



A Brief Note On Fasting

Fall 2011

What is fasting? “Fasting” is abstaining from food for spiritual purposes. As you pursue God’s desire in your life, consider a time of prayer and fasting. If you are a part of Discovery, consider praying and fasting on behalf of our church and ministry during the month of January.

Why fast? Fasting is a discipline that reveals the things that control us. When we feel our need for food, we recognize our ultimate need for God. As Jesus said in *Matt. 4:4*, “*Man does not live on bread alone, but on every word that comes from the mouth of God.*” In fasting, we recognize our dependence on God. It is a discipline that often humbles us and gives us the proper view of God, and God often meets us in such a position of humility. For some Biblical examples of fasting, see *Ezra 8:21-23*; *2 Chron. 20:1-4*; *Esther 4:16*; *Daniel 10:3*; *Luke 2:37*; *Matthew 4:1-11*; *Matt. 6:16-18*; *Acts 13:2-3*.

How do I fast? Consider one of the following:

- ▶ I will give up _____ food or drink for the week or month.
- ▶ I will fast one 24-period a week for one month.

Our fasting is not meant to be suffering, but to be focusing. When our thoughts drift to food or drink we are abstaining from, it is a reminder to depend on God for all things. We turn to prayer and Scripture to seek Him.