

## When You Fast... 9/27/20

A spiritual fast involves abstaining from food while focusing on prayer. In place of mealtime, devote ourselves to prayer.

Fasting requires self-control and discipline as one denies the natural desires of the flesh. During spiritual fasting, the believer's focus is removed from the physical things of this world and intensely concentrated on God. Put differently, fasting directs our hunger toward God. It clears the mind and body of earthly attentions and draws us close to God. So, as we gain spiritual clarity of thought while fasting, it allows us to hear God more clearly. Fasting also demonstrates a profound need for God's help and guidance through complete dependence upon him.

For medical reasons, some people may not be able to fast from food altogether. They may choose to abstain only from certain foods, like sugar or chocolate, or from something other than food. In truth, believers can fast from anything. Doing without something temporarily, such as television or soda, as a way of redirecting our focus from earthly things toward God, can also be considered a spiritual fast.

### Give it a try for yourself...

If there is a medical reason for you to NOT fast from food, think of something that will be a challenge for you to abstain from... that will be a true sacrifice for you.

### Pray.

Pray that your fast will glorify and honor God.  
Honor him before you begin.

### Start small.

- Fast from sunrise to sundown.
- Every time you feel the urge/craving for the thing you are abstaining from, take a moment to pray & listen.
- Pay attention to what thoughts/feelings begin to surface within...

### Resources. (Click the links to learn more)

[Cru - Fasting](#)

[Daniel Fast...](#)

[Christian Broadcasting Network – Fasting...](#)

## When You Fast... 9/27/20

Do you want to live the greatest life you could possibly live?

### FASTING

#### What?

#### Why?

1. \_\_\_\_\_ - “When you fast...”

2. A means of \_\_\_\_\_ & \_\_\_\_\_  
Helps us “step into” the place...

3. Can bring breakthrough in life that...

We are too accustomed to \_\_\_\_\_

4. Brings healthy \_\_\_\_\_

#### Before how...

#### How?

1.

2.

3.