

What is Fasting?

Make the Sacrifice Meaningful not Miserable

Fasting – The willful abstaining from natural pleasures for a spiritual purpose.

You are looking for something higher than the natural. God I want you so bad that I will deny earth to taste heaven.

Fasting is the personal commitment to renounce the natural, and evoke the Spiritual. It's very specific, its motivation is clear and clean.

Fasting is also the dedication to a period of time to devote oneself to spiritual priorities and prayer without food.

- ❖ Fasting is not just missing a meal.
- ❖ Fasting is not dieting.
- ❖ Fasting demands replacing meals, or natural pleasures, with the reading of the Word and prayer.
- ❖ Fasting demands dedicating time for meditation.
- ❖ Meditation is a type of prayer but it's speechless. We listen more than we talk.
- ❖ Fasting requires spending much time in the word.

Benefits of Fasting

- ❖ Spiritual discipline
- ❖ Increased spiritual capacity
- ❖ A clear sober mind
- ❖ A pure heart and mind
- ❖ Hunger for God and his Word
- ❖ Physical health
- ❖ Loss of excess weight
- ❖ Purifies the body
- ❖ Gives you spiritual freedom
- ❖ Gives you physical freedom
- ❖ Spirit of giving
- ❖ Your light shines
- ❖ Protection by God
- ❖ Answers to prayer
- ❖ Intimacy with God
- ❖ Increased retention capacity
- ❖ Gives you spiritual sensitivity

Effects of Fasting

- ❖ Fasting changes us. It doesn't change God.
- ❖ Fasting does not move God. Fasting moves you into better positing.
- ❖ Fasting increases our spiritual capacity. Fasting breaks habits and spiritual bondage
- ❖ Fasting quiets the heart to hear God Better
- ❖ Fasting brings glory and intimacy to God.

Please consult with your physician prior to starting a fast or new exercise regime.