found ultimate satisfaction in God? How do you feel God has received glory through your fasting and prayer? As we conclude our fast and look to the rest of the year, may our focus remain the glory of God. As you conclude your fast and resume normal eating, how can your goal in life remain the glory of God? Will the cry of your heart still be that nothing on earth can satisfy besides God? He is most glorified when we are most satisfied in Him.

5: Daniel Responds to God's Word (Daniel 9 Lesson Plan) © www.enganchecubano.com

God, the sustainer of all life, wants nothing more than a closer connection with us, and through fasting we can quench that new desire for more of Him in our lives. 3) A deeper praise. Because the body does not have to do the work of digestion, it has more energy to focus on other things.

Biblical fasting is a spiritual discipline which was encouraged by Jesus, Himself, while He was on earth. When questioned as to why the Pharisees and the disciples of John the Baptist fasted while Jesus disciples did not, Jesus answered, "How can the guests of the bridegroom mourn while he is with them? Jesus was indicating that fasting would become a necessity when, the bridegroom Jesus was taken away. While Jesus, who was God manifested in human form, was still on earth, His followers enjoyed a close fellowship and friendship with Him. Jesus bestowed power and authority on them to the extent that they had limited power to preach, heal the sick, and cast out devils. Similarly, when Jesus sent them out to minister to the populace, He instructed them to take few provisions. Jesus was teaching that after His departure, the entire dynamic would change and the disciples would need a different type of preparation and provision. Fasting was to be a vital part of this new preparation. In addition to all these spiritual practices, Christians should also employ the humbling discipline of fasting. Biblical Fasting - Is there a proper method to fasting? Biblical fasting, unlike fasting for medical or health reasons, must be done with an attitude of seriousness and sincerity. When we fast, we willingly deprive the body of nourishment and the pleasurable taste of food. The body requires food for sustenance; therefore our hearts and minds must be totally focused and directed towards God so that He may be the full source of our strength during our period of fasting. Fasting must also be done in an attitude of humility. It is not necessary for others to know we are fasting; it is directed towards God. In addition to our attitudes towards God and our stance before man, our motives must also be correct. The prophet Isaiah received from the Lord the acceptable motives for our fasts: Is it not to share your food with the hungry and to provide the poor wanderer with shelter -- when you see the naked, to clothe him, and not to turn away from your own flesh and blood? Fasts may last for varying lengths of time -- one day, three days, seven days, and more. We should prayerfully seek the Lord about the length of our fast. Fasting should have an object in mind; we should have a clear idea of the need and purpose. Biblical Fasting - What are the benefits of Christian fasting? Biblical fasting brings us into a closer union with God. While our bodies are being deprived for the purpose of drawing near to God, He has promised in return to draw near to us. This is a spiritual certainty. As we decrease, the Spirit increases. As individuals we are strengthened and renewed. While this verse applies to our eternal destiny, the principle applies to our daily sojourn; as we humble and deprive our bodies through fasting, our spiritual man is made stronger and our senses more acute. This principle served the apostles well during the early church days. Their decisions were made through fasting and prayer; God gave them instructions and directions. Wicked kings, destined for destruction, received mercy from humbling themselves and fasting 1 Kings The entire city of Nineveh, including animals, fasted upon hearing the pronouncement of judgment from the prophet Jonah -- and God spared them Jonah 3: Jesus received divine preparation for His earthly ministry while fasting and enduring temptation. While we await the return of the bridegroom, our Lord Jesus Christ, fasting exemplifies our attitude of spiritual hunger -- the promise is that we will be satisfied. God , the Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus , the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried , and rose from the dead according to the Bible. If you truly believe and trust this in your heart, receiving Jesus alone as your Savior , declaring, " Jesus is Lord ," you will be saved from judgment and spend eternity with God in heaven. What is your response?

6: Biblical Fasting

Put differently, fasting directs our hunger toward God. It clears the mind and body of earthly attentions and draws us closer to God. So, as we gain spiritual clarity of thought while fasting, it allows us to hear God's voice more clearly.

