

# “Help Me Understand Fasting”

The spiritual discipline of fasting is new to me and I have several questions about it.

1. When I felt the Spirit move me to fast I was unsure of the direction. I often hear that still small voice and try my best to follow it immediately. Do I need a specific direction in order to fast?

2. I usually fast for 24 hours but I had a pastor suggest we fast for our government officials for half a day. Other than divine direction is there a specific duration that is acceptable?

3. If I fast for a specific desire, not a worldly type but a family type desire, will God honor it if I unconsciously slip and eat then repent and continue fasting?

4. Are there wrong reasons to fast, other than selfish reasons of course?

*1. When I felt the Spirit move me to fast I was unsure of the direction. I often hear that still small voice and try my best to follow it immediately. Do I need a specific direction in order to fast?*

No. But it might be good to be still before Him, in listening prayer, asking, “What more do You want to tell me about fasting, Lord?” Then listen until He gives further word.

*2. I usually fast for 24 hours but I had a pastor suggest we fast for our government officials for half a day. Other than divine direction is there a specific duration that is acceptable?*

We operate under grace. The Lord is pleased with whatever you

give Him, as long as it's His idea and His power and not something you do in your own flesh (in your own power without relying on Him). There is no prescribed length of time for a biblical fast; divine direction is the ONLY way to go! When someone makes a suggestion, go to the Lord and ask Him, "Is this what You want me to do?" The answer will either be a green light, yes, go ahead, or a red light, a check in your spirit, and He has a different answer for you.

*3. If I fast for a specific desire, not a worldly type but a family type desire, will God honor it if I unconsciously slip and eat then repent and continue fasting?*

I believe so. He judges our hearts and knows our intentions. He wants us to succeed more than we do! There is NO condemnation for those who are in Christ Jesus (Rom 8:1), so just pick yourself up again and keep on going.

*4. Are there wrong reasons to fast, other than selfish reasons of course?*

Other than self-centered reasons? Only disobedience. For instance, a person might have good and godly intentions to fast, but the Lord says don't. He knows that he has a blood sugar imbalance but the person doesn't, and fasting would be dangerous.

Hope this helps!

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