

January 17, 2025

Online Bible Study

Why Fast?

So what's the big deal about fasting anyway? That's a good question. A few other questions I get is do we really have to fast and if we do why and how do we fast? Those are some really good questions that I get. The first thing I want to say is that Spiritual disciplines are a weapon. The devil doesn't mind if the believer just prays, The devil doesn't mind if the believer reads his bible or even sings in the congregation but the devil does **NOT** like it when the believers fasts and prays. Why is that?

Fasting, to abstain from food and drink for a period of time for spiritual purposes.

Tevat (2908) - Ark, Basket.

Meaning: hunger

Word Origin: Derived from the root תָּבַח (tevah), meaning "ark" or "box."

Corresponding Greek / Hebrew Entries: - **G2787 (kibotos):** Used in the New Testament to refer to Noah's Ark (Hebrews 11:7) and the Ark of the Covenant (Hebrews 9:4).

Usage: The Hebrew word "tevath" is used to describe a vessel or container, specifically an ark or basket. It is most famously used in the context of Noah's Ark and the basket in which the infant Moses was placed.

Cultural and Historical Background: In ancient Hebrew culture, the concept of an "ark" or "tevath" was significant as it symbolized divine protection and deliverance. The ark of Noah was a large vessel that preserved Noah, his family, and pairs of every kind of animal from the floodwaters, as described in Genesis. Similarly, the basket (tevath) that carried Moses down the Nile River was a means of divine preservation, ensuring his survival and eventual role as the deliverer of the Israelites from Egypt.

Tzum (6684) - To fast. To cover over, to fast.

Corresponding Greek / Hebrew Entries: - **G3522 (νηστεύω, nesteuō):** To fast, to abstain from food.

Usage: The Hebrew verb "tsum" primarily means "to fast," referring to the practice of abstaining from food and sometimes drink for a period of time. In the biblical context, fasting is often

associated with mourning, repentance, and seeking God's favor or guidance. It is a spiritual discipline intended to humble oneself before God, express penitence, or seek divine intervention.

Cultural and Historical Background: In ancient Israel, fasting was a common religious practice. It was often observed during times of national crisis, personal distress, or as part of religious festivals. Fasting was seen as a way to demonstrate sincerity and devotion to God. It was also a means of expressing grief or penitence, often accompanied by prayer and wearing sackcloth. The Day of Atonement (Yom Kippur) is a notable example of a prescribed fast in the Jewish calendar.

Tzom (6685)- Fast, fasting

Meaning: a fast

Word Origin: Derived from the root verb צָם (tsum), meaning "to fast."

Corresponding Greek / Hebrew Entries: - **3521. νηστεία (nēsteia):**Fasting, fast

- **3522. νηστεύω (nēsteuō):** To fast

Usage: The term "tsom" refers to the practice of abstaining from food and sometimes drink for a period of time, often for religious or spiritual purposes. In the Hebrew Bible, fasting is a means

of humbling oneself before God, seeking His guidance, expressing repentance, or mourning.

Cultural and Historical Background: In ancient Israel, fasting was a common religious practice. It was often associated with prayer and repentance, serving as a physical expression of humility and dependence on God. Fasting could be a communal activity, such as on the Day of Atonement (Yom Kippur), or a personal act of devotion. It was also a response to crises, such as impending danger or national calamity, and was sometimes accompanied by wearing sackcloth and ashes.

Types of Fasts:

1. **Normal Fast** - Fasting from food for a certain period of time to gain spiritual clarity and strength. In the practice of a normal fast the believer abstains from all forms of food dedicating themselves to prayer and seeking guidance. (Daniel 9:3).
2. **Absolute Fast** - A Fast without food or water, undertaken in urgent prayer extreme circumstances emphasizing complete reliance upon Elohim for our strength and our guidance. (Acts 9:9).
3. **Partial Fast** - Restricting specific types of foods or meals for a selected amount of time, focusing on spiritual discipline and self control. (Daniel 1:11-12). Daniel purposed in his heart not to eat the kings food (Daniel 1:8).

4. **National Fast** -(Joel 2:15). This is a type of fast to proclaim during national crises and distress and we need to repent as a nation such as what the Prophet Joel told the Nation of Israel to do.
5. **The Congregational Fast** - This is a fast for the congregation to come together and pray for decisions and guidance for the fellowship (Acts 13:2).
6. **Yom Kippur Fast (Corporate Fast)** - Day of Atonement.

How different people in the Bible handled Fasting...

