



JOURNEY *into* Deeper Prayer



Fasting: How and why should we be fasting as Christian?



Read - Matthew 9:14-17 and Matthew 4:1-2.

Listen to the Message "Fasting: How and why would should be fasting as Christians.?" (3rd September 2023) at www.elim.family/media

Why Fast?

Fasting is a powerful spiritual discipline observed by Jesus Himself. It focuses us on God, humbles us, strengthens our self-control, and shows God our sincerity. Let's explore how fasting can deepen our relationship with Him.

Benefits of Fasting:

1. **Focus on God:** As we fast, our attention shifts from ourselves to God. We set time aside to listen to His voice and seek His guidance.
2. **Humbling Ourselves:** Fasting demonstrates that God is more important than physical needs. We declare our dependence on Him.
3. **Resisting Fleshly Desires:** Fasting teaches self-control and helps us say "no" to our desires, training us to follow God's will.
4. **Sign of Commitment:** Fasting shows God that we're serious about our faith and eager to see His work in our lives.

How to Fast:

1. **Choose What to Fast:** Consider fasting from food, ideally, but if not possible due to health reasons, try a Daniel fast (limited foods) or even fasting from essential technology.
2. **Set a Time Frame:** Decide on the duration of your fast, even if it's a shorter period like between breakfast and dinner.
3. **Prayer and Worship:** Spend extra time in prayer, worship, and reading the Bible during your fast. Use moments of hunger as reminders to pray.
4. **Journal Your Insights:** Write down any thoughts, impressions, or messages you receive from God during your fast.
5. **Be Prepared:** Expect challenges—hunger, irritability, cravings—but remember that sacrifice leads to spiritual growth.

Fasting is a personal journey of spiritual growth. As you practice fasting with the right heart, you'll draw nearer to God, gain self-discipline, and experience transformative encounters with Him. Jesus fasted, and He invites us to do the same, knowing that it can elevate our faith and deepen our connection to Him.

Why not embark on a fasting journey? Start small, stay prayerful, and observe how fasting enhances your spiritual walk. It's a challenge worth undertaking to experience God's presence in a new and profound way.