

FASTING

It is imperative for “fasting” to become a regular practice among the followers of Christ. Fasting should occur once or twice each week. The Fast can be total abstinence of food and drink, or a liquid fast of water only, three times during the day: 6 AM, Noon, and 6 PM.

Fasting is for Spiritual Purposes. Fasting is the Spiritual Discipline of going without food and drink for Spiritual Observances for a prescribed period of time. A “Fast Day” is considered from sun rise to sun set (6 AM - 6 PM). The “24 Hour Fast” is considered from sun set until sun set (6 PM until 6 PM). The Scripture also teaches that “fasting” can be for extended periods of time, as with Christ Jesus, who fasted for 40 days and 40 nights (Mt. 4:2). There are many reasons for believers to “fast”: expecting the return of Christ (Lk. 5:35); in face of critical decisions (Acts 13:2); during periods of great distress (Ps. 35:13); for individual needs (Mt. 17:21); for healing of sickness (Jam. 5:14-15; for strength to resist the forces of evil (Jam. 4:7); for the gaining of Spiritual Knowledge and Wisdom (Jam. 3:13-18); among others.

Fasting advances Spiritual Maturity and brings the believer into a Healthy Spiritual Immunity (HSI) under the Power and Guidance of The Holy Spirit. Through fasting, prayer, praise, thanksgiving, obedience to the Word of God, compassion on the poor and Worship that is in sincerity and truth, the HSI is nourished and maintained. God’s Design for fasting is seen in the following two passages of Scripture.

ISAIAH 58: 3-7

3 Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul and thou takest no knowledge? Behold, in the day of your fast you find pleasure, and exact all your labors.

4 Behold, you fast for strife and debate, and to smite with the fist of wickedness: you shall not fast as you do this day, to make your voice to be heard on high.

5 Is it such a fast that I have chosen? a day for man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord?

6 Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that your break every yoke?

7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh.

MATTHEW 6:16-18

16 Moreover when you fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

17 But thou, when thou fastest, anoint thine head, and wash thy face;

18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

FASTING PURPOSES

I Renewal of Personal Commitment to Follow Christ

- a. In humility & repentance seek forgiveness
- b. Receive the “Filling of The Holy Spirit
- c. Be faithful, devoted and regular to Worship God; Be dutiful in The
Lord’s Work; and Be a Witness
of the Gospel of God.

II Giving Commitment

- a. To Tithe to God 10% of my bring home income, after taxes,
- b. Or, if not a Tither, to begin giving 7% of my bring home income, after taxes;
- c. Or to support the Work of Christ’s Church by giving a set amount of at least \$25.00 weekly.

III God’s Guidance

- a. To Identify First Bethel Baptist Church’s Worship & Administration Facility
- b. For the Comprehensive Spiritual Growth & Development of the Total Church Membership
- c. For all those accepting Leadership Roles in the Life of the *Congregation*
- d. _____
- e. _____
- f. _____

FAST FOR...

F

Faith's Increase
Favor
Fellowship

A

Access
Ability
Answers

S

Salvation
Sanctification
Stability

T

Truth
Thanksgiving
Temperance

MARCH 2013
PLDB

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**MARCH 2013
“FASTING & PRAYER MONTH”**



**Study & Worship
Each Tuesday 7:30 PM - 8:30 PM**