

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



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*A Journey into Deeper Prayer*

*Some have exalted religious fasting beyond all scripture and reason and others have utterly disregarded it.*

**John Wesley**

# Matthew 9:14-17

*The time will come when the bridegroom will be taken from them; then they will fast.*

**Matthew 9:15**

# Matthew 4:1-2

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*"Fasting trains our bodies to not get what they want. At least, not all the time. This is yet another reason why, in a culture so run by feelings and desire, fasting is a bizarre idea even to Christians. We assume that we must get what we want to be happy, and by want, we often mean what our flesh wants. This simply isn't true."*

John Mark Comer

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4. Sign of commitment

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2. Set a timeframe
3. Pray and Worship
4. Journal Your Insights
5. Be prepared



## Why not embark on a fasting journey?

Start small, stay prayerful, and observe how fasting enhances your spiritual walk.