

Discipleship Training Manual: Lesson 10

Fasting

What Is Fasting?

- Fasting is always defined in the Bible as going without food, completely or partially.
- Fasting is a spiritual discipline against the remaining sinful appetites of the body and unrenewed soul.
 - Like the relationship between a parent and a child, our spirit is to have authority over our bodies and souls.
- Fasting is demonstrated in both the Old Testament and the New Testament.

What Is the Purpose of Fasting?

- Fasting is something that your spirit uses to overcome impasses in unbelief and character flaws.
 - Impasse
 - 1(a): a predicament affording no obvious escape (b): deadlock
 - 2: an impassable road or way
- Fasting is a provision in the Word of God that gives you more in your arsenal to be able to accomplish His will and bring about change in your life.

Example 1: The Impasse of Doubt

Jesus Heals a Boy with a Demon

Matthew 17:14 And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying,

Matthew 17:15 Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water.

Matthew 17:16 And I brought him to thy disciples, and they could not cure him.

Matthew 17:17 Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me.

Matthew 17:18 And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour.

Matthew 17:19 Then came the disciples to Jesus apart, and said, Why could not we cast him out?

Matthew 17:20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Matthew 17:21 Howbeit this kind goeth not out but by prayer and fasting.

- The “kind” mentioned in verse 21 refers to the type of **unbelief** that is subtle, unrecognizable, and requires work to change.
- Fasting helps to reach in and eradicate the subconscious parts of you that harbor doubt.
- Fasting and prayer are the “Power Twins” that combat unbelief.

Example 2: The Impasse of Character Flaws

Matthew 9:14 Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?

Matthew 9:15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.

Matthew 9:16 No man putteth a piece of new cloth unto an old garment, for that which is put in to fill it up taketh from the garment, and the rent is made worse.

Matthew 9:17 Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved.

- The “new cloth” and “new wine” represent the new nature we receive when we are born again. The “old garment” and “old bottles/wineskins” are our physical bodies and unrenewed parts of our soul.
- Jesus explains that fasting is the remedy to the dilemma of combining old and new. It keeps the body/soul under authority to the spirit.
- Character flaws are a product of the body and the soul. When you fast, you are helping to eliminate them from your life.

Final Notes:

- Fasting has healing and health benefits for the body.
- There are multiple types of fasting which can be explored in our series on fasting at our website broncflint.org.
- Our weekly live broadcasts can be accessed on our website and on our YouTube channel [Bronc Flint Ministries](https://www.youtube.com/channel/UC...). Services are on Sundays at 10:00am EST and Wednesdays at 7:00pm EST.