We would love to host you this Sunday at 9am, Schedule a visit with us today! We had looked for land around the city and knew this ground was uniquely suited to meet the needs of our growing church family. We talked about the church and our dreams for what God might do through the church on the land, but as we got up to leave, she made it clear that the land was not for sale. We called the church to a three day fast. Within ten days of the church praying, the miracle came as the family who owned the property offered to sell the property to the church. Why should we fast? The Bible lists a variety of reasons for engaging in a fast. Now I was cupbearer to the king. Fasting Prepares Us for New Seasons of Life Moses fasted before he received the law Jesus fasted prior to the start of His earthly ministry Paul fasted before the start of his missionary ministry Acts Fasting has a way of quieting our heart. Fasting helps us to hear from the Lord. Its message was true and it concerned a great war. The understanding of the message came to him in a vision. At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. On the twenty-fourth day of the first month. Did God answer Daniel? Daniel fasted 3 weeks, 21 days and, humanly speaking, it appeared nothing had happened! His body was like topaz, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude. I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves. So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come. Those verses remind us that when we are fasting there is a spiritual battle taking place. The struggles of fasting are not just physical. As we fast and pray we are doing spiritual warfare. Satan would love nothing more than for you to give up. Whatever your need is you can be sure of this, God responds to His people when they respond to him. As you draw near to him through fasting and prayer “you will see God do extraordinary things in your life.

7: Our Response to God's Precepts " Odenton Baptist Church

It implies that fasting comes from our own will, and that this self-achieved discipline is then offered to God for payment or reward. Such a claim dishonors God because it says that what belongs to God " the initiative for prayer and fasting " actually belongs to us.

Jennifer Kennedy Dean Wolszczak Stock Free Images More than any other observance, this discipline will sharpen our spiritual senses so that we can tap into our divine source. Jesus expected His disciples to fast. I tell you the truth, they have received their reward in full. Notice He said when, not if. Later He defended their abstaining from fasting for a season but indicated that they would resume this discipline after He had died see Matt. Get Spirit-filled content delivered right to your inbox! Click here to subscribe to our newsletter. Jesus Himself often fasted as part of His ongoing life of prayer. Throughout history, men and women whose lives have displayed the power and provision of God made fasting part of their spiritual arsenal. And this is the reason we as believers continue to engage in it: Food for your physical body sustains it and nourishes it. When we eat food, we literally take the earth and make it part of us. I am convinced that God designed our bodies to be nourished and fueled in this way so that we would have a picture of true nourishment--the eternal nourishment of our spirits. God has represented His Word as food that nourishes our spiritual life in the same way that physical food nourishes our physical life see Ps. Just as food strengthens and maintains our bodies, the Word of God nourishes, fuels and strengthens our spirits. During a fast, you deliberately let go of that which binds you to this physical world--food--in order to receive all your sustenance from the spiritual world. You determine that for a period of time you will deny your physical cravings to focus on your spiritual cravings. You allow your spiritual hunger to become stronger and more focused. You feed your spirit with the same enthusiasm with which you feed your body. Spiritual hunger takes priority over physical hunger. Fasting is not a way to influence, impress or manipulate God. In fact, He knows your heart better than you do. Everything is uncovered and laid bare before the eyes of Him to whom we must give account" Heb. A fast is not a hunger strike designed to convince God to release what He has, up to now, held back. Fasting is not a last-ditch effort to get through to God. Instead, it is a means of sharpening our spiritual senses so that God can get through to us. He had received a report that his enemies were allied against him and were nearly at his borders, intent on making war against Israel. Some men came and told Jehoshaphat: The men who made the report had given the facts as they saw them. He was not satisfied to settle for what he could see. He knew there was more to the picture than the facts that presented themselves. Dear friend, what situation confronts you today? Do the facts of your situation overwhelm you and cause you fear and anxiety? Do your circumstances look hopeless to you? Listen to His voice speaking to you through the story of Jehoshaphat. What did Jehoshaphat do when confronted with circumstances that threatened to defeat him? The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him" 2 Chr. First, Jehoshaphat resolved to inquire of the Lord. He determined that he would fix his eyes not on what he could see but on what he could not see see 2 Cor. He was certain that the Lord had an answer and a plan that was more than he could ask or imagine see Eph. He would not entertain the lie that presented itself to his earth-sight. He resolved to inquire of the Lord. Second, Jehoshaphat proclaimed a fast throughout all Judah. What was the purpose of this fast? What did Jehoshaphat expect the fast to accomplish? I do not know what to do"? Take your eyes off the circumstances and fix them on the Ruler of heaven and earth. How did Jehoshaphat do that? How did he create an atmosphere in which God could give him His vision and His plan for overcoming the enemy? How did he put all his spiritual senses on alert so that God could get through to him? He proclaimed a fast. The Lord had an answer. He had a plan in place. When the people fastened their hearts on Him, opening themselves to Him through fasting, He was able to tell them exactly what actions to take. Their obedience to His living, present-tense voice released His power and provision see 2 Chr. First, you can expect hunger. Your physical body needs food and is trained to expect it. You will probably experience both a physical and a psychological craving for food. If you do, turn your hunger into prayer: My food is to do Your will" see John 4: Let your hunger be a positive feeling because it will turn your heart to Him. Hunger

