

MOREOVER, WHEN YE FAST

A QUICK GUIDE TO BIBLICAL FASTING

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Moreover, When Ye Fast

A Quick Guide to Biblical Fasting

SPECIAL EDITION

Stephanie A. Mayberry

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Dedication

This is for everyone who desires a deeper, more enriching relationship with God.

It is for the seekers, the lifelong saints, and those new to the faith.

It is for those who can never get enough, who will always be studying scripture, always praying,
always seeking His face so they can grow more fully in Him.

This book is for you.

Dear Reader,

If the words in my books speak to you, resonate with you, touch you, please know it isn't really me, it is God speaking to you.

See, I am just a vessel that He uses to convey His message to you, to others. I am no great writer; I am just the obedient hand that holds the pen for the greatest author of all – my God.

He alone deserves all of the praise, all the glory.

Thank you so much for your support and encouragement. Each and every email, every word, every letter is such a treasure to me! I pray for your continued growth in your relationship with God. Forever walk in His Word and you will know blessings beyond your imagination.

God is so good, isn't He?

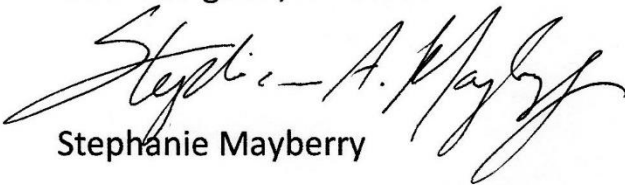

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So, we fasted and besought our God for this: and he
was intreated of us.

Ezra 8:23

Throughout the Bible we see fasting and prayer in action. Jesus fasted, Moses fasted, the disciples fasted after Jesus ascended – it is a powerful practice for anyone who wants to draw closer to God and grow deeper in Him.

Fasting is a powerful way to serve and glorify God.

This little guide is an introduction to fasting and prayer. It is designed to help you get started, provide some clarity, and simplify the process so it isn't so overwhelming. Basically, my intention here is to make fasting and prayer doable for everyone – because it is meant for everyone.

What you will see here is that it isn't some secret activity that is reserved only for God's most holy servants. You will also uncover the power and authority that comes with your faithfulness as well as the blessings that you will reap.

You were called to this! Your obedience will gain you blessings and favor that will touch you, your ministry, your family, your church, and more.

Because when you want things around you to change, begin with the prayer, "Lord, change *me*."

He will honor that.

Why Fast?

The Bible tells us that your body is a temple of the Holy Spirit (1 Corinthians 6:19-20). It is the temple of God Almighty.

Fasting is a cleansing, a purification of the temple to consecrate ourselves, our bodies, to cleanse us so that the holy God can dwell there. We can see the correlation between this and the preparation of the Temple in Jerusalem in 2 Chronicles 29:3-31.

In those verses, the clear direction is to remove from the Temple everything that defiles it. It is a holy place simply because God dwells there and it must be purified and that sanctity protected, revisited, and maintained – just as we use fasting to purify our bodies so that our holiness is protected and maintained.

Later, we see in John 2:13-22 how Jesus cleansed the Temple by driving out the merchants, rebuking them, Scripture tells us that the disciples recall scripture “For the zeal of thine house hath eaten me up” (Psalm 6:9). There was a zeal, a fervor to keep the temple clean.

The Jews demanded to know Jesus’ authority to be able to drive out the money changers and cleanse the temple. He answered, “Destroy this temple, and in three days I will raise it up” (John 2:19). They scoffed because they were not spiritual enough to comprehend what He really meant.

Jesus was speaking of His body.

That is how seriously God takes the sanctity of our own temple. Like Jesus, it is eternal (our spirit – we are eternal) and we must maintain it, our temple, ever reaching, ever working to remove what defiles it and keep our temple as a Holy place for God to reside.

This goes beyond the food you ingest, but also what you allow in your spirit. Every day we are bombarded by messages that do not have a Godly origin through social media, television, radio, books, movies, and any number of other sources. While these things are not necessarily evil, they can distract us or “take up space” so that the things of God are not fully realized, embraced, or held.

