

GUIDE TO FASTING

First Time Fasting? A Simple Guide

What Is Biblical Fasting?

Biblical fasting is voluntarily giving up food (or something significant) for a period of time to seek God more intentionally through prayer, His Word, and worship. Fasting doesn't earn God's favor, it helps us focus our hearts on Him.

"When you fast..." Matthew 6:16

Jesus assumed His followers would fast.

The Purpose of Fasting

Fasting is about drawing closer to Jesus, not simply going without food. During your fast, ask God to:

- Deepen your relationship with Him.
- Reveal areas where you need repentance.
- Increase your dependence on the Holy Spirit.
- Give you wisdom and direction.
- Help you grow in love for God and love for people.

"Draw near to God, and He will draw near to you." James 4:8

Different Types of Fasts

Complete Fast

- Water only for a specific period (only if physically able).

Partial Fast

- Limit certain foods or eat only at specific times of the day.
- Example: The Daniel Fast (Daniel 10:2-3).

Selective Fast

- Give up a particular food or drink (such as sweets, caffeine, or meat).

If you have medical conditions, are pregnant, nursing, or take medications, consult your doctor before fasting. You may choose to fast something other than food.

What Should I Do While Fasting?

Replace the time you would normally spend eating with time spent with God.

- Read Scripture.
- Pray throughout the day.
- Worship.
- Journal what God is teaching you.
- Listen for the Holy Spirit's leading.
- Pray for others.

Remember: Fasting without prayer is simply dieting.

When You Feel Hungry

Let every hunger pain remind you to pray.

Instead of saying, "I'm hungry," Pray, "Jesus, You are my true satisfaction."

"Man shall not live by bread alone, but by every word that comes from the mouth of God." Matthew 4:4

Before You Begin

Pray this simple prayer: "Lord Jesus, as I fast, help me seek You above everything else. Reveal more of Yourself to me, transform my heart, and help me become more like You. May this fast bring You glory. Amen."

Remember

- This is not about perfection.
- This is not about impressing others.
- This is about pursuing Jesus.

If you miss a meal, struggle, or have to stop for health reasons, don't quit seeking God. Continue praying and spending time in His Word.

The goal of fasting is not to get more from God—it is to know God more.

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." Matthew 5:6

A Final Encouragement

As you fast, expect God to work, not because of your sacrifice, but because of His faithfulness. Come with a humble heart, trust His timing, and remember that the greatest reward of fasting is not answered prayer, but a deeper relationship with Jesus Christ. May these days draw you closer to Him and strengthen your faith as you walk with Him each day.