and cravings for food will give you the opportunity to present an offering to the Lord. Each time you deny your craving for the sake of your fast, you are placing a sacrifice on the altar. The offering is your obedience see 1 Sam. You can also expect to experience an increasing desire for the things of God. Just as your body has come to expect food, so your spirit will come to expect spiritual nourishment. God will begin to create in you a spiritual craving that only He can satisfy. A fast is more than abstaining from food. It is replacing physical food with spiritual food. If you are fasting a certain meal, make that mealtime a time of prayer and study of the Word. If you are fasting for a period of time, fill that time as much as possible with concentrated, focused listening prayer. Let the Lord set your fast. He is likely to call you into minifasts in the beginning and train you for longer fasts. What God calls you to do, He also provides the power for you to accomplish. The fasts to which He calls you will be prime training ground for learning to submit your flesh to the Spirit. I pray that the Father will usher you into a new dimension of power as He calls you to incorporate fasting into your life. I believe that you have been drawn to these words because God has already placed in you a hunger for the deep things of God, and He is about to show you Himself. You will not be disappointed, for His Word assures us that "He satisfies the thirsty and fills the hungry with good things" Ps. Jennifer Kennedy Dean is an author, speaker, conference leader and executive director of the Praying Life Foundation. You may visit her online at www.HelpCharisma.com stay strong for years to come as we report on life in the Spirit. [Click here to keep us strong!](#)

8: Christian fasting - what does the Bible say?

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You realize what you did was wrong. Those kinds of actions are destructive; it harms others, and thus yourself. Wrongdoing blocks the value you have as a person. It adds to you a hellishness which saps your spirit. To repent is to reject this hellishness. How does fasting further the repentance and healing? Fasting is a discipline. The whole You enters into or experiences the unwholeness that your sin creates. By feeling the unrightness of your life through the discomforts of hunger, you firm up your resolve to live a different kind of life. Let our intention herein be this, and this alone, to glorify our Father which is in heaven. Or, as Isaiah said, especially This was very different from the Pharisees and the followers of John the Baptist, who would fast at the appointed times. They were making a point about Jesus. Jesus spoke little of fasting, and when he did, it was about the right spirit to fast in. Jesus spoke more often about feasting, comparing the Kingdom of God to a banquet. Zechariah foreshadowed this by prophesying that one day the solemn Jewish fast days would become "cheerful feasts". Not that Jesus was against fasting. He himself fasted and faced the temptation to use His power to make food to break His fast and resolve His hunger. He also spoke of the role of fasting and prayer in healing and in casting out evil spirits. The early church expected those who fast to give away what they would have eaten, either in money-value or in food, to those in need. Shepherd of Hermas 3. Origen Homilies on Leviticus, 10 even praised those who fasted in order to give to the poor. For instance, your wedding anniversary. So the time between Easter and Pentecost is a season to celebrate and feast, not fast. The birth of Jesus is cause to celebrate that God is with us, so the days between Christmas and Epiphany are a celebration. They were with One so great they had to use their time and energy into following Him. They fasted after He was gone, as part of their standing as apostles before God for the whole Church. Fasting Is Not Dieting Fasting from food is not dieting. Nor should it be used as a disguise for anorexia, a psychological illness which has devastating effects on the body. Many people have died because of this abuse of fasting. But that would be part of a larger process of growing the ability to say no to food. It would be spiritually helpful due to the discipline not the weight loss. Fasts are not for getting others to say, "wow, this is one holy dude". Fasts are between yourself and God. Even a fast as an act done publicly with others as, for instance, in Lent, Ramadan, or Yom Kippur is not about showing non-believers or fellow believers how holy you are. They are not the point. The relationship between you and God is the point of a fast. The same can be said of most of those who rhapsodize about fasts in their sermons. Talk is getting cheaper with each new day. Sufferings caused by fasts are not an excuse for being grouchy, stingy, or rude. Going without food can make your mind get weak and unable to focus, which can make for angry or delusional reactions. They hoped to purify themselves before the end-times arrived. They would sometimes prohibit marriage or sex and require abstinence from foods. To the early Christians, this made no sense. They would not set a new law over themselves, since Christ has just freed them from the burdens of the law. Even having a rule of not eating sacrifices to idols, as sensible as that sounds, caused a major struggle. Some folks of today seek the drug-like experience that happens as the body gets weakened by the fast. Then, there are those who have a sadistic drive to destroy themselves. They somehow thought their sins were so bad that they were worthless before God even after dedicating themselves to God. But self-punishment is a form of self-destruction and self-hatred. This attitude bleeds over into everything else about how you think of yourself and your body, even when you are not fasting. Or perhaps, you might dare treat The Almighty Creator as a fool for loving you? This is true of both foods and people: God did not create mistakes. Fasting Too Much It is also not right to harm yourself in a way that might make you a burden to others who would have to give you physical care. Mohammed was a strong believer in fasting as a discipline, but even he had to act against the extreme fasting of his Companions in Medina when it weakened them up to the edge of death. The lengthy Ramadan fasts are only for daylight hours; they are to eat and enjoy at night. King Saul put his soldiers under oath of death not to eat, leaving them too weak to succeed. His son Jonathan understood how wrongheaded this was, but his disobedience almost got him killed by his own father. Thus, do not fast in a way that seriously harms your health. The same is true

