

Why Should Christians Fast?
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What is Biblical Christian Fasting?

Biblically speaking, fasting is abstaining from food, drink, sex, or other distractions to focus a 'specific' time on spiritual growth. It is the discipline of denying our flesh to glorify God, awakening our spirit, and reenergizing our prayer life.

Fasting exercises our spiritual muscles

The word "Disciple" implies discipline. Just like lifting weights, fasting makes us spiritually stronger. It is not a work but an act of submission and obedience to our Creator. Even Jesus practiced a 40 day fast. (Matthew 4:2 " *After fasting forty days and forty nights, he was hungry.*") This fast gave Jesus the strength to stave off Satans' attacks.

Is Prayer an important part of fasting?

Fasting and prayer are an important combination and provide the greatest benefit for this discipline. Acts 14:23: "*Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.*"

Luke 2:37b says: *She never left the temple but worshiped night and day, fasting and praying.*

And Luke 5:33 says: "*John's disciples often fast and pray,*".

Is Fasting an excuse to lose weight?

Spiritual fasting should not be a dieting method, even though it is possible to lose a few pounds if caloric intake is reduced. Fasting includes temporarily removing anything that interferes with your spiritual connection to God, His word, and the voice of the Holy Spirit. Today, social media and the constant noise of our online culture steals our quiet time with God and hinders our spiritual acuity to hear the voice of God and obey His commands.

Should you tell others you are fasting?

Yes, but only to share the goodness of God not the suffering of yourself. Matthew 6:16-18 gives clear instructions: "*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*"

Does fasting make me a better Christian?

Ultimately, living a life for God is one of servanthood. Isaiah said it wisely: "*Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?*" Isaiah 58:6. The entire chapter of Isaiah 58 explains the benefits of fasting and prayer; it honors God, and revitalizes our souls.

Happy Fasting!!!