



# A Quick Guide To FASTING

Any true believer knows that the only answer to any of life's problems or all that ails humanity, for that matter, is God. Pain, sorrow, and suffering came from Adam and Eve rejecting the perfect plan and purpose of God. Consequently, sin, which is the predisposition to attempt to live outside God's loving will, became a part of our unregenerate nature. Any simple glance at history or the world around us will make any believer with any amount of faith muse within himself. Is it any wonder God wrote in his Word, **[Jer. 17:9 KJV] The heart is deceitful above all things, and desperately wicked: who can know it?**

But oh, Praise God for his Mercy and Grace, which gave his only begotten son, JESUS, to be a sacrifice in our place! Because of the blood JESUS shed on the cross and his resurrection from the grave, we can now be born again and have a "new" nature. (John 3:3 & 7, I Peter 1:23). Unfortunately, though we have a new nature that is not produced from sin or touched by the things of this world (II Cor. 5:7), we still have an "old" unregenerate nature with which we must deal.

Conversely, every born-again believer has two hearts: one born from above through the blood of Christ and received by faith. And another is the result of Adam and Eve and is therefore tainted with sin and iniquity. **[Psalms 51:5 KJV] Behold, I was shapen in iniquity; and in sin did my mother conceive me."**

The new nature from above is born from the Spirit of God through faith in the blood of JESUS

and is the seed of Christ. If one applies the principles of God's Word and submits to God's plan, this nature, the seed of Christ, grows up in the image of JESUS (Eph.4:12).

The other nature or heart is commonly called the "old man or nature." It comes with the spiritually and naturally inherited predisposition of sin and rebellion against God because of pride. Since this nature to sin is born in us from birth, it is often referred to as the "flesh" or "Carnal" man or nature. ( I Cor. 2:13-14 & I Cor. 3:3)

These two natures inside the believer are continually struggling against one another. [**Gal 5:16-17 KJV**] **This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.** (See Romans 7:13-25) Because the flesh or old nature is full of pride, rebellion, and sin, it believes it can be its own God and decide what is best for itself. On the other hand, the new man or nature is created as the seed of Christ and grows in the grace and knowledge of the image of JESUS and, therefore, desires to submit to God, his Word, and plan through love, adoration, and praise.

The two are mutually exclusive to one another. They cannot dwell together or get along because the flesh or old man will not and cannot submit to God. (Romans 8:5-8) A believer is always submitting to one or the other. They cannot operate or flow in both at the same time.

Consequently, many believers are confused or defeated in their walk with God. They are full of desire on one side but never find the love, joy, and peace of a relationship with God in his presence. This is because the fleshly or old man is fighting to have his own way and is blocking the Spirit of God. The fleshly nature will do whatever is necessary to *not* submit to God and the Holy Ghost.

I know one might think I got off track somewhere, but actually, this lays the foundation for what fasting is and why we, as believers, should fast regularly.

Since the old man or fleshly nature cannot submit to God, nor can it be tricked, trained, or bribed in order for the new man to grow in the image of JESUS and flow in the anointing of the Holy Ghost, there is only one solution. The old man, the fleshly nature must be crucified with Christ [**Gal 2:20 KJV**] **I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.**

Fasting is one way and possibly the most powerful way we can crucify the old fleshly nature and strengthen the new man to flow in the anointing. The old man's appetites, desires, and habits contaminate our whole being, Spirit, Soul (mind), and Body. These fleshly or carnal appetites contaminate and adversely affect our walk in the Spirit of God and growth in the image of Jesus

in many ways. There are more adverse effects than I can list. However, the three foremost ones are: 1) These appetites and voices of the flesh deceive our spirit man, 2) They hurt and distract our minds and soulish man, and 3) They weaken our bodies with ailments, sickness, and disease.

Fasting, by definition in English, Hebrew, and Greek, means going without food, the conscious choice not to eat. Though science has found many benefits to the Body from fasting, when done correctly with wisdom, there are also many other benefits to the Spirit and soul when done Spiritually and Biblically before God. As with anything so powerful, fasting must be approached respectfully and handled correctly. Therefore, we will look into a few scriptures to give us direction and lay out some guidelines that will make your time of fasting more productive in the anointing and healthier for your Body.

**Spiritual / Biblical Fasting**— Biblical fasting is more than going without food or restricting one's diet. It is choosing to feed your new man by spending time with God, in his Spirit, and feeding on his Word while at the same time not feeding the flesh of the old man through the choice to discipline yourself to not partake of food. This choice can be total abstinence from food, restricting certain foods, or limiting the hours or times you allow yourself to eat. This depends on the type of fast you feel led to take. (We will cover more on this later) Choosing to submit to God, call out to God, and spend time with him puts a person in a position of humbling themselves before God. **[Psalms 35:13 KJV] But as for me, when they were sick, my clothing [was] sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.**

## Steps To Begin and Complete Your Fast

**Determine the Purpose**— Be sure to set it in your mind that you are fasting to humble yourself before God. This time of fasting is not for health reasons or weight loss but rather to crucify the old man and refresh your relationship with God. There are many different situations in which God's people fasted throughout the Bible.

