

MAKE FASTING A LIFESTYLE

PUT THIS POWERFUL AND REWARDING SPIRITUAL
TOOL TO WORK IN YOUR DAILY LIFE.



DURING HIS TIME ON EARTH, Jesus taught His disciples the principles of the Kingdom of God for their daily lives. But His teachings weren't just for the twelve disciples or for the multitudes of people who gathered to hear Him speak. The lessons and directions Jesus provided were also meant to guide you and me today.



GOD UNDERSTANDS YOUR HEART. WHEN YOU DO YOUR BEST, HIS PRESENCE AND FAVOR WILL ASTONISH YOU.

God gave us a pattern for victory . . . for release, restoration and reward. In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “When you give”... “. . . when you pray”... “. . . when you fast.”

He made it clear that fasting, like giving and praying, was a normal part of Christian life. As much attention should be given to fasting as is given to giving and to praying. Could we be missing our greatest breakthroughs because we fail to fast? Remember the thirty, sixty and one-hundredfold return that Jesus spoke of in Mark 4:8-20? Look at it this way:

When you pray, you can release that thirty-fold return. When both prayer and giving are part of your life, I believe that releases the sixty-fold blessing. But when all three—giving, praying and fasting—are part of your life, you can release the one-hundred-fold return.

If that is the case, you have to wonder what blessings aren't being released . . . what answers to prayer are not getting through . . . what bondages are not being broken . . . because we fail to fast.

The Son of God fasted because He knew that renouncing the natural invokes the supernatural!

There are some miracles and promises that can only be released that way. How much more should fasting be common practice in our lives?

According to the words of Jesus, it is the duty of every disciple, every believer, to fast. When addressing the Pharisees as to why His disciples did not fast, Jesus replied, “Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days” (Luke 5:34-35).

“Then they will fast.” Jesus didn't expect His disciples to do something He hadn't done. Jesus fasted, and according to the words of Peter, Jesus is our example in all things (see 1 Peter 2:21). “A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher” (Luke 6:40).

Every year our entire congregation at Free Chapel is invited to participate in a 21-day fast. Countless friends and partners have experienced the miraculous rewards during this special corporate fast.

WHEN SHOULD YOU FAST?

If you want to make fasting a way of life, work out a plan for the entire year, including certain days or meals that you fast. You may decide to fast one day a month or one meal a week. You may even decide to do a partial fast for one week every other month. Fasting options are endless. The main thing to remember is to work out a plan that fits your life while still giving honor to God.

There are also other unexpected times when you need to capture the attention and mercy of God in your life. Fasting is the key in certain seasons and situations of your life. Consider these specific times of need for when you should fast.

Many have taken what they learned about fasting from this experience and made it lifestyle. I want to invite you to do the same.

Read through the pages of this publication to find out more about the “why” and “how” of fasting.

You’ll find that fasting is not as daunting as you may think. God’s fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him. If the traditional full fast has always made you shy away from this important principle, you may be surprised to know that there are actually many different kinds of fasts. I’m confident that one will fit your needs.

Don’t lose heart if you find it to be a battle. God knows our weaknesses. If you mess up, don’t throw in the towel, just pick up and move on!

Fasting can become easier as you make it a private discipline in your life. Once you make the decision to fast, even if it is just for one day, God sees the desire of your heart. He will provide you with the grace to endure and see the breakthroughs you need come to pass.

We only have one life to give to God; let’s get control of our bodies and go for God with the best we have!

- >> **When it seems that Satan has your child held captive.** When Jesus delivered the boy bound by demons in Matthew 17, He told the disciples, “this kind does not go out except by prayer and fasting.” Maybe your kids are running with friends that are a bad influence, maybe they are steeped in alcohol or drugs. Possibly, they are struggling in school. When you don’t know what else to do, pray and fast.
- >> **When you need healing.** If you have a physical problem, fast for healing. According to Isaiah 58 when you fast, “your health will spring forth speedily.”
- >> **When you need direction from God.** Any time you face a life-changing decision, seek God’s will through prayer and fasting.
- >> **When you face a great financial need.** Many times the economy seems like it’s on a roller coaster. If you lose your job or get behind on your house payments, take it to the Lord through prayer and fasting. In Ezra chapter 8 when Ezra faced a financial dilemma, he declared a fast and God provided an answer. He can do the same for you.