

## Rooted Moms Podcast

Season 2 Ep. 03 | Nurturing Spiritual Growth Through Biblical Fasting with Katie Gibson

### Key Takeaways

- Spiritual fasting is not...
  - a method to manipulate God (to get him to give us something we want)
  - a method to lose or control weight
  - a way to appear more spiritual to others
  - a command or law
- Biblical fasting is the spiritual practice of voluntarily abstaining from food (or something else) for a decided period of time as a means to deepen one's hunger for and dependence on God.
- Fasting is an opportunity to commune with God and deepen our relationship with Him.
- Jesus modeled fasting for us, along with other spiritual practices prayer, scripture reading and memorization, giving, celebration and more. We should fast because He fasted!
- "When you fast" Matthew 6:16
- Jesus said his disciples would fast when the bridegroom (Jesus) would be taken away. Fasting is something we see done not just in the Old Testament, but often in the early church— Acts 13, 14,
- Fasting: the cycle of spiritual growth  
*"Fasting is a weapon in our fight for faith."*
  1. Fasting expresses our hunger for God
  2. Fasting exposes sin, bringing us to repentance and humility
  3. Fasting engages against every idol that vies for our hunger
  4. Fasting entreats God's help
  5. Fasting enlivens our hunger for God ...and so the cycle continues in greater measure!
- Fast any time you feel led, but be sure to check your motives.
- No one type of fast, by nature, is more spiritual than another. It all boils down to motives and intention.
- Types of fast: Full, Liquid, Daniel, Partial, Food, Non-food (television, social media, leisure shopping, luxuries,)

- Remember that a part of fasting is deepening our dependence on God. Be wary of picking something you can do in your own flesh without leaning into His strength and His grace. This is not about will-power or showing off our spirituality!
- How to prepare for a fast:
  - Schedule it
  - Tell a few
  - Shop (stock up on any supplies you might need)
  - Schedule and set alarms for intentional times throughout the day to stop and “fill up” on God’s Word and pray
- Expect to feel a little irritable at the start of your fast— especially when fasting foods. Physical changes such as brain fogginess, tiredness and body weakness may occur.
- However, you can also expect a greater level of attentiveness to God’s voice and movement!
- Practical Tips for moms:
  - Don’t force fasting if it feels like too much right now. Pray and ask God to lead you in His timing, and commit to follow
  - It can be especially hard to fast food when you are responsible for feeding a family! Choose simple meals that require little prep work (canned soup, sandwiches, frozen lasagna, chicken nuggets) to minimize direct contact with food. If possible, having your spouse or other family member take the kids out to a meal or two.
- Practical tips for explaining fasting to children:
  - Normalize it! We are Jesus-followers, and this is something Jesus taught us to do!
  - Explain that it is a spiritual discipline (exercise) that strengthens our relationship with God.
  - Ask them what they could give up in order to increase their time with and dependence on God through prayer, reading their Bible, serving, worshiping. (a type of food, a meal, an activity, technology)
  - Note: Kids are growing physically and need nourishment and fuel! For more information and ideas, access our “What is Fasting?” Rooted Kids resource at: <https://square-breeze-39512.myflodesk.com/vh3gmmphy3>

### **Scriptures Referenced**

- Psalm 139:23
- Isaiah 58
- Matthew 6:16-18