**Revelation—Exodus 43:27-28**

**Instruction for Battle—Judges 20:26**

**Courage & Wisdom—Esther 4:3 & 6**

**Express Grief— Nehemiah 1:4, II Samuel 1:12, II Samuel 31:13, I Chronicles 10:12**

**Spiritual healing/ Hear God's Voice—I Kings 19:1-9**

**Mourning—Daniel 10:1-4**

**Repentance—Jonah 3:5, Daniel 6:18**

**Preparation for Ministry—Matthew— 4:2**

**More Anointing/Power- Mark 9:29**

**Commissioning/ordaining for Ministry—Acts 14:23**

**Sanctification/ Holiness- I Corinthians. 7:5**

**Spiritual Discipline—I Cor. 11:24-28**

You may experience many benefits from fasting (removing toxins, body cleansing, breaking addiction, changing habits, and creating new, better ones), but the goal of fasting is to experience God. Right now, your life may be all about you, what you want, and when you want it. Fasting is to separate yourself from your perceived needs, such as food and other habits of creature comforts. At this point, you may find life is all about God.

While doing this, pray and ask the Holy Ghost to clarify his leadings and objectives for your prayer life and fast. This will help you pray more strategically and help you know how to focus on the Lord during the fast.

**II Make the Commitment—** Pray about what kind of fast. (Total abstinence, Water only, Liquids and juices, Daniel Fast, certain Foods, certain times of the day, or certain meals.) JESUS made it clear by implication that all his disciples were to fast (Matt. 6:16-18 & Matt. 9:14-15). Therefore, to him, it was a matter of ***when*** they would fast, ***not if*** they would fast. So, as followers of JESUS, we are to fast. However, before you begin the fast, have the following determined, laid out, and written down.

**How long will you fast?** (Will it be one meal, one day, a week, several days, or a total of 21 days)

**What type of fast does God want you to undertake?** (water only, juice& liquids, Daniel, Certain times of each day) Determine this before you begin. The better you plan, the easier and more productive the fast will be.

**What Social and Physical activities will you restrict or increase, and at what times?**

**How much time will you devote to prayer, meditation, and Bible Study?** Where, How, and when will you go about spending time with the Lord?

Once again, the more you spend time planning and making the commitment, the better you can deal with temptations when they arise. As we know, life has pressures, but fasting will add both natural and spiritual battles and temptations that you must be prepared to handle.

### **III Prepare Yourself Spiritually -**

Place yourself in a position of humbling yourself before God.

Recognize God as the creator, LORD of lords & King of Kings

Begin the fast with an expectant heart and faith, believing that as you seek him, he will be found (James 4:8-10, Hebrews 11:16)

Meditate on the attributes of God—It may be good to find or make a list of the different names of God and his attributes.

Ask the Lord to give you a heart of repentance and contrition. (Psalms 51:17, Isaiah 57:15, Isaiah 66:2)

Ask God to help you make a comprehensive list of your sins or areas of repentance.

Confess and ask forgiveness for every sin the Holy Ghost brings to your remembrance. As you confess and ask forgiveness, receive the Lord's forgiveness through the blood and grace of The Lord JESUS. (I John 1:9)

Consciously forgive anyone who has hurt you and release all offenses you may harbor. Allow the Holy Ghost to show you any offenses you may not know. (Mark 11:25, Luke 11:4, 17:3-4)

- Ask to be filled and allow yourself to receive a fresh infilling of the Holy Ghost according to Ephesians 5:18.
- Allow the Holy Ghost to intercede through you as according to (Romans 8:26-27, I John 5:14-15, Acts 1:8\*
- Seek after and ask the Holy Ghost to help you surrender your life totally and in new ways to the absolute will of God. (Romans 12:1-3)
- Ask the Holy Ghost to lead you into situations where you can be a witness to his love and forgiveness.

**IV Prepare yourself physically—** A fast is before God and releases the power of the

anointing. Therefore, it should be respected and entered with the proper precautions.

If you are under a physician's care, taking any prescription medication, or have a chronic ailment, be sure to consult your health care professional before you begin a fast.

Inform family and others close to you about your plans to fast so they will understand your schedule change and can support you. (After you inform them, ask them not to make it a topic of conversation—Talking about the fast can open the door for temptations, or it can become a source of pride—Matt. 6:16-18)

If possible, make arrangements with someone to be an accountability partner. Preferably someone who is fasting as well.

Prepare your Body by eating smaller portions a few days before

Avoid High-fat and surgery foods to help the removal of toxins from the Body.

Eat more raw fruit and vegetables two days before the fast

**V During the Fast** - Follow the schedule the Lord has given you.

Anoint yourself and ask the Lord to anoint your mind with his blood covering and humility power to withstand the temptations— Matt. 6:17

Avoid OTC /medications, including homeopathic and herbal remedies. You should have already consulted your doctor about prescription medications.

