



Gospel Lighthouse Church **Guidelines to Fasting 2019**

Introduction: In Mark 9:14-29, Jesus made it very clear that prayer and fasting:

1. Equips us to be overcomers.
2. Strengthens our faith.
3. Helps bring deliverance for others.

This fast will be a combination of the Disciple's Fast (Mark 9:29) and **partial** Daniel Fast (Daniel 10:1-4), for 21 days (9/8/19-9/28/19).

"I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed"
Daniel 10:3 NASB (New American Standard Version)

"I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all, for the full three weeks." Daniel 10:3 NRSV (New Revised Standard Version)

- A partial Daniel Fast suggests, abstaining from unnecessary foods and drinks that are pleasurable, examples:
 1. Water and natural juices only (no juices with sugars or additives).
 2. No tea (natural, herbal, and green teas only. No sugar).
 3. No coffee.
 4. No soda/pop.
 5. No fried foods.
 6. No desserts or pastries.

When committing to prayer and fasting don't be surprised to experience resistance, interference and opposition. Remember, you are positioning yourself to advance spiritually and the enemy will attempt to discourage and distract you. Be submissive to the Word of God-renewing the mind, thinking and behaving in a new way. Taking control of your physical appetite will develop strength to control emotional appetites and will cause an increase in spiritual appetite. This is a corporate fast and we are determined to stand together and become more effective in the Kingdom of God.

I. Definitions of Fasting

- A. **Old Testament passages:** Nehemiah 9:1; Esther 4:3; Isaiah 58.
In these Old Testament passages the word for fasting comes from the Hebrew word Tsoom, meaning to cover over. This act of covering represents a special time of separation unto the Lord.
- B. **New Testament Passages:** Matthew 17:21; Mark 9:29; Acts 13:3; I Corinthians 7:5.
In these New Testament passages, the word for fasting comes from the Greek word Nace-tis, meaning abstinence from food – the word does not imply starvation.

II. Objectives for Fasting

- A. *To help keep the body under control* (I Corinthians 9:27).
- B. *To break personal bondages/addictions.*
- C. To provide extra time to seek God by shutting out unnecessary activities.
- D. To allow our hearts to become more sensitive to God.
- E. **To strengthen our hearts in being the church, loving and serving each other and those outside GLC.**
- F. To develop a lifelong discipline that will aid effective Christian living.

III. False Objectives in Fasting

- A. To be noticed by others.
- B. To fast out of self-motivation. Your decision should be to give yourself totally unto the Lord and for His Grace to sustain you during this time. Fasting out of personal pride and zeal will be totally unbeneficial – see Matthew 6:16-18.
- C. To torture the body.
- God is not angry with your body! Your body is needed to serve as a vehicle to get things done in the earth. If your body is destroyed through ignorance, God cannot and does not receive glory!
- D. To attempt to change God.

- Fasting does not change God! There is no fault or imperfections in God, therefore no need for change. Fasting changes us – anytime we give ourselves in separation to God, we reap benefits.

IV. **General Advice to All**

- A. It is suggested that you drink water during your times of abstaining from food.
- B. If you are under a doctor's care, taking medication (for example diabetes), you will have to eat according to the direction given concerning your medication. This will not affect the benefits of the fast.
- C. If you abstain from food more than one (1) day in one (1) week, it should not be two (2) or more consecutive days, unless you are convinced that God is directing you.
- D. Sunrise to Sunset (morning to evening) See 2 Samuel 1:12. Any twelve (12) hour period is equal to a day. This is a time of fasting, or separation unto the Lord. This is not to suggest that you abstain from eating everyday for a twelve (12) hour period, but to refrain from eating on those days of your choosing!
- E. Media fast- this involves abstaining from unnecessary exposure to the media: television, radio, newspaper, video games, and unnecessary internet surfing, etc. Christian programs should be monitored. They should not be used as a substitute to spending quality time in prayer, meditation and scripture reading. Unnecessary phone conversations and texting should be avoided. These things should be observed during the entire 21 days of fast.
- F. Focus on prayer, scripture reading, reflecting on God's goodness, listening to music and songs that saturate your mind with who God is, what He has done, and what He wants to do through you.

V. Advice to the Married (See 1 Corinthians 7:5)

- A. During separation unto the Lord, saved couples should make their decision before God concerning their sexual activity. Certainly, the days selected to abstain from food should include abstinence from sexual activity as well.
- B. Persons with an unsaved spouse should fast in secret unto the Lord. The fast should not be a time to deny sexual relations with your unsaved spouse. Misunderstanding this may result in no interest in the church, and the ways of God. Generally speaking – please be wise!

By the Grace of God, let this time of separation be profitable!

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