

Fasting Guide

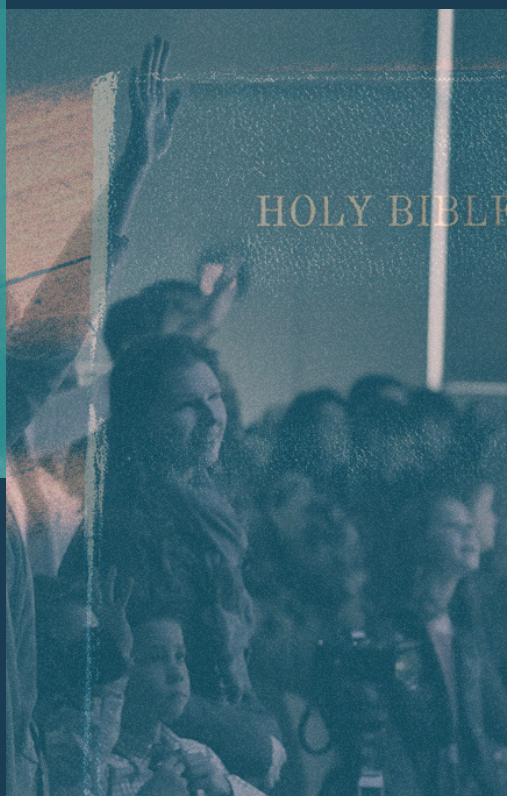
Focus on creating
intimacy with God
by recognizing your
dependence on Him.

— What is fasting?

*The deliberate
abstinence from
physical gratification
for a greater spiritual
goal.*

— Why fast?

*To humble ourselves
before God by
denying ourselves and
making the eternal
more important than
the temporary.*



cpResources

How do you fast?

When we see fasting in scripture, commonly it involves food. The Bible doesn't clearly give us guidelines for what we can and cannot eat during a fast. The focus is on what God is teaching us as we pray and depend on Him.

Typically, a fast is when only water is consumed. A partial fast is when some foods are restricted.

When considering a fast, ask this question, "What can I remove from my life for a season in order to make more space for prayer?" For instance, you may want to fast from food, social media, TV, or a certain activity that is a part of your daily routine.

For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

Romans 14:17

Scripture to consider as you fast:

Isaiah 58:11

Matthew 4:4

Matthew 5:6

Matthew 6:16-18

Matthew 9:14-17

Mark 11:24

2 Corinthians 12:9

As I fast, I am praying for . . .
