



## MORE ABOUT FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

### WHY YOU SHOULD FAST

- *Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.*
- *Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.*
- *Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”*
- *Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.*
- *The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!*
- *Fasting can transform your prayer life into a richer and more personal experience.*

### TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

#### **COMPLETE FAST**

In this type of fast, you drink only liquids, typically water with light juices as an option.

#### **SELECTIVE FAST**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.



## **PARTIAL FAST**

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

## **SOUL FAST**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## HOW TO PREPARE YOURSELF SPIRITUALLY AND PHYSICALLY

### **SPIRITUAL PREPARATION**

Pray! In preparation for this special time with God, I strongly urge you to examine your heart, and detect any unconfessed sin. In your prayers, confess not only obvious sins, but less obvious ones as well, things you’ve done that you shouldn’t have AND things you should have done but didn’t.

### **PHYSICAL PREPARATION**

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.

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*If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that “last big feast” before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.*

## WHAT’S THE POINT OF FASTING?

Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. Long times of prayer and reading God’s Word will be very essential if you are to enter into a more intimate communion with God to maintain your fast to its completion. While fasting, if you dissipate your energy on numerous errands or busy-work to the neglect of spending special time with God, you will starve both physically and spiritually. You will find yourself becoming discouraged and frustrated with your fast instead of being benefited and uplifted and blessed. I don’t want that to happen to you.

The more time you spend with God in fellowship, worship, and adoration of Him, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer and the more meaningful your fast will be.

