Fasting.

I’m sure this subject does not generate much excitement in Christendom today. Some may cringe even hearing the word. Not too many conferences built around the subject of fasting – not a big people draw. If a book company is approached by a well-known Christian figure pitching an idea regarding a book on fasting, I can see the publisher trying to persuade the author to be to select a more appealing topic for the masses.  For most American Churches, fast is considered a four letter word.  Which of course it is; but you understand what I mean.

I recall reading a pamphlet from a well-known ministry regarding a particular CD series for sale on their resource site. The initial title was “Humility” something or other. It flopped as nobody purchased it. Who wants to learn about and practice humility?  So they “re-packaged” it, giving it a more appealing name (leaving the “H” word out of it), and sales dramatically improved. Unfortunately, fasting gets a similar treatment by modern Christians.

But this is not the viewpoint of the author of our salvation. Jesus said WHEN you fast; not IF you fast. He is not just after salvations, but He is zealous for disciples; Disciples, or Christians, or Little-Christs. Jesus came and modeled for us what a spiritual life was to look like. If Jesus modeled fasting and expected it from us; then it shouldn’t be put on the back burner and forgotten.

Not diving into the physical specifics of fasting: how much, how long, how to properly enter into a fast, how to end a fast, water or no water etc.; let’s touch on a few basic fasting essentials.

**Prayer and Fasting**

Today, the physical benefits of fasting are widely being promoted. But fasting without prayer, is nothing but a weight reduction program. Prayer, in fact much prayer, is essential to a successful fast.

**Fasting Not to be Seen**

As with other Spiritual Disciplines, fasting must be done in secret. Fasting’s spiritual benefits are forfeited if ones seeks honor from men for fasting.

**Why Are You Fasting?**

Here we arrive at was to be the main point of this devotion. In God’s sight, why we do something, that is our motive, is far more important than what we do. So a critical prerequisite to a fast would be to examine; Why am I fasting? The spiritual benefits of any Christian discipline are negated if our motives are wrong. Two Christians can do the exact same thing, but the outcomes are dependent on their motives. If one’s goal is to go along with the crowd, or to fast because it something we do every January; then a mighty spiritual weapon has been diminished to a religious ritual, and is of no spiritual benefit.

Consider the following Scriptures:

“holding to a form of [outward] godliness (religion), although they have denied its power [for their conduct nullifies their claim of faith].” 2Tim 3:5 amp

"These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body; but are of no value against the flesh."  Col 2:23 nkjv

"...Whatever is not from faith is sin [whatever is done with doubt is sin].  Ro 14:23b amp

Fasting also shouldn’t be entered into, thinking that our performance will impress God. Again, wrong motive. A fast isn’t about a performance, or impressing God; the goal is to better connect with Him. Let’s face it, everyone loves to eat. It is a great pleasure of this world. What function or celebratory activity does not have food involved? Births, baptisms, graduations, promotions, dating, weddings, retirements, and deaths. The list goes on. Food is so important in human connections. Therefore fasting is voluntarily setting aside eating, (denying oneself the joy of eating, or of something else we enjoy and spend time doing), in order to spend more time connecting with God. Fasting is denying the demands of the flesh so your spirit can be more in tune with God.

**Faith**

Finally, we enter fasting by faith, believing that God will meet us in the process.

Just lay your act of fasting before His feet in humility and homage expecting Him to speak.