

The Biblical Basis for Fasting

May 4, 2026

Fasting is a spiritual discipline that, although not included in the Word as a requirement for believers, is an opportunity for each of us to draw closer to God, and to seek His direction and protection, and a closer reliance on and relationship with Him.

Prayer is often connected with fasting in the bible. Fasting appropriately accompanies prayer in a variety of situations:

- In times of intercession (Nehemiah 1:4; Esther 4:3)
- As worship (Luke 2:37; Acts 13:2)
- In seeking guidance (Acts 14:23)
- In repentance (Jonah 3:3-8)

In each of these situations, there are several benefits from fasting, all of which affect our relationship with God:

- Fasting increases our sense of humility and dependence on the Lord (Psalm 35:13)
- Fasting is a continual reminder that, just as we sacrifice personal comfort to the Lord by not eating, so too, we must continually sacrifice all of ourselves to Him (Romans 12:1)
- Fasting expresses an earnestness and urgency in our prayers.

Believers find strength in praying and fasting together as a way to surrender our personal desires to create space for Holy Spirit to align our hearts with the Lord.

As we, united in our love for the Lord, journey through the many seasons of our church, we will grow closer to our Lord and Saviour, and to each other, as we seek His face and His will in every aspect of our worship and our service to Him.

We encourage you to join us in prayer and fasting as we grow together.

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