Drink fluids, especially water, when physical discomfort arises.

Be sure to spend time with the LORD, asking the Holy Ghost for help and guidance according to the schedule you set. Increase your time in prayer and the Word if mental discomforts come (anxiety, crankiness, impatience) or if Spiritual battles come (depression, anger, fear)

Expect some symptoms as you "withdraw" and remove toxins such as caffeine and sugar. You may have fleeting hunger pains, dizziness, or the "Blahs" for a day or two. Sleeplessness, tiredness, and weakness may also be experienced. These should all subside as the toxins come out of the Body. They will be replaced with a new mental acuity and Spiritual awareness. Once the toxins come out and the hunger dissipates, there will be a period of alertness and awareness.

Limit your activity as your schedule allows.

Practice breathing deeply to remove toxins from the respiratory system and lungs.

Try to walk as much as your energy allows to remove toxins from the lower extremities.

Be sure to shower daily because as the toxins leave the Body, they can have an unusual odor.

Be careful with gum & mints (most of them have sugar), as they can trigger hunger discomfort.

Be sure to keep your schedule with spending time with the LORD. Keep your mind on the LORD and in an attitude of repentance and prayer when you cannot be alone with him.

Do Your best to stay away from negative people.

Fast in secret. Be sure not to carry yourself like you are fasting or suffering. (Matt. 6:18)

Do not hang around gossipers. Combat negative words and negative thoughts with the Word of God and the scriptures. Keep them written on index cards around you or post-its.

Drink plenty of WATER WATER WATER WATER.

Expect to hear from God and experience his presence in new and powerful ways.

Expect to see amazing results from this fast

Look in faith for the power of God to increase around you.

VI Keep yourself on the schedule. Of course, you must respond to the responsibilities of life, but do not allow mundane, unimportant distractions to take you away from your place of prayer and the presence of God. Seek to discern the tricks of the enemy that would desire to distract you or lead you into a Spiritual Battle or temptation of some kind. Allow the Holy Ghost to lead you in repentance and intercession. Seek out scriptures that go along with the subjects the Holy Ghost is leading you to pray about in your life. As the presence of the LORD becomes more real to you, listen to him and write down what he says, what you feel, and what you experience. These words of guidance, encouragement, prophecy, and testimonies will be quite special to you in time to come.

VII ENDING The Fast—Now, the time has come for you to come out of the fast and apply what you have experienced and received from the LORD. How you break your fast is essential to your physical and spiritual well-being.

Before you break your fast by eating, ensure you have taken stock of what you have received.

Be sure you have recorded or journaled any dreams, visions, or directions the LORD may have given you about your walk with him.

Be sure to break your fast slowly. Do not overeat or eat things that may be hard on your system.

Here are some questions you may want to ask yourself as you end your fast

- What are the key lessons I have learned?
- What new habits or disciplines do I want to keep?

- What new dietary rules will I now follow?
- What food will I no longer eat, or what foods will I begin to eat?

What new Spiritual disciplines will apply from this?

How often do I plan to take a fast?

Controlling your eating habits when you end your fast will be essential. After you fast, you will feel good about yourself and think that you deserve to reward yourself tomorrow and the next day. But let us all pray to remember that the "abuse of food," not food itself, is the cause of many problems. I cannot and will not presume to speak for anyone else, but as for me, I desire to overcome many ways food becomes an abuse. I seek not to allow food to take a more prominent place in my life than it should.

Be aware that Satan will be working to regain the ground he may have lost. He will use emotional vulnerability to attack and trick you into giving that spiritual ground back to him. We know from the story of Elijah in I Kings 18-19 that after God powerfully used him to overcome the 450 prophets of Baal, he was soon running for his life, threatened, and felt all alone. The point is that it is not uncommon for a tremendous Spiritual high to be followed by a low. There is a spiritual principle and purpose in this that we will study at another time. Just be aware that it can happen, and do not allow the enemy to get a foothold and rob you of the benefits of fasting.

If, for some reason, you slipped, feel that you failed or did not complete your fast, do not feel defeated or give up on your consecration. Just put it under the blood and go on. It can only be a failure if you do not learn from it and continue. You may have set your goals too high or not set your schedule the best way. That is OK. Just pray about it. Learn from it and go again. With each attempt, you learn more, and your determination gets stronger.

I know this will be a very blessed time. Not just because any fast brings us closer to God and releases new realms of Glory and anointing but because this fast in 2024 is ordained of God to open a new realm of heaven over his Saints and bring new manifestations of his Glory.

Be Blessed!!! I look forward to reading or hearing the testimonies.

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CASH APP Tag - SVOTCM

The logo features the text "Text GIVE for" in orange and green, with "VOICE OF THE CROSS MINISTRIES" in a green arc above a silhouette of a person standing on a staircase leading to a cross.