



CROWTHORNE  
BAPTIST  
CHURCH

## FASTING

Fasting is a practice found throughout Scripture. It is mentioned over 50 times within the old and new testament. A fast in the Bible is usually voluntary, total abstinence from food for a set time for the purpose of devoting oneself to seeking God and focusing our minds and bodies for a spiritual reason.

We are encouraged by Jesus himself who knew that we would have reasons to fast. In Matthew 6:16 He said "and when you fast". Jesus himself fasted to get closer to the Father. He spent time in His presence with an intentional heart.

We should always have a clear idea of the need and purpose for the fast.

There are many reasons why we fast, it can be to seek God's guidance, to get close to him and to hear his voice. Moses fasted for God's direction and we also see the need for fasting in Judges 20:26. "Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord"



It is a humbling discipline that all Christians should consider within their Christian walk. When we fast, we willingly deprive our body of a meal or meals. The physical weakness caused by lack of food is used by God to remind us of our need for him and his provision.

While our bodies are being deprived for the purpose of drawing near to God, He will draw near to us. As we decrease, the Spirit increases. And as we fast and spend time in his presence God becomes the source of our strength.

What might my fast look like?

- One meal a day
- No food
- No Facebook
- No television
- Choose what gives you pleasure.

Remember, it is important to keep ourselves hydrated so drink plenty of water.

What if I cannot fast from food for medical reasons?

It is important that for medical reasons you do not put your health at risk we need to be responsible where our health is concerned. So, instead you could choose something else that you take pleasure in doing and replace that time with time in God's presence. It could be from television, Netflix, Facebook, the internet or even a hobby.



Remember we substitute food or something else for time with God in prayer and in God's word. It is an intentional thing we do to hear from God.

For more information on fasting, feel free to head to the 24-7 Prayer website. [www.24-7prayer.com/fasting](http://www.24-7prayer.com/fasting)