

General Information on Fasting

Why Fast

Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, saying "when you fast," not "if you fast." (Matthew 6:16-18) Fasting is a biblical way to truly humble one's-self in the sight of God. (Psalm 35:13; Ezra 8:21) King David said, "I humble myself through fasting."

Fasting invites the Holy Spirit to reveal a person's current spiritual condition, usually resulting in brokenness, repentance, and a transformed life. The Holy Spirit gives life to the Word of God in one's heart. His truth will become more meaningful in ways never imagined.

Fasting can transform your prayer life into a richer and more intimate experience. Feeding your soul in place of feeding your stomach during a mealtime leads to yearning for more of what is greater than us, our Heavenly Father.

Fasting can result in an intense personal revival in your own life which often spills over to others.

You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

Who Should Not Fast

Despite the absolute safety and benefits of fasting, there are certain people who should NEVER fast without professional supervision. For example: Persons who are physically too thin or emaciated; Persons who are prone to anorexia, bulimia, or behavioral disorders; Those who suffer weakness or anemia; Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease. Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs; Individuals who take insulin for diabetes or suffer any other blood sugar problem such as hyperglycemia and women who are pregnant or nursing. (Bill Bright Fasting Guide)

Suggested Guidelines for Wednesday Fast Days

Eat the evening meal on Tuesday. Fast during the day on Wednesday with a normal dinner that night. Even though we are fasting from food, remember it should not be about the food. Please do not focus on whether coffee is legal or if juice is allowed. In place, focus on the Father, Son, and Holy Spirit. We do not need to be legalistic. Fasting is about abstaining from earthly nourishment for a specific time to honor and obey God.

Sabbath-keeping on Sundays is about a day that differs from the other six days and is set aside for rest and worship. Our Wednesday fast day is a day set apart from the other six days for focusing our heart and soul on the person of Jesus Christ, through the power and strength of the Holy Spirit. "Fasting is not about trying to get God to do something. It is not a functional lever we pull to increase the power of our prayers. Fasting is about fellowship with the Holy Spirit. Fasting trains the human spirit to fellowship with the Holy Spirit and feast on the Word of God." (J. D. Walt)

Opening the Fast

Pray: *Lord Jesus Christ, I offer you this fast for your glory and my good. All I am and all I have I offer to you for your purposes in the world and my progress in your grace, Amen. (Seedbed.com)*

You will receive a weekly communication that includes a focus for your prayers and a devotional. These devotionals will align with our Lenten sermon series, Altar'd. Look for these in your email inbox in preparation for Wednesdays.

Mealtime Focus

During your normal breakfast time, slowly **write** the scripture for the day in a notebook or journal. During lunchtime, **read** the text again from your journal, inviting God to stir within your mind. **Write** down anything you are experiencing. **Seek** him as he draws and pursues you always.

Day Long Focus

Throughout the day try to **ponder** on the scripture and prayer, gleaning nourishment only through God's Word and Spirit.

Closing the Fast

"Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary." (Isa. 40:31) **Record** any thoughts or significant insights that you had during the day in your journal.

Prayer and Dinner at Church

Join your church family for an opportunity of corporate and/or individual prayer in the Chapel followed by dinner in Drake Hall.

Prior to Falling Asleep Offer the Lord Your Fast

Pray: *Lord Jesus Christ, I offer you this fast for your glory and my good. All I am and all I have I offer to you for your purposes in the world and my progress in your grace, Amen. (Seedbed.com)*