

WHAT IS FASTING?

Fasting is voluntarily abstaining from something (usually food) for spiritual purposes.

WHAT IS THE PURPOSE OF FASTING?

The primary purpose of fasting is to focus on God and to center our attention on Him. In doing so, we honor God (Zechariah 7:5).

- Outer fasting is to lead to inner prayer, worship, and devotion.
- Fasting is not for personal glory or any other selfish motives (Matthew 6:16-18).
- Fasting can reveal non-essential things that control us and take precedence over God in our lives (1 Corinthians 6:12).
- Fasting can bring wisdom and revelation (Acts 13:2).
- Fasting can help our physical well-being (Daniel 1:12).
- Fasting can aid in concentration.
- Fasting can help bring freedom for those who are in addiction or bondage.

WHAT ARE SOME REASONS FOR FASTING?

- To seek God for more of Himself in our lives.
- To be restored and refreshed with our first love for God.
- To ask God to cleanse and purify us and our church.
- For the outpouring of the Holy Spirit on our church and our region.
- For God's anointing, blessing, and power on our church services, small groups, prayer meetings, and community outreaches.
- For God to restore a hunger for souls and to give us fresh evangelistic fire.
- For healing, salvation, and blessing on our family and friends.

WHAT ARE THE DIFFERENT TYPES OF FASTING?

- Absolute Fast (Full Fast): Abstaining from both food and water for a period of time (Exodus 34:28, Esther 4:16).
- Normal Fast: Abstaining from food and only drinking water for a period of time (Nehemiah 1:4).
- Daniel's Fast (Partial Fast): Abstaining from certain foods and drinks for a certain period of time (Daniel 10:2-3).
 - Limit the types of food (usually only fruit, water, and juice).
 - Limit the amount of food (smaller portions than normal).
 - Limit the frequency of when you eat (less "meals" and snacks).

WHAT ARE SOME MORE RESOURCES ON FASTING?

[7 Basic Steps to Successful Fasting and Prayer - Dr. Bill Bright](#)
[Fasting 101 Questions - Jentezen Franklin](#)