

FASTING – Sacrificial Worship

August 2021

Purpose for Fasting:

- Seeking God's guidance (Judges 20:26)
- Expressing repentance and a desire to return to God (1 Samuel 7:6)
- Demonstrating grief (1 Samuel 31:13)
- Humbling oneself before God (1 Kings 21:27 – 29)
- Seeking help and protection (2 Chronicles 20:3 – 4)
- Petitioning God for answered prayer (Ezra 8:23)
- Sharing concerns for the work of God (Nehemiah 1:3 – 4)
- Ministering to the needs of others (Isaiah 58:3 – 7)
- Overcoming temptation and dedicating yourself to God (Matthew 4:1 – 11)
- Showing love and worship for God (Luke 2:36 – 38)

Preparation for Fasting:

- Humble yourself by prayer and confession
- Meditate on God's Word
- Prepare your body by doing it in a healthy manner
- Keep it private – do not show off, focus on the needs of others and do not boast
- Focus on expected results – growing closer to God, feeling unity with those who suffer and increasing personal self-control

People in the Bible with reasons for fasting:

- Moses – Honoring God – for 40 days & 40 nights with no bread and no water (Deuteronomy 9:9, 9:18) while being given the commandments twice (Deuteronomy 9:7 – 29)
- David – Healing for his son – for 7 days during his son's illness and ultimate death (2 Samuel 12:1 – 23)
- Elijah – Running from evil and to God – for 40 days & 40 nights after eating on the journey to the mountain of God (1 Kings 19:1 – 8)
- King Darius the Mede – Rescuing a man of God – the night (Daniel 6:18) Daniel was in the lion's den by the king's order (Daniel 5:30 – 6:28)
- Daniel – Engaging in spiritual warfare – for 3 weeks (Daniel 10:2) in mourning when given the understanding of the spiritual battle in a vision (Daniel 10:1 – 11:1)
- Ezra – Seeking confession and repentance – in mourning (Ezra 10:6) for the unfaithfulness of his people concerning intermarriage (Ezra 10:1 – 17)

- Esther – Risking her life – for 3 days & 3 nights does not eat or drink to prepare her to confront the king (Esther 4:15 – 17)
- Jesus – Confronting evil and temptation – for 40 days & 40 nights preparing to face the devil’s temptations (Matthew 4:1 – 11)
- Saul (who would become Paul) – Restoring his sight and receiving his commission – for 3 days did not eat or drink then his sight was restored and received his commission (Acts 9:9 – 19)
- Church Elders in Antioch – Responding to the Holy Spirit’s calling they commission Barnabus and Saul (who would become Paul) – with fasting and prayer, they placed hands on Barnabus and Saul (who would become Paul) and sent them off as missionaries (Acts 13:1 – 3)