



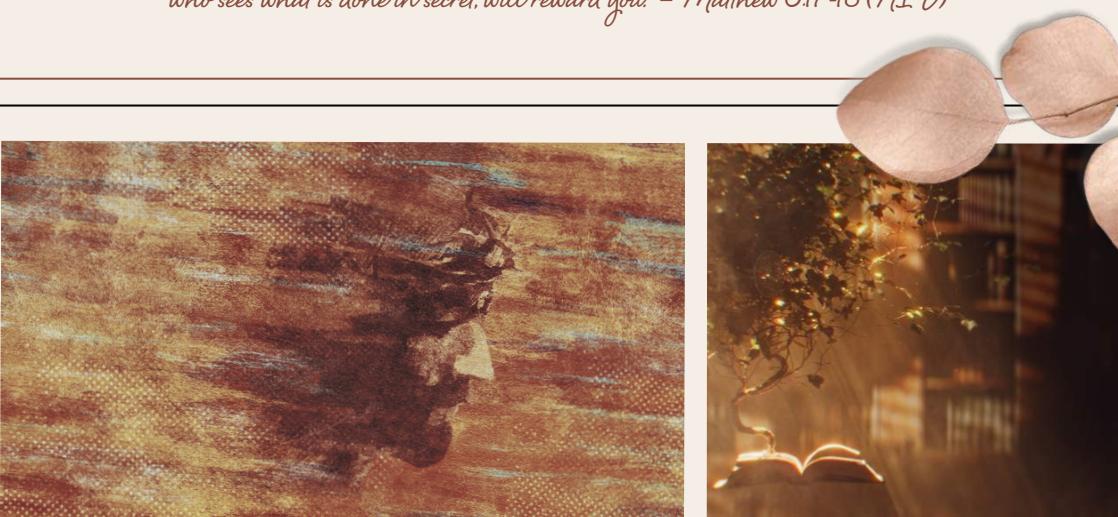
*A Guide to Understanding & Practising Fasting*

# FASTING

## A SPIRITUAL DISCIPLINE

Fasting is a powerful spiritual practice that helps us align ourselves with God's renewal of all things. It is more than just abstaining from food—it is a time of focused prayer, seeking God's presence, and aligning our hearts with His will.

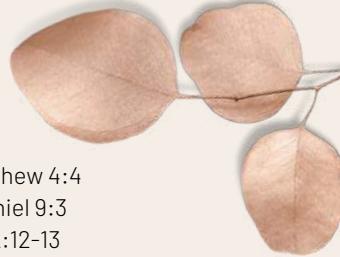
*"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." — Matthew 6:17-18 (NIV)*





## WHY WE FAST

- To seek God's guidance – Acts 13:2-3
- For spiritual renewal – Isaiah 58:6-9
- To express dependence on God – Matthew 4:4
- To deepen prayer & intercession – Daniel 9:3
- To repent & humble ourselves – Joel 2:12-13



## WHY WE DON'T FAST

- To impress others; fasting is between you and God, not for public recognition (Matthew 6:16).
- To earn God's favour; grace is a gift, not a reward for fasting (Ephesians 2:8-9).
- To lose weight; while fasting may have health benefits, its primary purpose is spiritual.
- If it harms health; some medical conditions make fasting unsafe.



## HOW WE FAST

1. Choose a type of fast:
  - Complete fast – abstain from all food and drink, only water.
  - Partial fast – avoiding specific foods (e.g., Daniel Fast).
  - Intermittent fasting – fasting for set hours in the day.
  - Non-food fast – fasting from distractions (social media, entertainment).
2. Pray & seek God's purpose for the fast.
3. Stay hydrated & use wisdom.
4. Break the fast gently by eating small amounts of food.
5. Maintain a heart of worship & repentance.



## WHAT WE FAST FROM

- Food & drink (e.g., sugar, caffeine, meat, full meals).
- Media & technology (e.g., social media, TV, news).
- Luxury & comforts (e.g., shopping, entertainment).
- Negative habits (e.g., gossip, complaining).

**IMPORTANT:** If you are on medication or have health conditions, consult your doctor before fasting.

*Let your fast be an act of worship, a time of renewal, and a step closer to God's presence.*