

# FASTING

*Not to us, O LORD, not to us, but to your name give glory,  
for the sake of your steadfast love and your faithfulness!  
Psalm 115:1*

All through the bible, fasting has one basic purpose – to give a person more time to be with God in the word and prayer. Fasting was done to:

- Seek God's will (Jdg 20:24-28, Dan 9:3, Joel 1:14, Matt 4:2, Acts 13:3, Acts 14:23)
- Repent before the Lord (I Sam 7:6, II Chron 20:3-4, Ez 8:21, Ez 9:5-15, Neh 1:4-11, Neh 9:1-3, Ps 69:10, Joel 1:14, Joel 2:12-15, Jonah 3:5)
- Mourn before the Lord (I Sam 31:8-13, II Sam 1:12, I Kn 21:27, Es 4:3, Joel 2:12-15, Matt 9:15)
- Beg God's mercy (II Sam 12:15-17, Jer 36:6-7, Dan 9:3,)
- Ask for God's provision (Ez 8:21-23, Neh 1:4-11, Ps 35:13, Acts 13:3, Acts 14:23)
- Worship (Neh 9:1-3, Joel 1:14, Zech 8:19, Matt 4:2, Matt 6:17-18, Lk 2:37, Acts 13:2, Acts 14:23)

Ideas and thoughts on fasting:

- Fast from food for a day. Use all the time you would normally be eating to pray and read the word. Pray specifically for your own heart as we pray for God to heal our racial and ethnic divide.  
(NOTE: If you have any serious medical condition, please, consult a physician before you take on any kind of fast from food. As you fast, make sure you drink plenty of liquids.)
- Fast from a meal or two. Lunch is a good time to do this.  
(As the discomfort comes – pray. Do not let it make you prideful in what you are doing. Let it be a reminder of why you are doing this. We (you) desperately need God's healing and redeeming hand to work a miracle of unity in the gospel in our city and nation.
- Join others in a fast. It is much easier to do this with a friend or family member.
- Fast from the radio, social media, TV, internet, or anything that takes up your time. You will be amazed how much time you spend in these areas. It will free up loads of time to pray and read God's word.
- Scripture tells us not to make this a public spectacle. (Matt 6:16-18) It is ok to ask others to join you, however, avoid making this act for other's approval. The goal is not to get God's approval. In Christ – you have His full and eternal approval. The goal – is to pray and commune with God and other believers.