

SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says **Matthew 6**.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

BIBLICAL FASTING FOCUS

1 TIMOTHY 2:1-2 "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

ROMANS 12:1 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."

MATTHEW 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

ISAIAH 58:6 "[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

We want to encourage you to target your prayers during the fast. We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer.

We believe that, as we pray and seek God and give Him our best, He will bless our lives! (**Matthew 6:33**)

<http://www.jentezenfranklin.org/fasting/fastingbasics.php>