

## ESSENTIALS TO EFFECTIVE FASTING

Reference: **Matthew 6:16-18**

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Reference: **Matthew 6:16-18** (see screen)

Definition: Fasting is an absence of \_\_\_\_\_. The Greek word “*Nesteia*” is translated as “fasting” and literally means “\_\_\_\_\_”.

There are three basic types of fasting mentioned in Scripture:

One is a \_\_\_\_\_ fast.

In a biblical sense of the term, this fast means totally refraining from solid food.

Three perspectives on what is permissible to drink:

- drink nothing that is nutritional (i.e. coffee or soft drinks)
- drink nothing that is enjoyable (i.e. water but no flavored water or fruit juices)
- Drink something that is both nutritional and enjoyable (i.e. cranberry juice, orange juice, apple juice, etc.)

Two is the \_\_\_\_\_ fast.

This particular fast is also called an absolute fast, and it means \_\_\_\_\_ and \_\_\_\_\_.

Reference: **Acts 9:9**

Three is the \_\_\_\_\_ fast.

This fast could mean:

- abstaining from \_\_\_\_\_ foods
- abstaining from food for a \_\_\_\_\_ time period

If we broke it down to the basics, fasting is an abstinence from \_\_\_\_\_ for either a short or a long period of time.

References: **I Samuel 31:13, Daniel 10:3, Luke 18:12 and Matthew 4:2**

Fasting can mean abstaining from things \_\_\_\_\_ food.

References: **Daniel 6:18, 10:2-3**; (see screen) **Exodus 19:15; I Corinthians 7:5**; etc.

Three basic principles for fasting:

**Principle One** is although fasting is not \_\_\_\_\_, it seems to be \_\_\_\_\_.

References: **Matthew 6:16a, 17a** (see screen)

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 \_\_\_\_\_ and not \_\_\_\_\_.

References: **Matthew 6:16b, 17b, and 18a** (see screen)

**Principle Three** is our \_\_\_\_\_ for fasting determines the \_\_\_\_\_ 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. \_\_\_\_\_.

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 \_\_\_\_\_ derived from this fast
- there will be a temptation to end up on a spiritual \_\_\_\_\_

Reference: **Romans 14:17** (see screen)

### Practical steps to a biblical fast:

1) \_\_\_\_\_ a reason to fast.

2) \_\_\_\_\_ the length of the fast

3) \_\_\_\_\_ from eating solid foods, but \_\_\_\_\_ drink water and or juices

4) settle any \_\_\_\_\_ accounts

Reference: **Psalms 19:12** (see screen)

5) \_\_\_\_\_ Scripture

Reference: **Matthew 4:4** (see screen)

6) spend the fast in \_\_\_\_\_

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

References: **II Samuel 12:16; Luke 2:37** (see screen)

7) \_\_\_\_\_ the fast sensibly

One more reason to fast is because through fasting we can see God do the impossible.

Reference: **Esther 4:15-16** (see screen)