



FASTING

EMBARK SERIES

LEARNING OBJECTIVE

- To be enlightened about the purpose that fasting serves.
- To gain insight into the benefits of fasting.
- To understand how to have a productive fast.



WHAT IS FASTING

Ezra 9:5 NKJV

[5] “At the evening sacrifice I arose from my fasting; and having torn my garment and my robe, I fell on my knees and spread out my hands to the Lord my God.”

OF SACRIFICE

FASTING IS A FORM

Sacrifice is the act of offering something precious and valuable to God. For some, this may be their time or certain resources; however, it is most commonly expressed by abstaining from food for a set period, as this is often the most challenging to do.

IT IS A WAY TO SEEK GOD

“Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.”

Daniel 9:3 NKJV

Fasting can also be seen as an act of devotion with the intention of drawing closer to God. At times, life can be overwhelming; however, when you set aside time to fully devote yourself to the Lord, it enables you to hear Him more clearly and cultivate intimate fellowship with Him.

A PRODUCTIVE FAST

[06] “You go, therefore, and read from the scroll which you have written at my instruction, the words of the Lord, in the hearing of the people in the Lord’s house on the day of fasting. And you shall also read them in the hearing of all Judah who come from their cities.”

Jeremiah 36:6 NKJV

In the book of Jeremiah 36:6, we are encouraged to read the Word of God when we fast. You can also devote time to prayer and worship.

Matthew 6:16-18 NKJV

[16] “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. [17] But you, when you fast, anoint your head and wash your face, [18] so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

A guide to Fasting the Right way

If you are unsure whether you are fasting the right way, Matthew 6:16–18 provides guidance. We are taught that we should not make it obvious that we are fasting; instead, we should remain energetic and present ourselves as we normally would. When we fast with the intention of being seen by others, verse 18 reminds us that we have already received our reward in full.

Let us Pray