with all spiritual disciplines, devotions, faith habits, practices, and worship. Each church body has its own rules and practices about doing without, as part of their own way of living the Christian life. But many millions of people live good and faithful Christian lives without ever fasting. It can be helpful to your own discipline, but is not at all required and has no role at all in whether God rescues you. That will make you stronger for the task. Most people who fast set a time for it to end; honor that time by not fasting beyond it, even if you feel an urge to do so. Fasts can be addicting, to a few of us. If you take ill, stop. If some very important matter comes up, especially involving your loved ones, you can break from it. Remember, disciplines are not done to please God, but to prepare you for Godly living. However, in many if not most actual cases it is done with a very clear spiritual dimension, and when that is true it is very hard to separate it out from fasting. Fasting to ask God to change course: Because God cares that we care. When King David had been caught by Nathan the Prophet in his evil deed of murder and adultery 2 Sam 12 , Nathan ended by forgiving David of his sin, but telling him that the son born from this relationship was to die verses David took his sorrow over this to the Lord in prayer and fasting and tears, laying on the ground, doing nothing else for a whole week. But this did not save his son. Once the baby died, David immediately got up, washed and clothed himself, worshipped, and then went to eat. This puzzled the people around him: Can I bring him back again?? He had already come to hate the great sins that he did. He had already mourned as terribly as he could. Time to once again follow God, and comfort Bathsheba who was also mourning over their child. The time for fasting was over. The time for renewed living was at hand. By setting himself right with God, David was once again blessed by God. Fasting As Part of Mourning For most of the rest of us, we have no nation to run. The loss of a loved one affects us so much that we may not care to eat. Or we may come to understand the damage of all those little wrongs we did to that someone, and plead for forgiveness to God. The Bible has many examples of fasting as part of mourning:

9: Fasting - Wikipedia

Fasting or no fasting, God only promises to answer our prayers when we ask according to His will. 1 John tells us, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

Christian fasting - what does the Bible say? Scripture does not command Christians to fast. God does not require or demand it of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions. Acts Fasting and prayer are often linked together. Luke 2: Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything given up temporarily in order to focus all our attention on God can be considered a fast. 1 Corinthians 7: Fasting should be limited to a set time, especially when fasting from food. Extended periods of time without eating can be harmful to the body. Fasting is not intended to punish the flesh, but to redirect attention to God. The purpose of a biblical fast is not to lose weight, but rather to gain deeper fellowship with God. Anyone can fast, but some may not be able to fast from food. Diabetics, for example. Everyone can temporarily give up something in order to draw closer to God. By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

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