So ideally, a fast would include at the very least a limitation of these “outer voices” so that the voice of God can be more clearly heard.

After all, the end goal of everyone who chooses to follow Jesus is to **be like Him**. This means that the things of God must be first and foremost in our lives – your life and mine.

What Happens When You Fast?

Fasting is not only commanded throughout the Bible but also demonstrated.

- Ester's nation and family were saved because she fasted.
- When Cornelius fasted, an angel appeared before him and that led to his entire household being filled with the Holy Spirit and being baptized.
- When Israel repented and fasted, revival came to the land.
- The walls around Jerusalem were rebuilt because Nehemiah fasted.
- The prophetess Anna prayed and fasted, and she saw Jesus.

Paul, Moses, Paul and Barnabas, David, John the Baptist, Hannah, King Jehoshaphat, Elijah, Jesus, Darius, and others all prayed and fasted – and they reaped tremendous spiritual rewards as a result.

There has been a great revival in Ethiopia – the entire nation! And you know how it started? It started with five women who committed to giving themselves to many days of fasting and prayer. Just five women who turned a tide so that hundreds of thousands of people in a nation have been filled with the Holy Spirit.

Some reasons to fast include:

- Prepare to teach God's word
- Healing
- Growth in God
- Protection
- To seek God's will
- Wisdom
- Humility
- Preparation for ministry
- Worship God
- Repentance
- Deliverance

You may have your own reasons that are not listed here. That doesn't mean they are wrong. As long as you can line it up with the word and it is biblical, it is good and right.

What Fasting is – and What it Isn't

There are some things that we need to be clear on regarding what fasting is and what it isn't.

First, let's talk about what fasting is not.

- It is not a competition or something to raise your status among your church body, family, friends, or God.
- It is not a way to increase your rank or status in the Kingdom of God.
- It is not a diet or just the act of not eating or depriving yourself of something.
- It is not a way to coerce, manipulate, or bribe God into doing something that you want.
- It is not something to feed your ego or make you look like someone important or holy.
- It is not to punish ourselves.

Now let's take a look at what fasting is.

- It is intentional.
- It glorifies God.
- It brings blessings.
- It opens up your mind and spirit so that you can concentrate on the things of God.
- It is an act of submission to God.
- It is an act of self-discipline.
- It helps you overcome the power of your flesh in your life.
- It humbles you, your natural self.
- It shows you your true spiritual condition.
- It brings about understanding of a need to change and repent
- It makes you more sensitive to God (with prayer)
- It brings on an anointing
- It weakens the enemy.
- It breaks strongholds.
- It breaks the flesh by putting it under subjection.
- It empowers you to live and grow more fully in Him.
- It empowers you to work more effectively in your ministries and reach the lost.
- It is a personal sacrifice that God responds to.
- It produces fruit.

It brings revelation by illuminating the scripture

What did Jesus Say About Fasting?

¹⁶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward.

¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face;

¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Matthew 6:16-18

Notice that Jesus didn't say if you fast, He said when.

He expects us to fast. It is as much a part of our Christian walk as prayer, worship, and studying God's word.

It is *expected* of us.

In Matthew 6, Jesus laid out how we are to pray and fast. He emphasized repeatedly that it is to be done without fanfare. It is not to make you look like a "good Christian" but instead to deepen your intimacy with Him.

He provides a template for prayer in Matthew 6:9-15. This is not to be repeated verbatim as it becomes a rote prayer, a vain repetition (Matthew 6:7), but it is the structure of the prayer that comes from your heart. It shows how to pray – worship, provision, forgiveness, repentance, God's will in your life, and thankfulness.

Then He moves right into how we are to approach fasting.

¹⁶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face;

¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Matthew 6:16-18

In fact, the entire chapter of Matthew 6 is well worth the study. It is a powerful lesson in how we are to live as one of His.

It is a perfect picture of how to be a Christian, allow the glory of God to shine through you, and allow Jesus to work within you and shine out to all the world.

What does the Bible Say About Fasting?

