

Fasting

You connect with God through fasting. When you deny your flesh and feed your spirit, you feel closest to God. When you fast, you are resetting your appetite on the things of the Spirit. This spiritual discipline awakens your sensitivity to hear God's voice, see what He wants to show you and be led into the things He is calling you to. Fasting creates a supernatural faith and a spiritual strength. You intentionally withhold your desires to draw closer to God. Fasting is not just abstaining, but it is filling yourself up with the things of God. Like Daniel, you are resolved to not be filled with things of the world, but full of the Holy Spirit. When you intentionally withhold (whether it is entertainment, social media, food, etc.), you are able to set distractions aside to fully lean into what God is saying in clarity.

TYPES OF FASTS:

- Water Only Fast (Jesus, Moses, Elijah)
- Partial Fast (Daniel)
- Full Fast (Esther)
- Liquid Fast (juicing)
- Sex fast for Married Couples (1 Corinthians 7:5)
- Corporate Fast (All Israel)
- Fast Anything! (TV, Social Media, Spending, etc. / Whatever the Lord puts on your heart to fast)
- Weekly, Monthly, Yearly Fasts

Suggested Activities

- Ask yourself, "What do I need to give up to connect with God?" "What is keeping me from a deeper connection with God?"
- Ask the Lord what to name your fast and what to expect. Put a demand of faith on your fast!
- Ask God what to fast (food, media, entertainment, etc.) and reset your appetite to hunger and thirst for Jesus.
- Ask God how long you are supposed to fast.
- Have a fasting journal. Document what you are praying about, what you are hearing God say, and the breakthroughs that happen after the fast.

- Be obedient, but also wise in your fasting! You can learn to grow in fasting whether it's meals, days, weekends, weeks, or extended fasts.

Encouragement

Without prayer, it's just a diet. While you are withholding entertainment, social media or food, be intentional about filling yourself up with the Lord through prayer, worship and reading your Bible. It is not a fast unless you lean into your daily personal encounters with God. Jesus was tempted when He was fasting. This is why it is important that we daily encounter Him while we fast. Take time to be with the Lord outside of your typical

discipline and agendas for no other reason than to be with Him and to hear what is on His heart. Don't allow shame to settle in if you break your fast before it's over—you can restart and keep going! Jesus responded to attacks from the enemy with the Word of God. When you fast, fill yourself up with His Word. Be cautious of boasting while you are fasting, but if someone asks if you are fasting you can answer. Don't be weird about it! Pursue humility while you fast, because fasting opens doors that no man can open. Jesus began His ministry by fasting. Fasting gives you access to His throne, and breakthrough comes after the fast.

SCRIPTURE

Deuteronomy 9:9-11, Esther 4, Ezra 8:21-23, Psalm 16:11, Psalm 40, Isaiah 40, Isaiah 58, The Book of Daniel, Matthew 4:1-11, Matthew 6, Matthew 9:14-17, Matthew 17, Luke 4, Galatians 5

BOOKS

The Jesus Fast by Lou Engle
Fasting by Jentezen Franklin