1. **Moshe** - Exodus 34:28 He fasted for 40 days and 40 nights to meet with Yehovah in order to receive the commandments of Elohim for Israel.
2. **David** - 2 Samuel 12:22 David fasted to save the life of his child after He sinned with Bathsheba. He thought maybe Yehovah would show Him grace.
3. **Daniel** -Daniel 1:8, Daniel 1:15; Daniel 9:3
4. **Jeremiah** - Jeremiah 36:6 Jeremiah was told to proclaim the words of the Scroll of Jeremiah on a day of Fasting.
5. **Jonah** - Jonah 1-4 Was told by Yehovah to proclaim a fast throughout all Nineveh that it would be destroyed if it did not repent.
6. **Yeshua** - Matthew 4, Mark 1:13,Luke 4:1 3 of the 4 gospels mention Yeshua fasting in the wilderness. He fasted and prayed in order to prepare for His ministry.
7. **Paul and Barnabas** - Acts 14:23 Paul and Barnabas fasted to chose elders and leaders

of each Ekklesia.

Why fasting is so important during these last days

1. Yeshua is not here yet. Yeshua said that when the Bridegroom is not here His followers will fast. Mark 2:20.
2. Fasting can be a weapon against the enemy when combined with prayer. Isaiah 58
3. It can be a time of blowing of shofars and tangible battle Joel 1:14.

What fasting is not

- A fast is not a juice fast. Fruit is simply sugar, drinking sugar all day isn't afflicting oneself.
- Fasting is not indulging in things you enjoy or are addicted. One should abstain from sugar, sweets, desserts, sweetened beverages (whether naturally or artificially), caffeine. If it's not challenging, it isn't a fast. The whole point is to die to our flesh, in order that we might live in the spirit.
- Fasts means to abstain from Food and Drink for a certain period of time. There is no set time to do it.
- Do Not Fast for show. Matthew 6:17.

Suggestions on How or What to Fast

These are just a few examples, any of these can be combined and alternated throughout the fast:

- TRF (Time Restricted Fasting)
 - 18:6, - Fast one meal a day
 - OMAD (One Meal a Day) - Fast two meals a day, aka 20:4 fast.
- ADF (Alternate Day Fasting)
 - Fast one meal a day - every other day
 - Fast two meals a day - every other day
- 24 Hour Fast - Try fasting 24 hours once or more a week
- 36 Hour Fast
- 48 Hour Fast
- Water Fast:
 - 1 Day
 - 3 Days
 - 5 Days
 - 7 Days or more....
- Dry Fast - No Food, No Water
- Fast Meat
- Fast Sugar and Sweeteners
- Fast Caffeine

- Fast Processed Food
 - Fast Television
 - Fast Social Media
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How to Prep for your 70 Day Fast

Want to get the most out of your 70 day fast, both physically and spiritually? We purposely placed the physical before the spiritual on this list below. Many don't realize just how much the physical affects the spiritual. They both go hand in hand, and one cannot function properly without the other. If you are not physically sound, it will be all the more challenging to ever be truly spiritually sound and whole, and the more harder will it be to fast or pray.

Here are a few suggestions to make it easier on your Prayer & Fasting journey, and to truly see change in the weeks ahead.

Physical

Do's

1. Sleep - Get at least 8 Hours of Sleep. Aim to go to bed early between 10-11 PM.
2. Water - Drink plenty of water if you're not doing a Dry Fast.
3. Dopamine / Digital Detox - Limit digital use. Why not try fasting Social Media? You'll be

amazed to see just how dependent you may have been to it.

4. Eat Clean (Non-Gmo, Organic, Grass-fed, Pastured, Wild-Caught). You may think you can't afford it or don't need it... but why not try it for the next 70 days and see the life-changing results both physically, emotionally, and spiritually.

Dont's Avoid:

1. All forms of Sugar (including natural ones)
2. Sweeteners of any kind
3. Caffeine
4. Processed Foods

Spiritual

Do's

1. Pray - Pray when you first wake up and before you go to bed. Pray without ceasing throughout your day.
2. Worship - Take time to worship to some Messianic Praise & Worship music.
3. Read your Bible - Keep up with the Torah Portions and start reading Psalms 1-70, 1 Psalm each day.
4. Spend time alone with Yehovah, without anyone around or any distractions.

5. Be still - Take time not only to talk to the Father, but to listen. Learn to sit quietly and patiently, and learn to listen to his still small voice.
6. Keep a Gratitude Journal - Write down 3-5 things you're grateful for each day.
7. Keep a Prayer Journal - document your prayers, blessings, answered prayer, feelings and emotions throughout your fast.
8. Encourage yourself - Encourage yourself in the Lord! Surround yourself with others fasting to pray & fast along with you.
9. Watch encouraging Health videos. There are lots of great Health Documentaries on detoxing and fasting.

