

WHY SHOULD WE FAST?

GOD EXPECTS US TO FAST.

— Matthew 6:16-17

JESUS FASTED.

— Matthew 4:2

THE EARLY CHURCH FASTED

— Acts 13:3 (see also Acts 14:23)

FASTING DEMONSTRATES HUMILITY BEFORE GOD

— Psalm 35:13 (see also 1 Kings 21:27-29;
Ezra 8:21)

FASTING MAKES US SENSITIVE TO THE LEADING OF THE HOLY SPIRIT.

— Luke 4:1-2

(See also Acts 13:2, Matthew 17:21,
Mark 9:29)

FASTING BRINGS ABOUT PERSONAL AND NATIONAL SPIRITUAL REVIVAL.

— 2 Chronicles 7:14 & Daniel 9:3

FASTING IS GOOD FOR OUR HEALTH

TYPES OF FAST



NORMAL

a person goes without food for a predetermined amount of time; water is allowed and necessary



JUICE

a partial fast specifically restricted only to juices



PARTIAL

a person only eats certain kinds of food for a period of time or have just one to two meals a day



OBJECT

fasting from watching television, using social media, or using the computer outside of work or school

STARTING YOUR FAST

- Start and end your fast gradually
- Start decreasing food intake (especially food with caffeine)
- Pray for physical, mental and spiritual sustenance

ENDING YOUR FAST

- Do not immediately return to normal food intake
- Take soft food in moderation to adjust

Reminder: Consult with your doctor before you begin with your fast if you have medical concerns of disorders.