The purposes for fasting are outlined exceptionally well in Isaiah 58:

⁶Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

⁷Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

⁸Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

⁹Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

¹⁰And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

¹¹And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

¹²And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

¹³If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

¹⁴Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

Isaiah 58:6-14

To summarize, the purposes of fasting, according to scripture here, are:

- Loose the bands of wickedness
- Undo the heavy burdens
- Let the oppressed go free
- Break every yoke
- Act with compassion to the needy
- Improve health
- Cleansing
- Increase righteousness
- Get into the presence of God
- Encourage an answer from God
- Your light will rise, and darkness will leave.
- Guidance
- Raise up the foundation of many generations
- Repair breaches

- Restore paths

This is how you deepen your walk with the Lord. This is how you are victorious over the enemy, the world.

You can see where others reaped the benefits of prayer and fasting throughout the Bible. Study the verses to see how God honors fasting.

- 1 Samuel 7:6
- 1 Samuel 7:13-14
- II Chronicles 20:27
- II Chronicles 20:27
- Daniel :3
- Daniel 9:22
- Acts 10:30-31
- Matthew 6:16
- Acts 13:2
- Luke 4:2
- Luke 4:8
- Matthew 17:21
- Acts 14:23

This will, in turn, strengthen the fasting and pray in your own life. Remind God of His promises, blessings, how He honored the fasting of others. Claim the rewards and benefits for yourself in the mighty name of Jesus.

Types of Fasting

There are many different types of fasts.

Before starting your fast, take some time to pray and seek God's direction. He will guide you to what He wants from you.

One Day Fast – A fast that spans a 24 hour period.

Three-Day Fast – A fast that spans 72 hours or 3 days.

One Week Fast – A fast that spans an entire week or 7 days.

Sunrise to Sunset Fast – A fast that begins when the sun rises and ends when the sun sets.

Sunset to Sunset Fast – A fast based on the Biblical day which is from sunset to sunset. It begins at sunset on one day and ends at sunset on the next day.

Restricted Fast – A fast that involves giving up a certain food, food group, or meal for a certain period of time.

Daniel Fast – A fast that abstains from all foods except grains, fruits, and vegetables.

Total Fast – A fast that is water only.

Total Fast with Liquids – A fast that allows only water, juice, broth, and herbal tea.

Extended Fast – A fast that can go a week, 10 days, a month, or longer. It can exclude all solid food or certain food groups.

Soul Fasting – This is not about food but about something that may be a stronghold in your life, such as social media, TV, smoking, and others.

Tips for Fasting

Don't forego water. Fasting is cleansing for the spirit and the flesh. As toxins are released, water helps to flush them out. It is important that no matter what type of fast you do, you continue to drink plenty of water.

- Begin with repentance and forgiveness – truly forgive everyone in your life
- Seek the Holy Spirit for guidance on fasting, type of fast, and length of fast.
- For longer fasts, prepare your body beforehand by eating just fruits and vegetables.
- Study your Bible.
- Pray.
- Keep a journal of your Bible studies, prayer, and revelations
- Get alone with God and seek His face.
- When looking for something to fast, choose something that you will miss. You need to feel the impact of the removal of that thing in your life. The goal is to deny yourself.
- If for some reason you cannot fast a complete meal, find something to remove, whether it's a favorite food, soda, or something that gives you pleasure like social media or television.
- Disrupt your daily routine.

You should also realize that just as Satan tempted Jesus during His fast in the wilderness, so will he tempt us during our fasting. Be sober, be vigilant (1 Peter 5:8), and protect your mind lest the enemy try to sway you, distract you, or draw you away from your fasting and prayer.

Keep the full armor of God (Ephesians 6:10-18) on at all times and don't be afraid to remind that nasty old devil that you are a daughter of the King! Rebuke him with scripture, combat him with praise to God Almighty. Remember, God inhabits the praises of His people (Psalm 22:3) and where He is, darkness cannot abide.

How to Pray During Your Fast

There is power in the spoken word. God spoke the world into existence and the Bible says that life and death are in the power of the tongue.

Your prayers hold even more power when you say them aloud.

