

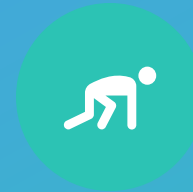
Content



What is Fasting



Principles of Fasting



Types of Fasting



Spiritual & Natural Benefits



1-40 days of fasting journey



Fasting Expectation



Strategies of Fasting & Praying

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WHAT IS FASTING ?



What is Fasting

- “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” Matthew 6:16-18 NKJV
- “The disciples of John and of the Pharisees were fasting. Then they came and said to Him, “Why do the disciples of John and of the Pharisees fast, but Your disciples do not fast?” And Jesus said to them, “Can the friends of the bridegroom fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. But the days will come when the bridegroom will be taken away from them, and then they will fast in those days.” Mark 2:18-20 NKJV



Hebrew & Greek word for Fast



צוּם *tsoom* : to
abstain from food,
fast, cover mouth

νηστis *nestis* :
not eating,
abstinent from food

ἄσιτος *ásitos* :
without taking
food:—fasting

What Fasting is not.

Fasting is not so much about food as it is about focus.

Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.

Fasting is not about doing with- out, it is about looking within.

Fasting is an outward response to an inward attitude and cry of the inner man.

Fasting is not earning an answer to prayer. God cannot be blackmailed by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God's answer.

Fasting is not just missing a meal.

Fasting is not dieting.

Fasting demands replacing meals with the reading of the word and prayer.

Fasting demands dedicating time for meditation.

Fasting requires spending much time in the word

Why is Fasting Necessary?



Through Fasting, we can improve our effectiveness in the things of the spirit.

Fasting helps to sharpen our ability to receive or hear from God.

Fasting can be a vehicle to effect dramatic and urgent change.

How to prepare for a fast

