

“What Does the Bible Say About Fasting?”

What is fasting? To voluntarily stop eating food or certain foods for spiritual purposes; spiritual fasting is the most powerful form of prayer.

Why do Christians fast? #1 reason; obedience to His Word
Matthew 6:16. . . “When you fast. . .”

What are some of the benefits of fasting?

1. Sharpens your focus on God
2. Reveals hidden sin in your life
3. Victory over strongholds (continual pattern of sin-known and unknown)
4. Gives specific direction for your life (puts you in a position to hear God’s voice clearly)
5. Pursue brokenness and be used greatly by God
6. Experience deep communion with God and filling by His Holy Spirit
7. Repairs, restores, rebuilds broken relationships

When should you fast? Only when God leads-prompted by His Holy Spirit. Your fast may be private or called by your church or other ministry.

What type of fasts are chosen most often?

1. Normal fast (Matthew 4:2) water, no food (sometimes juice)
2. Partial fast (Daniel 10:3a NIV- “I ate no choice food, no meat, no wine touched my lips.” A Daniel fast allows a great many variations which have been tried with blessings and benefits, especially for a beginner or a sick person. No choice foods consist of any dessert, treats or goodies with sugar, or foods with heavy fats. No meat means no meat, chicken, or fish.

***God will meet you wherever you are in fasting, whichever fast you try.

Are you homesick for more of God? We all must come to the place in our lives that we are homesick for more of God. He has created us to worship Him, to fill our lives with more of Him. Our culture is filled with distractions and will pull you away from a deeper relationship with God. Fasting will pull down power from heaven and set your heart on fire for Jesus. The birthplace of Christian fasting is homesickness for God.

Through prayer and fasting you can fulfill your purpose and God’s will for your life. You can be the instrument God uses to change your family, your country, and our world. I challenge you to set aside part of a day, a full day or days to pray and fast as the Holy Spirit leads. God bless you as you seek Him.

Dr. Ann Allen Salter (Matthew 6:33)
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