

# FASTING GUIDE

*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

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## What is fasting?

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

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## Why fast?

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

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## 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.