Dont's Avoid:

1. Avoid distractions.
 2. Avoid negativity - Negative people, complainers, gossipers...
 3. Avoid stress and stressful situations as much as possible.
 4. Don't complain about your fast.
 5. Don't boast about your fast to anyone. If someone asks you over to eat, you don't have to tell them you're fasting. Simply say "No thank you, I can't at the moment"
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Learn more about Fasting and Health:

- <https://fasting.com/fast-facts/fasting-101/>
- https://drjockers.com/?swp_form%5Bform_id%5D=1&s=fasting

Fasting Docs:

- **The Science of Fasting (Documentary)**
 - <https://vimeo.com/ondemand/scienceoffasting>
- [Fasting \(Documentary\)](#)

GMOs:

- **Secret Ingredients** <https://vimeo.com/379475784/963148f5ce>
1. **How to Eat a Non-GMO Diet** with Jeffrey Smith.
<https://www.youtube.com/watch?v=-MU77i8Xu8Y>
 2. **GMO Foods: The 10 Most Commonly Modified Foods.**
https://www.youtube.com/watch?v=_R_IViJ2udw
 3. **GMO Side Effects** with Jeffrey Smith. <https://www.youtube.com/watch?v=uwX2xTf9i-I>
 4. **What Is Bioengineered Food? New Laws, Bioengineered vs. GMO + Risks.**
<https://draxe.com/nutrition/bioengineered-food/>
 5. **The Real Risks of GMO Foods & How to Avoid.**

<https://draxe.com/nutrition/the-real-risks-of-gmo-foods-how-to-avoid/>

6. **The Institute for Responsible Technology.** <https://responsibletechnology.org/>

Still finding fasting impossible or a challenge? Many times sugar can be the culprit. Sugar is not only dangerous and hazardous to our health, but it's also addictive. Yes, sugar addiction is a real thing! Did you know that Sugar is more addictive than Cocaine? Many of you might be consuming hidden sugars in your everyday diet and not even realize it. Sugar is one of the biggest things in our way when it comes to fasting and even in our every day lives, which is why we always recommend everyone watch these Sugar Docs: Try watching one per day.

Sugar Docs

- **The Secrets of Sugar - the fifth estate**
 - <https://www.youtube.com/watch?v=K3ksKkCOgTw>
- **Sweet Death: How Sugar Is Making Us Sick | ENDEVR Documentary**
 - <https://www.youtube.com/watch?v=b2taSMx6394>
- **How Ultra-Processed Food is Slowly Killing Us | ENDEVR Documentary (Part 1)**
 - https://www.youtube.com/watch?v=LQZ9BPSS1_I
- **How Food Affects Our Mental Health | ENDEVR Documentary (Part 2)**

- https://www.youtube.com/watch?v=Wth5CSX7_hQ
- **The Science of Our Addiction to Sweets | The Sticky Truth About Sugar | Documentary Central**
- <https://www.youtube.com/watch?v=4aiyTllyDfo>
- **The Magic Pill**
- <https://www.youtube.com/watch?v=6duhSjYyj0k>
- **Eating You Alive - Diet, Health and Wellness Documentary**
- <https://www.youtube.com/watch?v=gMdSUB-Lbp8>
- **Price Of Sugar Documentary (Life in the Sugar Plantations)**
- <https://www.youtube.com/watch?v=S8LJ90fTPEw>
- **Big Sugar (2005) | Part 1**
- <https://www.youtube.com/watch?v=LHmnkS4qBjw>
- **Big Sugar (2005) | Part 2**
- <https://www.youtube.com/watch?v=ZMRHLR0OGts>
- **Sugar: THE BITTER TRUTH**

- <https://www.youtube.com/watch?v=dBnniua6-oM>

Still fasting, and still struggling? Try omitting Grains:

- **Take the 2025 No Grain, No Pain Challenge!**
 - <https://www.youtube.com/watch?v=qJ3cb7rYmVY>
- **Glutenology™ The Ultimate Masterclass on Gluten**
 - <https://glutenology.net/registration/>
- **How To Go Gluten Free**
 - <https://www.glutenfreesociety.org/how-to-go-gluten-free/>

Other Health-Related Videos:

- **Nutrition Crash Courses - The Ultimate...**
 - https://www.youtube.com/playlist?list=PLboYkQmnpnCW_HnOrl_LLZi_uaYCUCsQ

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Beth Ohr Messianic Congregation

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