



SPIRITUAL PRACTICES: FASTING

A. WHAT is Biblical Fasting?

- Biblical Fasting = abstaining from food for spiritual purposes.
- 3 Types of Fasting:
 1. Absolute Fasting - No food or water for an extended period.
 2. Normal Fasting - No food for an extended period (but water is consumed).
 3. Partial Fasting - Abstaining from particular food/drink for a period of time.

B. WHY Should I Fast?

- Restores Balance
- Magnifies God/Quiets Our Flesh
- Spiritual Spring Cleaning
- Prepares Us For New Seasons

C. HOW To Fast.

1. Plan Your Fast (day/duration) & Commit
2. Remember The Purpose Is God
 - Read Scripture in the AM & PM
 - Spend mealtimes with God
 - Prepare and pack a prayer list
 - Have a journal or take notes on your phone during the fast
3. End the Fast With Prayer and Ease Back Into Eating

D. Additional Fasting Resources

- *Celebration of Discipline* by Richard Foster
- *Fasting* by Jentezen Franklin
- *Beautiful Resistance* by Jon Tyson

Questions or want to share your fasting testimony? Email me at leland@monterey.church

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6