



## Spiritual Fasting Guide

### THE REASON - PASTOR SEARCH

The Eastmont Pastor Search committee, composed of Cindy Pitts, Courtney Corum, Brian Clements, Travis Jordan, David Seay, Jerry Short, and chairman, Brian Key, has developed this fasting guide for those who would like to join us in periodic spiritual fasting related to searching for a new pastor to serve our Lord with us.

### THE PROCESS - FASTING AND PRAYER

- > Many reading this guide have fasted in the past, and understand how and why it is done, but for the beginner, please consider the following suggestions when engaging in a spiritual fast.
- > Scripture does not command Christians to fast. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (Acts 13:2; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33).
- > Too often, the focus of fasting is on food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. This could include items such as social media, television, video games, secular music or the cell phone. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

- > Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything given up temporarily in order to focus all our attention on God can be considered a fast (1 Corinthians 7:1-5). Fasting should be limited to a set time, especially when fasting from food. Extended periods of time without eating can be harmful to the body. Fasting is not intended to punish the flesh, but to redirect attention to God.
- > Fasting should not be considered a “dieting method” either. The purpose of a biblical fast is not to lose weight, but rather to gain deeper fellowship with God. Anyone can fast, but some may not be able to fast from food (diabetics, for example). Everyone can temporarily give up something in order to draw closer to God.
- > By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude.
- > In Matthew 6:16-18, Jesus declares, “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head (groom yourself normally) and wash your face, so that it will not be obvious to men 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.”
- > Thank you for your prayers for the Pastor Search committee, and please consider joining us in periodic fasting for this purpose.