

# FASTING

## What is a fast?

To abstain from food or drink for a period of prayer and consecration. In lieu of food, some have fasted from other things to which they have a strong attraction i.e. shopping, television, other activities, etc. It is a disciplining of the flesh. **It is not a diet or a way to lose weight.**

## What does fasting do?

“The short answer to this question is that fasting draws us closer to God” – Jentezen Franklin

It allows us to focus our attention on God. When fasting you must combine prayer and meditation with the discipline of abstention. Fasting help sensitize our spirit to the authority and power of God. Jesus said “my sheep know my voice...” Fasting helps us to hear God’s direction. It gives us increased assurance of the authority/power of God operating in our life. It helps us to win the victory over generational curses, bondages, habits, sickness, attitudes, and any other weight or sin that so easily beset us. [Read Isaiah 58: 6- 11]

## Who should fast?

“And Jesus said to them, **“Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.”** Matthew 9:15 NKJV

Every believer as a follower and friend of Jesus Christ should fast. It helps us with our growth in becoming obedient to the teaching of scripture.

## How often should we fast and for how long?

Christians should fast as often as they feel the need to do so. There are Corporate Fast that are usually called by a leader/authority and is agreed to by a particular population for a specific period. There are also Individual Fast that are declared and kept by a single person as often as desired/required.

Fasting can be for any amount of time that one decides. I recommend that you start with a time period that you believe you can keep easily and then grow to longer periods. The longest recorded period in the scripture is 40 days.

NOTE: During your fast be sure to drink plenty of water. No need to discuss your fast with others.

I commit to fast from March 1, 2017 to April 14, 2017

The reason I am fasting:

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I am fasting from the following:

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The results of my fast:

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