

THE PASTOR'S STUDY

January 21, 2012

Pastor Earl Chiddix-Eternal Harvest Church

JANUARY

FASTING (It will cost you)

Fasting: Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time.

At least for the last 6, almost 7 years, we have been taught about fasting. Some of us have “dabbled” in it—some of us have actually fasted for more than 40 minutes, however, most of us ignore it. So, what is fasting? How do we fast? Why is fasting beneficial to us as Christians? These questions and more keep popping up in our church body and while I am not an expert on fasting, I will try to explain to the best of my ability the answers to some of these questions.

What is fasting? As mentioned above fasting is defined as an act of willingly abstaining, or doing without food, drink, or both for a period of time. And that is basically the answer to the what is fasting question. Don't you think that sounds a little cold—a little blasé? Yes, it does! Fasting is much more than just going without food for awhile. Fasting is PAINFUL! Fasting is UNFRIENDLY! Fasting is UGLY! That is why many have just “dabbled” in it. There are very few who have been successful in 30-40 day fasts. And if you are one of those “gun-ho” Christians, like I was, you have probably already found out that your fasting ending up with a little less of the desired outcome, am I right?

Back to the drawing board—I started listening again to recorded teachings from various pastors, teachers, and evangelists who have been successful in longer fasts. And in every one of them—not just a few of them---but in every one of those teachings, I had missed a very vital clue on approaching fasting. You see, I thought I had to be in some dire strait in health, wealth, or circumstances before any fast would be of any benefit to me. Boy, was I wrong—I see that clearly, now! I know you probably saw it right off, but I am a little slow in some things as most of you know. You just don't start off—BANG—and go to 40 days. You start off

slow—one day on—two days off. Two days on—three days off. Three days on—four days off. (any combination of shorter, series fasting works) This not only starts building faith and ridding your soulish self of doubt and unbelief, but it actually starts ridding your body of toxins that are harmful to your system. But more than that—it builds confidence in your faith and in your inner man that you can one day see yourself fasting for longer and longer periods of time. [Gary Carpenter](#) once said, “Better is a creep who prays, than a creep who doesn’t pray.” We can turn that right around and use that quotation here—“BETTER IS A CREEP WHO FASTS, THAN A CREEP WHO DOESN’T FAST.”

Fasting has many, many benefits that I cannot go into because of the length of this particular teaching letter, but I can tell you that we are teaching fasting in our Sunday morning messages and there are many places to hear pastors, like [Charlie Rogers](#), teachers like [Jim Martin](#), teach us about fasting right here on our [website](#). I would encourage each and every one of you to tap into that treasure chest of valuable teaching. As I mentioned, fasting has many benefits, but it has many costs as well. A person must count the costs, weigh the benefits and come up with their own ownership of fasting. If you fast because you are told to fast, then fasting might as well be a diet to you, but if you choose to fast on your own, for your own reasons, then a blessing that seemingly outweighs all blessings will come your way—I guarantee it!

Happy Fasting!