



Seven FAST Answers

Rev. Fred A. Hartley, III

"Is this not the kind of fasting I have chosen?" Isaiah 58:6a

1. What is fasting?

Fasting is God's call on us to give up something of value to gain something of greater value. Fasting is the fastest way to receive anything from God.

"Fasting ... to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke." Isaiah 58:6

2. How do I know if God is calling me to fast?

Simple. When your desire for something from God is greater than your desire for food, you can be sure He is calling you to fast.

"When you fast ..." Matthew 6:16

3. How long should I fast?

How hungry are you? You fast according to your spiritual hunger. If you have a 40-day hunger, fast 40 days.

"Then you will call and the LORD will answer; you will cry for help and he will say: Here am I." Isaiah 58:9

4. What can I eat, drink?

God will show you.

There are two types of fasts: (1) a complete fast – water only or water and juice only, and (2) a Daniel fast – water, juice, fruit and vegetables.

"The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame." Isaiah 58:11a

5. Can I live on only water and juice – won't I die?

No. You won't die. You can live on water and juice only for 40 days. In fact, you will be healthier if you do.

"You will be like a well-watered garden, like a spring whose waters never fail." Isaiah 58:11b

6. What practical suggestions can you give?

"But when you fast, put oil on your head and wash your face." Matthew 6:17

A. Physically

- Drink plenty of water.
- Drink juice in the morning; it will help raise your blood pressure.
- Eliminate or modify your workout schedule.
- When you feel hunger pains (the first seven days only), you are not dying; your stomach is shrinking.
- Watch your breath; use breath mints.
- Headaches are normal.
- Be careful when you break a fast. Any fool can fast; it takes a wise man to break a fast.

B. Spiritually

- When fasting, spend more time reading scripture than praying.
- Journal to narrow your focus, track your progress, record what God is saying.
- Build your faith muscle.
- Increase listening to God increases intimacy.
- Follow the upper room Antioch model (see *Acts 13:1-3*) of (1) minister to the Lord, (2) listen to and receive instruction from the Lord, and (3) obey the Lord.
- Log your answers to prayer.

7. How can I maximize my fast?

F-A-S-T

F – Focus. Narrow your focus.

A – Activate. Activate your receptors.

S – Seek. Seek the fulfillment of the promises God gives you while fasting.

T – Track. Track the results.

"Then your light will break forth like the dawn and your healing will quickly appear; then your righteousness will go before you and the glory of the LORD will be your rear guard." Isaiah 58:8

"Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings." Isaiah 58:12

"Your Father, who sees what is done in secret, will reward you." Matthew 6:18b

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