



Keys to Prolong Fast

Isaiah 58:3-12

Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

Why is Fasting Necessary?

1. Through Fasting, we can improve our effectiveness in the things of the spirit
2. Fasting helps to sharpen our ability to receive or hear from God. It is like raising a spiritual antenna to pick the finer signals of the Spirit's communication.
3. Fasting can be a vehicle to effect dramatic and urgent change in things that pertain to us or even in the circumstances of others around us.

7 Steps to a successful fast

1. Set Your Objective
2. Make Your Commitment
3. Prepare Yourself Spiritually
4. Prepare Yourself Physically
5. Put Yourself on a Schedule
6. End Your Fast Gradually
7. Expect Results

A hand in a light-colored suit sleeve points to a specific location on a complex, multi-colored subway map. The map features various lines in blue, yellow, red, and green. The background is dark and slightly blurred, focusing attention on the hand and the map.

Practical Guide



Improper Reasons/Motives

Prayer and fasting are improper when a person seeks . . .

1. to fulfill selfish desires and ambitions.
2. to attempt to manipulate God.
3. to elevate one's status or personal agenda.
4. to promote false piety, legalism, or religious duty.

Improper Manner

Prayer and fasting are improper when they . . .

1. draw attention to personal glorification.
2. are attempted without sufficient seriousness and respect.
3. are conducted while intentionally continuing in sin.
4. are conducted while continuing to pursue selfish desires in pleasure and business.
5. are conducted while harboring improper, ungodly attitudes.
6. are conducted while promoting or continuing injustice,
7. oppression, or impropriety.
8. are conducted without drawing aside daily and dedicating
9. ample time for sincere seeking, quiet communion, and
10. devoted prayer with God

GOD-HONORING FAST

GOD BLESSES US WHEN OUR FASTS . .

- focus on Him and honor Him. (Although you will receive spiritual blessings, these are not proper motives for fasting.)
- have spiritual purposes. (Although you may realize certain physical benefits, these are not proper motives for spiritual fasting, e.g. for weight-loss purposes.)
- cause individuals to humble themselves and submit to the authority of God and His Word.
- cause individuals to acknowledge and repent of sin.
- deprive our natural desires and lusts to focus on the spiritual.



Spiritual Suggestions

- ▶ Pray fervently and continually.
- ▶ Absorb large quantities of Scripture into your life through hearing, reading, studying, memorizing, and meditating on God's Word. Ask God to reveal what He wants you to read and study in His Word.
- ▶ Always reserve time to be still and quiet before the Lord.
- ▶ Keep a journal of your purposes for the fast. This should contain specific prayer requests, written prayers, devotional thoughts, and spiritual insights you are gaining during your fast.
- ▶ Consider praying audibly in a kneeling position. At times, try getting on your face before God. This may help foster an attitude of humility in prayer and keep you focused on your purposes.
- ▶ Praise God verbally and in song for who He is and what He has done: Worship Him.
- ▶ Use scriptural prayers during some of your prayer time.
- ▶ Be sensitive to the Holy Spirit's prompting in all areas of your life, since God will often require you to seek reconciliation or restoration in broken relationships.
- ▶ Identify, confess, and repent of all revealed sin before and during your fast. Continue to ask the Holy Spirit to search your heart and reveal any concealed areas where you may feel separated from God. Unconfessed sin and disobedience will hinder your prayer and fasting.



Physical Suggestions

- As a precautionary measure, check with your doctor before beginning your first fast.
- Eat mainly raw foods and drink plenty of water for a few meals before you begin your fast.
- Decrease the size and frequency of meals before beginning your fast, especially a prolonged fast.
- Determine in advance what kind of fast you will undertake, e.g. total abstinence, water only, water and juice, etc. I recommend water-and-juice fasts. They help you accomplish the spiritual and physical purposes of the fast, while at the same time, they help you to maintain your energy level and your health.

Physical Suggestions

- Avoid chewing gum during the fast. Chewing activates the digestive processes.
- Days two through four of the fast are often the most challenging.
- When drinking juice on a fast, nonsweetened and nonacidic Juices is best.
- You may need to restrict some of your physical activity during the fast, especially rigorous exercise.
- Sudden movements, especially standing up quickly, may cause temporary dizziness or lightheadedness.
- Expect some physical, mental and, perhaps, even some emotional discomfort. Headaches, sleeplessness, and irritability often accompany a fast, but don't allow the fast to become an excuse for improper actions and attitudes.
- You will likely experience some weight loss during a fast, but the weight usually returns quickly once the fast is broken."

Eating



Storage Mode



High Insulin



**Glycogen and Fat Banked
for Later**

YOUR BODY
AND FOOD:
WHAT
HAPPENS
WHEN YOU EAT

No Food Coming In



Energy Sensor AMPK Triggered



Metabolic Master Switch Flipped



**Body Burns Stored Glycogen in
Liver and Body Fat for Fuel**

YOUR BODY AND
FASTING: WHAT
HAPPENS WHEN
YOU FAST

YOUR BODY AND FASTING: WHAT HAPPENS WHEN YOU FAST

