

Fasting – Dr. Brian Walsh – May 20, 2018

Is 58:3-12 - The Model for Fasting

- 1) God not listening because wrong motives
 - a. Contention and strife
 - b. Strike with wicked fist
 - c. Pretense – going through motions but not from the heart
- 2) God defines what a fast should look like
 - a. Humble oneself
 - b. Loosen bonds of wickedness
 - c. Undo bands of the yoke
 - d. Let the oppressed go free and break every yoke
 - e. Divide your bread with the hungry
 - f. Homeless poor into your house
 - g. Cover the naked
 - h. Not hide yourself from your own flesh
- 3) Rewards of fasting God's way
 - a. Your light will break out like the dawn
 - b. Your recovery will speedily spring forth
 - c. Your righteousness will go before you
 - d. The Glory of the Lord will be your rear guard
 - e. You will call and the Lord will answer
 - f. The Lord will continually guide you and satisfy your desire in scorched places
 - g. Will give strength to your bones
 - h. Be like a watered garden and a spring whose waters do not fail

Mt 6:16-17 – Jesus on fasting

- 1) Pharisees fasting to be noticed by men
- 2) Jesus – humble yourself when you fast, God will notice and reward you

How Long to Fast?

- 1) Must be Spirit lead.
- 2) Must take into account current health status – consult your doctor if on medication.
- 3) Use biblical examples as a guide:
 - a. Esther 4:15-17 – Dire needs – hundreds/thousands of lives at stake - 3 day no food/water.
 - b. Daniel 1:8-15 – 10 day limited fast of vegetables and water.
 - c. Daniel 10:2-3 – Terrified by vision and mourned/fasted 21 days. No wine or “tasty food” or meat.