

Biblical Fasting Explained:

A fast without prayer is nothing more than a diet.

- Prayer must accompany the fast
- Fasting is the willful withdrawal from certain things
- *The purpose of fasting is to draw us closer to God by eliminating distractions*
- and bringing our flesh into submission to the spirit for a time.

Essentially, fasting renews our soul from the inside out.

- We desire, through this fast, to see the miraculous take place in personal lives as well as corporately in and through this church.
- We desperately desire God's leading and look to him for specifics through this fast.
- The fast itself should be a challenge to each individual, but each of us must know our bodies and what we can handle, and we must intentionally seek God in prayer as to what fast would be most appropriate for this season. Allow the Holy Spirit to lead you.

Types of Fasts:

Complete Fast – this fast calls for drinking only liquids, typically water with light juices as an option.

Selective Fast – this type of fast involves removing certain

elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast – this fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6 am to 3 pm, or from sunup to sundown.

Soul Fast – this fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

When Do We Fast: Here at Glad Tidings, we will be fasting 21 days in January each year as an opportunity to reboot our spiritual systems and gain fresh guidance from the Holy Spirit for the coming year. This is our focused prayer season. However, we recommend that every person find times to periodically fast throughout the year for their own spiritual development. Some may fast a meal, a whole day, or a stretch of days. The duration is not as important as focusing on Jesus throughout the fast. A surrendered heart to God will lead to

breakthrough in the spirit.

Scripture references:

Nehemiah 9:1-3 (NIV) 1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshipping the Lord their God.

Matthew 6:16-18 (NIV) 16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others 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.

Matthew 9:14-15 (NIV) 14 Then John’s disciples came and asked him, “How is it that we and the Pharisees fast often, but your disciples do not fast?” 15 Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

Acts 27:33-37 (NIV) 33 Just before dawn Paul urged them all to eat. “For the last fourteen days,” he said, “you have been in constant suspense and have gone without food—you haven’t eaten anything. 34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head.” 35 After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. 36 They were all encouraged and ate some food themselves. 37 Altogether there were 276 of us on board.