

IS FASTING ISN'T

- An individual choice to abstain from food, drink, and/or other fleshly gratifying things for a period of time in order to **seek God**.
- A way to turn down the noise of the world so that we can **better hear the voice of God**; fasting helps us let go of the things of the world and grab hold of the things of Jesus.

- A religious obligation to fulfill. It's not about what you are letting go, but taking hold. It is turning from what grips your soul to **embrace Jesus more fully**.
- Paganistic arm wrestling to get God to do what we want. **We do not manipulate God** through sacrifice or self-denial. Fasting does not earn us bonus points with God.

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FASTING

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WHY?

Fasting reminds us that we are not simply physical beings but spiritual beings. We **set aside physical comforts** and pleasures to focus on the nourishment only God can give.

WHEN?

We fast when in need of revival, change, confusion; need for direction, divine intervention, breakthrough, healing (of any kind), and **a desire for closeness & intimacy with God**.

WHAT?

It is often most stretching to your faith and intimacy with the Lord to fast from something you typically cling to tightly. **Fasting is an excellent way to identify idols** in your life or where you turn for comfort rather than turning to Jesus.

Some common things to fast from:

- **Food:** Processed Sugar, Meat, Fast Food, Coffee or Soda, Alcoholic Beverages
- **Entertainment:** Podcasts, Music, Sports, Video Games, Television, Social Media
- **Social Activities:** Shopping, Dating

A DAY OF FASTING EXAMPLE

MORNING

The time you spend with the Lord first thing sets the tone for the entire day.

- Begin your day in praise and worship, listen to music or read the Psalms.
- Focus on reading and meditating on one book of the Bible.
- Pray and invite the Holy Spirit to examine and search your heart and life.

MIDDAY

Use your lunchtime to check in with God and realign your will with His.

- Read and meditate on Scripture.
- Take a short prayer walk.
- Meet up with others who are fasting to pray, read Scripture & worship.

EVENING

End your day in unhurried time with God.

- Avoid outside distractions such as television, internet, or social media.
- Spend time physically on your knees in prayer alone in a closed room.
- Reflect on your fasting experience, writing your thoughts in a journal.

PLANNING YOUR FAST

WHY are you fasting? _____

WHAT will you fast? _____

WHEN will you fast? _____ How Long? _____

WHO will you partner with? _____