



FIT FOR

GODLINESS









FASTING



FIT FOR

GODLINESS

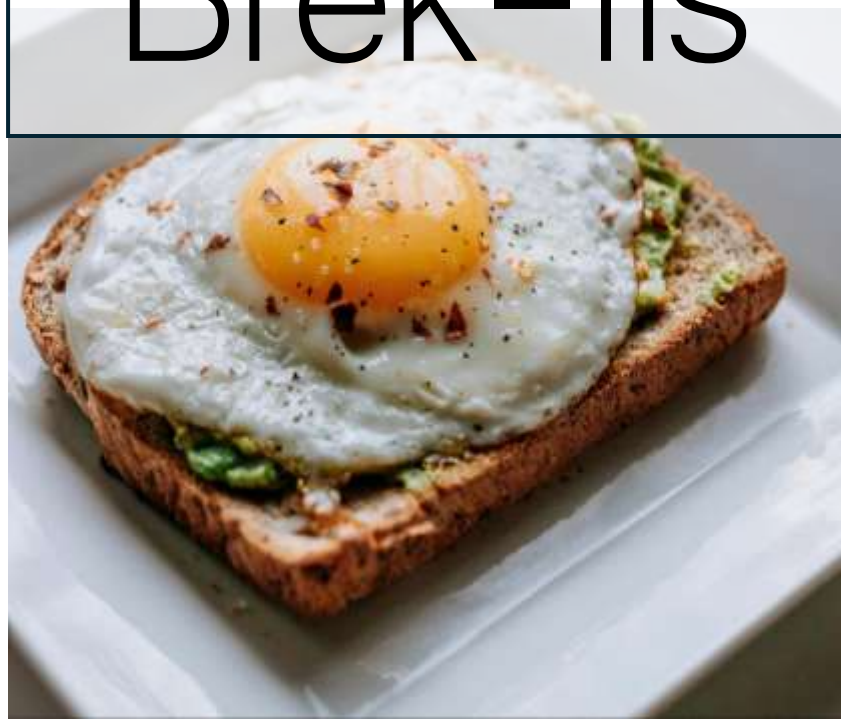


Train yourself toward godliness,  
[keeping yourself spiritually fit].

1 Tim 4:7 AMPC



# Brêk - fis





Break-fast



# WHAT IS FASTING?



Abstaining from something (primarily food)  
for a certain time for spiritual purpose

# FASTING

“And **when you fast**, don’t make it obvious... But **when you fast**, comb your hair and wash your face...”

Mat 6:16-18 NLT

# FASTING

One day the disciples of John the Baptist came to Jesus and asked him, “Why don’t your disciples fast like we do and the Pharisees do?” Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and **then they will fast.**”

Mat 9:14-15 NLT

# FASTING

More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside of us with food and other things.

Richard Foster  
Celebration of Discipline

# REASONS TO FAST



# FOR A PURPOSE

Whom have I in heaven but you? I desire you **more than anything** on earth.

Psa 73:25 NLT

# FOR A PURPOSE

Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

Joh 6:35 NLT

# LOVE & WORSHIP

Anna, a prophet, was also there in the Temple... and she was very old. Her husband died when they had been married only seven years. Then she lived as a widow to the age of eighty-four. She never left the Temple but stayed there day and night, **worshiping God with fasting and prayer.**

Luk 2:36-37 NLT

# PRAYER

So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

Ezr 8:23 NLT

# PRAYER

So I turned to the Lord God and pleaded with him in prayer and fasting...

Dan 9:3 NLT

# GUIDANCE

One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” So after more fasting and prayer, the men laid their hands on them and sent them on their way.

Act 13:2-3 NLT

# GUIDANCE

Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust.

Act 14:23 NLT

# DELIVERANCE

Messengers came and told Jehoshaphat, “A vast army from Edom is marching against you from beyond the Dead Sea. They are already at Hazazon-tamar.” ... Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting. So people from all the towns of Judah came to Jerusalem to seek the LORD’s help.

2 Chron 20:2-4 NLT

# DELIVERANCE

O God, whom I praise, don't stand silent and aloof while the wicked slander me and tell lies about me. They surround me with hateful words and fight against me for no reason.

Psa 109:1-3 NLT

# DELIVERANCE

My knees are weak from fasting, and I am skin and bones.

Psa 109:24 NLT

# DELIVERANCE

Help me, O LORD my God! Save me because of your unfailing love. Let them see that this is your doing, that you yourself have done it, LORD.

Psa 109:26-27 NLT

# GRIEF

David and his men tore their clothes in sorrow when they heard the news. They mourned and wept and fasted all day for Saul and his son Jonathan, and for the LORD's army and the nation of Israel, because they had died by the sword that day.

2 Sam 1:11-12 NLT

# GRIEF

They said to me, “Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire.” When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.

Neh 1:3-4 NLT

# OVERCOME TEMPTATION

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted...

Mat 4:1-2 NLT

# RETURN TO GOD

The people of Nineveh believed God's message, and from the greatest to the least, they declared a fast and put on burlap to show their sorrow. When the king of Nineveh heard what Jonah was saying, he stepped down from his throne and took off his royal robes. He dressed himself in burlap and sat on a heap of ashes. Then the king and his nobles sent this decree throughout the city:

Jon 3:5-9 NLT

# RETURN TO GOD

“No one, not even the animals from your herds and flocks, may eat or drink anything at all. People and animals alike must wear garments of mourning, and everyone must pray earnestly to God. They must turn from their evil ways and stop all their violence. Who can tell? Perhaps even yet God will change his mind and hold back his fierce anger from destroying us.”

Jon 3:5-9 NLT

# RETURN TO GOD

That is why the LORD says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don’t tear your clothing in your grief, but tear your hearts instead.” Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.


Joel 2:12-13 NLT

# HUMBLE BEFORE GOD

But when Ahab heard this message, he tore his clothing, dressed in burlap, and fasted. He even slept in burlap and went about in deep mourning. Then another message from the LORD came to Elijah: “Do you see how Ahab has humbled himself before me? Because he has done this, I will not do what I promised during his lifetime. It will happen to his sons; I will destroy his dynasty.”

1 King 21:27-29 NLT

# JOIN ME IN FASTING



This is the essence of Christian fasting: We ache and yearn—and fast—to know more and more of all that God is for us in Jesus. But only because he has already laid hold of us and is drawing us ever forward and upward into all the fullness of God. John Piper



FASTING



FIT FOR

GODLINESS