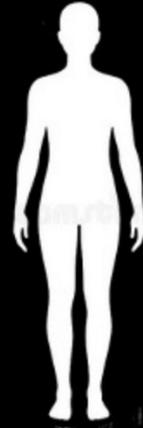


BEING HUMAN



Fasting



Structure

- What is fasting?
- What do we know about fasting?
- Who should fast?
- When should we fast?
- Why should we fast?
- How should we fast?
- What are the benefits of fasting?

Mark 9: 29

He replied, "This kind can come out only by prayer and fasting."

The Context

- The Transfiguration – Mark 9: 2 – 14
- **Jesus heals a possessed boy – Mark 9: 15 - 29**
- Jesus Predicts His death – Mark 9: 30 – 40
- Whoever is against us – Mark 9: 38 - 41
- Causing To Stumble – Mark 9: 42 - 50

What is fasting?

The intentional abstinence from something (most often food) or someone – normally food – for the sole purpose of drawing closer to God, expanding our spiritual and volitional capacity, and ushering in the kingdom of God.

It is a spiritual discipline and a spiritual weapon.

What do we know about fasting?

- Jesus, Paul, and the early Church fasted.
- 50 – 55% of Christians in the UK fasted regularly from specific types of food and / or drink for Lent.
- 85% of Orthodox Christians fast for 180-200 days pa
- 53–79% of Roman Catholics (Fish on Fridays plus 2 days pa)
- (In the US) 25% of Christians fasted leading up to Easter
- 6% of Protestants reported fasting during holy times (21 days pa)
- Up to 94% of UK based black-majority churches fast

Who should fast?

¹⁶ “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6: 16 - 18

When should we fast?

- Weekly
- Bi-Weekly
- Monthly
- As significant moments
 - Distress
 - Challenge
 - Guidance / Discernment
 - Other

Why should we fast?

He replied, "This kind can come out only by prayer and fasting."

Mark 9: 29

Two observations:

- The demon **CANNOT** be ejected (cast out) from the young boys body until the disciples are in a state of fasting!
- The demon can **ONLY** be ejected (cast out) from the young boys body when the disciples are in a state of fasting!

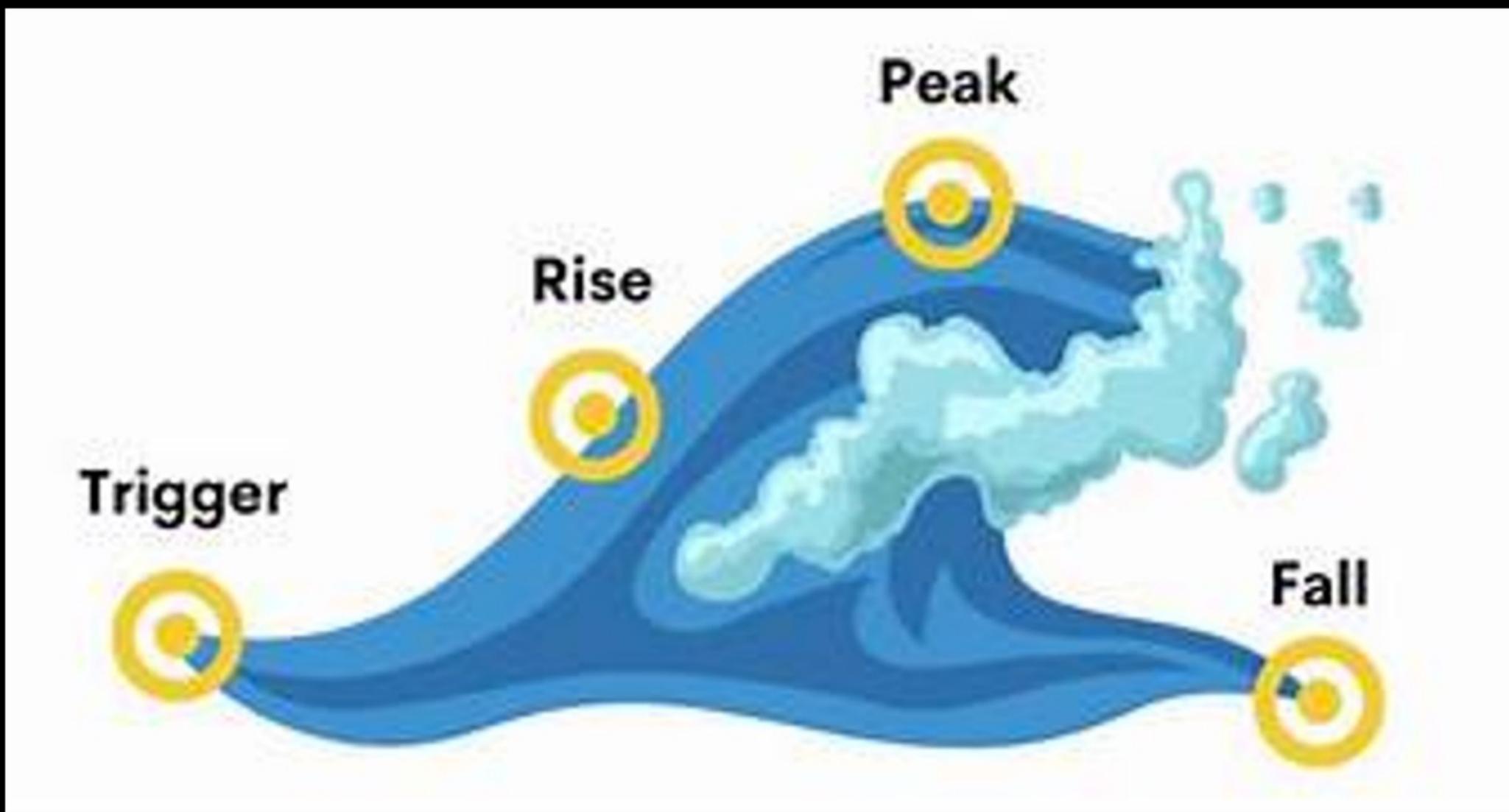
How do we fast?

- Alone or in community
- Types of fasting:
 - Food, Daniel Fast (Veg only), Phones, Social Media, 16:8 (intermittent), 5:2, Juice... etc.
- Slow Entry (Reduce intake) and Slow Exit (increase intake)
- Couple fasting with reading The Word and prayer
- Stay hydrated
- Avoid strenuous work
- Listen to your body

What are the obstacles to fasting?

- Lack of Discipline
- Self-Reliance
- Laziness
- Conformity to Cultural hedonism
- Fear of Failure
- Food Addiction

Surge Surfing



Isaiah 58: 8

Then your light will break forth like the dawn, and your healing will quickly appear;

What are The Benefits of Fasting?

Intermittent	12 – 15 Hours	Fasting within a certain window of time.	Helps with weight loss. Ketones, growth hormone, testosterone
Autophagy	17 Hours	Our body's internal repair system	Repairs and kill rogue or unhealthy (senescent) cells.
Gut Reset	24 hours	Production of intestinal stems cells	Bad bacteria in the gut is replaced
Fat Burning	36 Hours	Body stored excess	Body receives a signal to burn the fat – waist, hip, liver etc.,
Dopamine Reset	48 Hours	New receptor sites are created	Increase happiness
Immune Reset	72 Hours	Resetting of the immune system	Get rid of stagnant parts of our immune systems

BEING HUMAN

