FASTING
Reference: miscellaneous Scripture
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Definition: Fasting is an absence of **food**. The Greek word translated as *"fasting"* literally means *"**not to eat**"*.

There are three basic types of fasting mentioned in Scripture:
One is a **typical** fast.
In a biblical sense of the term, this fast means totally refraining from solid food.

Two is the **complete** fast.
This particular fast is also called an absolute fast, and it means **no food** and **no liquids**
Reference: **Acts 9:9**

Three is the **partial** fast.
This Fast could mean:
- abstaining from **certain** foods
- abstaining from food for a **limited** time period

> If we broke it down to the basics, fasting is an abstinence from **solid food** for either a short or a long period of time.
> Reference: **I Samuel 31:13**, **Daniel 10:3**, **Luke 18:12** and **Matthew 4:2**

Fasting can mean abstaining from things other than food.
Reference: **Daniel 6:18**, **10:2-3**; **Exodus 19:15**; **I Corinthians 7:5**; etc.

Three basic principles for fasting:

Principle One is although fasting is not **commanded**, it seems to be **expected**.
Reference: **Matthew 6:16a, 17a** (see screen)

These are numerous biblical characters who fasted: *Moses, Elijah, Ahab, Nehemiah, David, Jeremiah, Jehoshaphat, Daniel, Samson, Samuel, Hannah, Saul, Jonathan, Ezra, Esther, Anna, Barnabas, Cornelius, Jesus, Paul, etc.*

Principle Two is fasting is to be **private** and not **public**.
Reference: **Matthew 6:16b, 17b, and 18b** (see screen)

Principle Three is our **motive** for fasting determines the **reward** we get from our fasting.
Reference: **Matthew 6:16c** and **18c** (see screen)

> **Principle**: If we fast in private, then God is going to reward us in public, i.e. **heaven**.

There is any number of biblical reasons for fasting; but, if we just stop eating for a reason that is other than spiritual then two things are going to happen:
- there will be no direct **spiritual benefit** derived from this fast
- there will be a temptation to end up on a spiritual **ego trip**

Practical steps to a biblical fast:

1) **establish** a reason to fast.

2) **predetermine** the length of the fast

3) **refrain** from eating solid foods, but **do** drink water and or juices

4) settle any **sin** accounts

5) **read** Scripture

6) spend the fast in **prayer**

> **Principle**: Prayer is not always connected to fasting; but, fasting is almost **always** connected to prayer.

7) **break** the fast sensibly