When you pray during your fast, begin by repenting of your sins and then forgive anyone in your life that you may be hanging on to the hurt. It is important for God to cleanse you. Unforgiveness can cause a host of problems in your spiritual life.

The Bible clearly says that if you don't forgive you won't be forgiven.

For Yourself

- Clarity of God's will in your life
- Revelation of God's love for you
- For God to prepare your heart to receive His word
- For God to write His word on your heart
- For God to kill off the parts of you that are not pleasing to Him
- For God to order your steps
- For God to be your thoughts, words, and actions

For Your Church

- For unity
- For revival
- For growth
- For God's house to rise up as a place where the seekers can find truth
- For truth to be manifested
- For the prodigals
- For the love of God to flow out of it

For Leadership

- For a repentant heart
- For health
- For renewed strength in body, mind, and spirit
- That they will seek the will of God in all things
- For a transforming life
- That God provides for their needs
- For blessings for them
- For a spirit of humility for them
- For a hedge of protection around them and their families
- Restoration
- For the manifestation of the fruit of the spirit in their lives
- For their ongoing spiritual growth

- For God to dispatch angels to minister to them
- That they have favor with man and God
- For unity
- For peace over them and their families

For Your City

- For transformation
- That God's glory is made known all through the city
- Restoration
- That many are brought to repentance and God's truth
- That relationships and families are restored
- That the word of God is heard and understood
- That peace covers the city
- The removal of the spiritual powers of darkness
- That righteousness flows through the city

For a Manifestation of the Supernatural in Your Church Body (and for you)

- That the people of God rise up and are strong
- That the church body will enter into a deeper relationship with God that brings about a greater dimension of supernatural operation
- That the people of God teach, perform, and experience, signs, wonders, miracles, and supernatural healing
- That the Kingdom of God is manifested, and the people's needs are met
- That God uses His people to do greater things in His name
- That there be a supernatural understanding and revelation of the word of God

Fasting and Prayer are the Keys to Growing in God

Prayer and fasting are a tremendous combination and are a very effective tool for increasing your relationship with God and deepening your walk with Him.

He wants a relationship with you. He wants to draw you close, to mold you and shape you, to help you fulfill the purpose that He has for your life.

And you do have a God appointed purpose!

God has given you gifts; a ministry and He expects you to fulfill these. He wants to see you grow fully in Him, walk in His light every day.

He wants the best for you but the only way to fully realize that is to be fully submitted to Him. It means never being satisfied but instead always seeking more and more of Him. Scripture is a living Word that is continually being revealed to those who seek it.

The more you seek after Him, the more He will reveal to you.

Never be satisfied! Never say, “That’s alright God, I have enough.”

He has more for you, deeper understanding – all you have to do is open yourself up to it.

And it begins with fasting and prayer.

It is an ongoing struggle in today’s world to keep the temple pure but cleansing through fasting and prayer keeps us grounded in our position to God, our mind in holy places, and our bodies as a sanctified temple in which God’s spirit can dwell.

This book is also available in print!

Visit your favorite book retailer or contact the author to purchase print copies for study groups, book clubs, or for your own edification to get deeper into the word.

About the Author

Stephanie A. Mayberry is a pastor's wife, freelance writer, photographer, and Christian author who is realizing her God given ministry through the written word.

She and her husband live in Baton Rouge, Louisiana where they are pastors of an active, exciting ministry that echoes the Book of Acts church, deliverance, and keeping Torah, emphasizing the raising up disciples and living out Jesus' command to all disciples as described in Mark 16:15-18.

For we are all called to be disciples.

Her books carry the reader on a journey to transform through Jesus, to heal from past hurts, and to learn warfare so they are equipped to fully realize the purpose and plans that God has for them.

She focuses on helping other Christians deepen their walk with God.

Stephanie's books can be found on most major book retailer sites.

You can connect with Stephanie on Facebook at [.facebook.com/AuthorStephanieMayberry](https://www.facebook.com/AuthorStephanieMayberry)

Learn more about her ministry at ALifeOfHoliness.com

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