

# Wondering about fasting?

## Some helpful insights

- ***Bottom line... why fast?***

Fasting can help us become “God’s best version” of ourselves, as we’ve been encouraged to do in church the last several weeks. It helps us open our lives up to God... think differently... abide in Christ... break free from strongholds... and helps us “do life” together! Fasting with the right spirit and attitude develops closer unity with God. By focusing on our spiritual man instead of our physical one, he is nourished and strengthened, enabling us to be better attuned to God.

Some of the most pressing reasons to fast is often for spiritual renewal, or ‘revival’. *Will you not revive us again...” (Psalm 85:6)* It also reveals our heart attitude, spiritual hunger and longing for His righteousness and presence, which He’s promised to satisfy. *“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Matthew 5:6)*

- ***We reap amazing spiritual benefits!***

Spiritual fasting enables us to truly connect with God, which in turn can empower us to become more like Christ and be salt and light to family, friends and our communities.

World systems are failing. Frightened people are looking for answers and hope. Christ provides both. Humble fasting better enables us to introduce others to Him so God’s Spirit can work in their hearts and lives.

As we humble ourselves and seek God through fasting, our spiritual man is made stronger and our spiritual senses more acute. The apostles and disciples practiced this principle, and through fasting and prayer God gave them insights, direction and wisdom that helped changed lives and the world. As Christians this same principle holds true for us today!

- ***Helpful tips***

Your spiritual fast is between you and God; you are making the commitment to Him. The length of time and what you fast from can vary each time you fast too. We’re suggesting this coming fast be a 12 or 24 hour one.

For health reasons, some cannot totally abstain from food. God understands! While some do a total fast from solid food they drink a little juice during the day, while others abstain from all nourishment. Prayerfully consider what you are able to do, then follow *God’s* lead!

While fasting, keep your mind and heart on Him as much as possible. Most find it’s a great time to receive nourishment from the Word, and to spend valuable time with Him as they’re refreshed through personal prayer.