

## Spiritual Disciplines 2019 – April – Fasting



The following information was drawn from:

<https://praxeis.org.au/events/40-days-of-prayer-and-fasting/>

### **Why fast?**

- It was normal practice in the Old Testament (1 Samuel 7,6; Nehemiah 1,4;)
- Jesus fasted- (Matthew 4,2)
- Jesus expected us to fast (Matthew 17,21; Matthew 6, 17-18)
- The early church fasted (Acts 13,2-3)
- Many breakthroughs in human history have been linked to times of prayer and fasting- see any great story of revival- Luther, Knox, Wesley, Spurgeon.
- When we humble ourselves before God, he changes us and gives strength to our prayers

### **What is fasting?**

- Devoting ourselves to God: laying down our appetites, allowing God to be in control, listening to God; aligning our will with his; letting him change us, and praying for breakthrough in the world. (Isaiah 58)

### **How do we fast?**

- From food- a meal, a day, several days or longer- or the whole 40 days
- Or fast from other appetites or distractions such as social media, TV etc.
- The time normally spent on these things is then spent with God instead

### **Practically speaking:**

- Take time to ask God how you should fast, then plan what you will do
- Prepare spiritually by drawing close to God
- Don't fast from food if you are sick, pregnant, breastfeeding or have an eating disorder. Check with your doctor if unsure
- If you are new to fasting, plan to start gently and work up to a longer fast
- Prepare physically for fasting from food – a few days before, start reducing addictive things like caffeine, salt, sugar, to prevent headaches; and gradually cut down the size of your meals
- Stay hydrated –drink plenty of fluids (incl broths & protein shakes)
- Be aware you will have less energy than normal
- Break your fast with small portions of food, not a huge meal

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Please take some time to pray about this, then record your intentions below. I suggest that you then give this to someone and ask them to keep you accountable.

Name: \_\_\_\_\_

I intend to fast, during the month of April, for the following days/times (Include type of fast: Water/Daniel/Other)

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