



## **Fasting to Facilitate Personal Healing**

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Many of you -- both those receiving and those facilitating healing -- have asked at some point “Isn’t there something more I can do to speed the healing process?” Or “Something seems stuck, is there anything I can do to get things unstuck?” Or even “I have tried everything, but nothing seems to work, is there anything else I can do -- I am desperate!” (If you are getting this memo, I assume you have already received our memo about intercessory prayer. Regular prayer for yourself and also recruiting others to pray for you are addressed in that memo).

My perception is that one of the clearest Biblical responses to this question is to fast in addition to intercessory prayer. Over and over again, throughout scripture, people would come before the Lord with fasting in addition to prayer when they encountered a particularly difficult problem or important decision. In one situation described in the Gospels, Jesus’ disciples could not deliver/heal a young man. When asked why, Jesus responded “This kind can only come out with prayer and fasting” (Matt. 17:21, Mark 9:29).

I suggest that you consider fasting in addition to intercessory prayer (yourself and any others praying for you). I very much encourage each person to ask the Lord for guidance regarding whether this is something you are supposed to do as a part of the Lord’s plans for healing. Fasting as a part of intercessory prayer could be a very low key contribution (for example, missing one meal each week and praying during that time). Medically, except for people with diabetes or severe hypoglycemia, there should be no risk in skipping one meal to fast and pray – but you should check with your own medical provider about your own situation..

Following are a number of different Biblical references to fasting, the choice to eat or not eat, or some kind of self-denial, which may provide a useful starting point for your own study.

Gen. 24:33; Exod. 34:28; Lev. 16:29,31; Lev. 23:14; Lev. 23:27,32; Num. 6:3,4; Num. 29:7; Deut. 9:9,18; Jdg. 20:26; 1 Sam. 1:7,8; 1 Sam. 7:6; 1 Sam. 14:24-30; 1 Sam. 20:34; 1 Sam. 31:13; 2 Sam. 1:12; 2 Sam. 3:35; 2 Sam. 11:11; 2 Sam. 12:16-23; 1 Kings 13:8-24; 1 Kings 17:6,14-16; 1 Kings 19:8; 1 Kings 21:4,5; 1 Kings 21:9,12; 1 Kings 21:27; 1 Chron. 10:12; 2 Chron. 20:3; Ezra 8:21-23; Ezra 9:5; Ezra 10:6; Neh. 1:4; Neh. 9:1; Est. 4:3; Est 4:16; Est. 9:31; Psa. 35:13; Psa. 69:10; Psa. 109:24; Isa. 58; Jer. 14:12; Jer. 36:6,9; Dan. 1:12-16; Dan. 6:18; Dan. 9:3; Dan. 10:2,3; Joel 1:14; Joel 2:12; Joel 2:15; Jonah 3:5-9; Zech. 8:19; Matt. 4:2; Matt. 6:16-18; Matt. 9:14,15; Matt. 11:18; Matt. 17:21; Mark 2:18-20; Mark 9:29; Luke 2:37; Luke 4:2; Luke 5:33-35; Luke 7:33; Luke 18:12; Acts 9:9; Acts 13:2,3; Acts 14:23; Acts 23:12-21; Acts 27:9; Acts 27:21,33; Rom. 14:21; 1 Cor. 7:5; 1 Cor. 8:13; 2 Cor. 6:5; 2 Cor. 11:27; 1 Tim. 4:3