

Solid Rock Church

2024 --- Fasting For Breakthrough

(January 14, 2024 – January 21 2024)

Fasting is a powerful spiritual discipline.

Through fasting and prayer, the Holy Spirit can transform your life. And the practice of fasting has strong roots in the Bible.

Jesus himself spent time in fasting and prayer during his life on earth, and he expected his followers to fast as well. Fasting is when you abstain from food or a certain type of food for a period of time.

However, there are multiple ways to fast, all with the potential to help you grow spiritually.

It's important to ensure you're listening to both the Holy Spirit and your own body in the way you fast. Instead of abstaining from food altogether, you may fast from a particular type of food. You might decide to fast until a certain time in the day or skip a certain meal.

There are many ways to ensure you're getting the physical nourishment you need while still enjoying the spiritual nourishment fasting and prayer offer.

Fasting and prayer can also bring about more than just personal transformation.

When God's people practice fasting and prayer, God hears from heaven and can heal our lives, our churches, our communities, our nations, and our world.

Fasting and prayer can even bring about revival—a change in direction.

Three different types of Fasting:

Standard Fast:

- No food, only water or liquids.
- In **Matthew 4:2** we find Jesus being tempted in the wilderness while He fasted for 40 days with only water.

Partial Fast:

- No Choice Foods or meats.
- At their own requests, Daniel, Shadrach, Meshach, and Abendigo in **Daniel 1: 8-16** refrained from eating anything but vegetables and water.

Total Fast:

- No food or drink.
- In **Exodus 34:28** and **Acts 9:9**, Moses and Paul didn't eat food or drink.
- You should only do this for a short period of time. Going longer than three days without eating or drinking can be dangerous.

True biblical fasting is the avoidance or the denial of food.

Yes, it's true that we should, as we're fasting, prohibit ourselves from participating in other extracurricular activities.

This further helps focus our heart, soul, and mind on Him (Holy Spirit) who gives us true strength for godliness and good deeds.

Yet, fasting from food denies us of our natural fleshly right—eating.

If we can avoid eating through the power of the Holy Spirit, what more (sin) can we likewise be strengthened to abstain from?

Spiritual preparation for fasting and prayer

In preparation for this special time with God, examine your heart.

Ask God to help you see your brokenness clearly so that you can confess your sins and repent.

In Scripture, God frequently calls upon people to repent of their sins before listening to their prayers.

You can look to King David's example in **Psalm 66:16-20**:

- ¹⁶ Come *and* hear, all you who fear God, And I will declare what He has done for my soul.
- ¹⁷ I cried to Him with my mouth, And He was ^[a]extolled with my tongue.
- ¹⁸ If I regard iniquity in my heart, The Lord will not hear.
- ¹⁹ *But* certainly God has heard *me*; He has attended to the voice of my prayer.
- ²⁰ Blessed *be* God, Who has not turned away my prayer, Nor His mercy from me!

In your prayers, confess not only obvious sins, but less obvious ones as well.

Acknowledge the sins of omission (the right actions you haven't taken) as well as the sins of commission (the wrong things you've done).

What is standing in the way of your relationship with God?

What is holding you back from living and loving like Jesus?

It might be self-centeredness, spiritual indifference, an unwillingness to share your faith with others, putting time spent in prayer and study of God's Word low on your priority list, or struggling to love your neighbors and treat them with kindness.

Confess your shortcomings and ask God to work in your heart during this time of prayer and fasting.

Your motive in fasting should ultimately be to glorify God, not to have an emotional experience or attain personal happiness.

God will honor your seeking spirit. As you spend time in fasting and prayer, God will shape your heart and draw you closer to Christ.

So, however the Spirit of God directs you, do it, Fast with great confidence knowing that you will be drawn closer to Christ and He will begin to fulfill His own purposes in and through you!