

**BLOOD OF JESUS PRAYER AND DELIVERANCE MINISTRIES**  
**SEARCH THE SCRIPTURE JANUARY -MARCH 2020**  
**FASTING**

Leviticus 23:27; Exodus 34:28; 1 Kings 19:8; Daniel 9:3; Daniel 10:2-3; 2 Corinthians 11:27; Matthew 4:2). Ezra 8:21-23; Acts 14:23; Joel 2:12-15

Fasting is a sacrifice but to whom it is offered depends on the offeror. It is a tool by which a believer can draw closer to God. (James 4:8) Satan recognizes the power of fasting and tries to sabotage it by making it look like it is not for today, that it went out a long time ago, however fasting is for today more than ever. It is not a means of manipulating God.

Fasting almost always pursues some spiritual or physical benefit. It is not an end unto itself, but a means of focusing our minds and bodies for a spiritual reason. To fast is to abstain from the usual pleasurable activities for a period of time. Fasting gives one the opportunity to express oneself in undivided devotion to God and targeted to a particular area of concern. God's people have always used fasting to pray, to stir up their zeal and rededicate and commit themselves to God. Fasting can be of any length but must go with prayer. The more seriously we approach prayer and fasting, the more serious the results we will experience.

The Bible encourages personal fasting (Matthew 9:14-15) Fasting enables believers to see through spiritual eyes, right and wrong, godly and ungodly much more clearly. It enables believers to experience greater discernment of good and evil. These are major by-products of fasting. God seems to give us an opportunity as we fast to take a look again at our lives and the world around us

In Psalms 35:13 David declared "humble self with fasting." Fasting opens a closed heaven. Fasting celebrates the lessons of atonement by way of forgiveness, reconciliation and resistance to Satan, Satan never tells a person that eating too much of the wrong foods can lead to chronic illness and premature death, he points out only short-term benefits but never long-term disasters.

Rather than wondering whether you should fast, ask why you would want to miss out on the Father's reward. Fasting is an appropriate bodily reaction to endear the state of our soul to God. If it is done right you can expect many good results including growing closer to God, feeling more solidarity with those who suffer and increase self-control.

Discussion questions.

1. What does the Scripture teach about fasting? Under what circumstances did some in the Bible fast?
2. Why is it important that fasting must go hand in hand with prayer?

3. How can fasting be a key to breakthroughs. How often are people to fast?
4. Why is there no difference between those who fast in the church and those who do not?
5. How can fasting be acceptable as a means of relationship With God? Is fasting required for Christians? (Hebrew 9:24-26; 1 Peter 3:18; Romans 10:4)
6. What does a believer's attitude to fasting reveal about his/her relationship with God?
7. Who are those who fasted with result in the Bible? What do they share in common?
8. What does God say about fasting? (Isaiah 58:5-6)
9. What methods can Satan use to prevent a believer from fasting?
10. What are the misconceptions on fasting? (Luke 22:14-18; Matthew 9:15; 1 Corinthians 11 :33-34)
11. Is there a relationship between fasting and making Heaven?
- 12; How can fasting affect or change the growth of a believer? Cite Biblical examples.
13. What are the dangers of fasting? Who should engage in fasting?