



Fasting Basics

Pastor Vern Peltz

I. Purpose of Fasting – New Testament.

A. It's a longing of the Bride for the Bridegroom.

Matthew 9:14-15 (NKJV)

[14] Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” [15] And Jesus said to them, “Can the friends (children - KJV) of the bridegroom (bridechamber - KJV) mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.

1. “Children / Friends”

- (Gr. #5207) **(Thayer’s Greek - English Lexicon)**
- “Child, foul, son”
- “A person who depends on another or is his follower; one who is connected with or belongs to a thing by any kind of close relationship”

2.

“Bridechamber”

(Gr. #3567)

- “from 3565; the bridal room:--
bridechamber”

(Gr. #3565)

“from a primary but obsolete verb nupto
(to veil as a bride; compare Latin "nupto,"
to marry); a young married woman (as
veiled), including a betrothed girl; by
implication, a son's wife:--bride, daughter
in law.”

3.

“Mourn”

•(Gr. #3996)

“from [3997](#); to grieve (the
feeling or the act):--
mourn, (be-)wail”

(Gr. #3997)

“Grief, mourning, sorrow”

I. Purpose of Fasting – New Testament.

B. It's a renewing process for us so Jesus can put more of himself 'on us' and 'in us'.

Matthew
9:16-17
(NKJV)

[16] “No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse. [17] “Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved.”

3. v. 16-17: Garments and Wineskins

A

To put a new patch on an old garment, the garment needs to be renewed.

B

To put new wine in an old wine skin, the skin needs to be renewed.

C

Fasting renews old parts of us so Jesus can put new things 'on us' and 'in us'.

II. Purpose of Fasting

Old Testament.

Isaiah 58:6-12 (AMP)

[6] [Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke? [Ac 8:23.]

A. 4 reasons to fast:

1. Loose the bonds of wickedness,
2. Undo the bands of the yoke,
3. To let the oppressed go free,
4. Break every enslaving yoke.

Isaiah 58:6-12 (AMP)

[7] Is it not to divide your bread with the hungry and bring the homeless poor into your house — when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood?

B. 4 ways to fast:

- 1 Give food to the hungry
- 2 Give shelter to the homeless
- 3 Give clothes to people who need them
- 4 Take care of your own flesh and blood

Results / Promises for Fasting. (Isaiah 58)

[8] Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard. [Ex 14:19,20; Isa 52:12.]

[9] Then you shall call, and the Lord will answer; you shall cry, and He will say, Here I am.

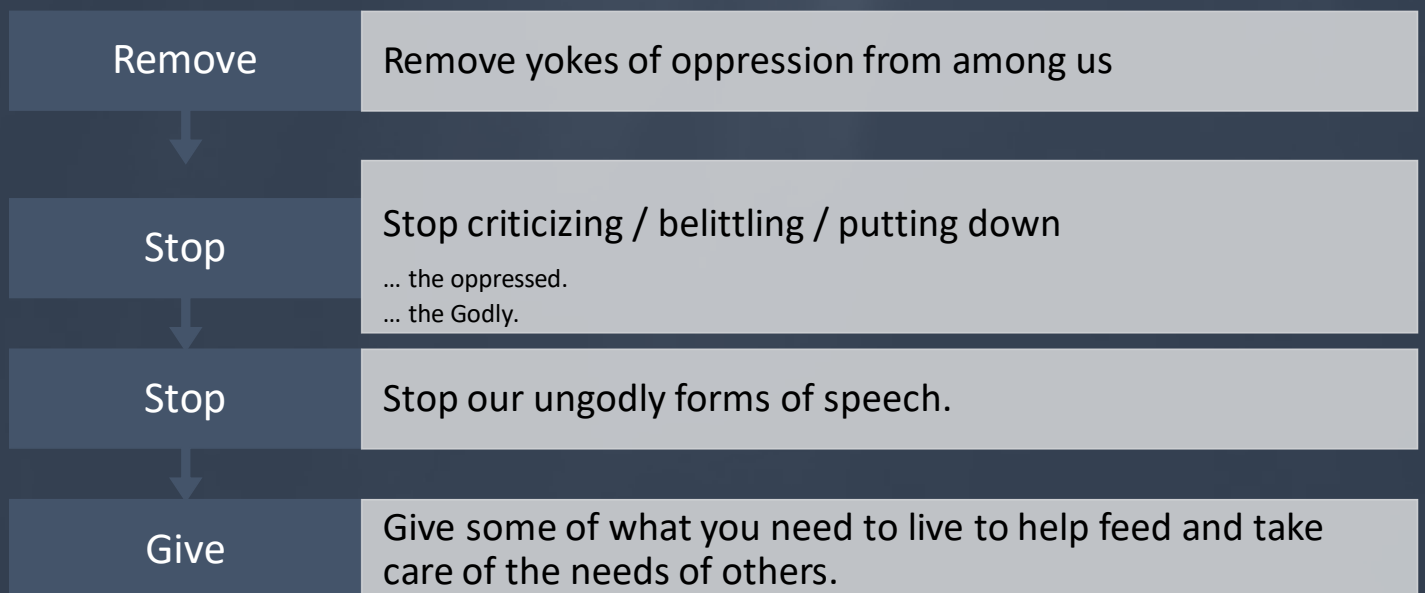
C. More ways to fast
in Isaiah 58.

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If you take away from your midst yokes of oppression [wherever you find them], the finger pointed in scorn [toward the oppressed or the godly], and every form of false, harsh, unjust, and wicked speaking, [Ex 3:14.]

[10] And if you pour out that with which you sustain your own life for the hungry and satisfy the need of the afflicted,

D. 4 more ways of fasting:



E. More Results/Promises for Fasting (Isaiah 58)

....then shall your light rise in darkness, and your obscurity and gloom become like the noonday.

[11] And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not.

[12] And your ancient ruins shall be rebuilt; you shall raise up the foundations of [buildings that have laid waste for] many generations; and you shall be called Repairer of the Breach, Restorer of Streets to Dwell In.

F. Reasons to Fast.

Ezra
8:21
(AMP)

[21] Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God to seek from Him a straight and right way for us, our little ones, and all our possessions.

1. Humble ourselves so we seek him regarding:
 - a. a straight and right way for us,
 - b. a straight and right way for our children,
 - c. a straight and right way for our possessions.



III. Types of Fasts (Other than listed above)

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A. No food or water.

Esther

4:16

(AMP)

[16] Go, gather together all the Jews that are present in Shushan, and fast for me; and neither eat nor drink for three days, night or day. I also and my maids will fast as you do.....

III. Types of Fasts (Other than listed above)

B. Abstaining from certain kinds of food.
(Daniel 1 & 10)

Daniel

1:5

(NKJV)

[5] And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank, and three years of training for them, so that at the end of that time they might serve before the king.

III. Types of Fasts (Other than listed above)

B. Abstaining from certain kinds of food.

(Daniel 1 & 10)

Daniel

1:8

(NKJV)

[8] But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

III. Types of Fasts (Other than listed above)

B. Abstaining from certain kinds of food.

(Daniel 1 & 10)

Daniel

1:12

(NKJV)

[12] "Please test your servants for ten days, and let them give us vegetables to eat and water to drink.

III. Types of Fasts
(Other than listed
above)

B. Abstaining
from certain
kinds of food.
(Daniel 1 & 10)

Daniel
10:2-3
(AMP)

[2] In those days I, Daniel, was mourning
for three whole weeks.

[3] I ate no pleasant or desirable food, nor
did any meat or wine come into my
mouth; and I did not anoint myself at all
for the full three weeks.