



# Bible Life Community Church

## Fast

January 17<sup>th</sup> Day 7

### Today's Focus is: Fasting

"Some of our mountains of affliction have been with us a very long time. Some have occurred very recently. How do we fast, and for how long? You fast until you receive a breakthrough. Sometimes the result is immediate. Sometimes sin has been entwined in our lives for so long that God may need to progressively erode it." - "With fasting, the flesh becomes weaker, and the spirit can shine forth like a light. Do you know that many of our bodies' problems are related to the weakness of our souls? God says to strengthen your soul in fasting and the healing will spring forth." (Tony Evans).

*"How do we fast, and for how long? You fast until you receive a breakthrough."*



1. Morning: \_\_\_\_\_
2. Noonish \_\_\_\_\_
3. Evening \_\_\_\_\_

Take this day and set apart 3 times when you can Read, Pray, and Listen. Place those times in the selected part of this page and guard this time. Read one passage per time and be still. Journal what you hear Yah speaking to you.

## Musing On The Scriptures

**Isaiah Chapter 58-** We do not find excitement in fasting much of the time let's be honest. To fast is to afflict the soul and humble yourself in the presence of the Lord. God deals with the people of Israel in this chapter and tells them what true fasting is. What are the hypocrisies, during Israel's fasts, God calls out in this chapter? What did you notice that God call His people to do during a fast? Have you ever considered your posture and deeds during a fast? We must be ready for war when we fast because the enemy hates it when we fast.

**Reason For Fasting-** Muse on these passages to get an understanding.

1. To strengthen prayer (e.g., see [Ezra 8:23](#)).
2. To seek God's guidance (e.g., see [Judges 20:26](#)).
3. To express grief (e.g., see [1 Samuel 31:13](#)).
4. To seek deliverance or protection (e.g., see [2 Chronicles 20:3 - 4](#)).
5. To express repentance and a return to God (e.g., see [1 Samuel 7:6](#)).
6. To humble oneself before God (e.g., see [1 Kings 21:27 - 29](#)).
7. To express concern for the work of God (e.g., see [Nehemiah 1:3 - 4](#)).
8. To minister to the needs of others (e.g., see [Isaiah 58:3 - 7](#)).
9. To overcome temptation and dedicate yourself to God (e.g., see [Matthew 4:1 - 11](#)).
10. To express love and worship for God (e.g., see [Luke 2:37](#))

## Give Thanks for A Heart to Repent

How many trials have we just endured without fasting and prayer. We are quick to ask for prayer but sadly the prayer request we make are often more fervent than our prayer to God. Fasting is about sacrifice and sometimes to trial, persecution, threat or sickness isn't bad enough to spark repentance, fasting and intense fervent prayer. Lord we repent of not afflicting and

humbling ourselves in your presence in order to hear your voice and change our ways. Help us to see what fasting is for and how it draws us closer to you.