

Fasting with the Right Heart



“Prayer intercession is empowered not only by the Holy Spirit, but also by true biblical fasting. With revival sweeping the nations, we are hearing of more prayer with fasting than prayer without fasting. We must return to the early church discipline of fasting. This discipline will be part of our training for the Church, especially in the coming generations.”

May God give us a heart revelation of the power and necessity of fasting combined with prayer. As we enter into fasting - whether it is a meal, a day, or a season of fasting - let us make sure that we are fasting the right way. Let us ask God for the right heart motives and enter into our fast with a humble and obedient heart. May we be encouraged by the powerful life and testimony of Charles Finney and the fact that he was a man who fasted and prayed often. He said the following:

“I used to spend a great deal of time in prayer; sometimes, I thought, literally praying ‘without ceasing’. I also found it very profitable, and felt very much inclined to hold frequent days of private fasting. On those days I would seek to be entirely alone with God, and would generally wander off into the woods, or get into the meeting house, or somewhere away entirely by myself. But whenever I fasted, and let the Spirit take his own course with me, and gave myself up to let him lead and instruct me, I universally found it in the highest degree useful. I found I could not live without enjoying the presence of God.”

The Emptiness of Wrong Fasting: Isaiah 58:1-5

“Why have we fasted,” they say, “and you have not seen it? Why have we humbled ourselves, and you have not noticed?” Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one’s head like a reed and for lying on sackcloth and ashes?”

This fast was an outward act of religious obedience but it had no heart. It was a ritualistic act and religious duty that caused pride and self-importance. The people continued to live disobedient and rebellious lives against God’s moral laws.

“God desires that they would draw near with humility of heart, honest prayer, and submission to His ways. A formal, ritualistic fasting without spiritual content cannot satisfy the heart of God. It accomplishes nothing. It is injurious to the one who fasts and to those around him. It warps judgments, deadens conscience, hardens the heart and awakens false hopes. Fasting must be joined with intercessory prayer out of a clean heart, an honest and humble heart, a heart that is first loving and submissive to a sovereign God.” Quotes by Frank Damazio

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