

WHAT IS FASTING?

Fasting is going without food for a season of time to spend more time in prayer and seeking God. We see this practiced multiple times throughout the Bible:

- **Daniel fasted from choice foods for 10 days.**
 - **Daniel 1:12,15 NIV** *“Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.”...¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.*
- **Daniel later fasted again for 21 days,**
 - **Daniel 10:2–3 NIV** *At that time I, Daniel, mourned for three weeks. ³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.*
- **Jesus fasted for 40 days.**
 - **Luke 4:1–2 NIV** *Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.*
- **Prior to being sent out on his first missionary journey, Paul and other believers were fasting and seeking God.**
 - **Acts 13:2–3 ESV** *While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” ³ Then after fasting and praying they laid their hands on them and sent them off.*

WHAT IS FASTING?

However you choose to fast, whether it is liquid only, going without meat and sweets, or something else, it should be a sacrifice. We also do not condone going against any of your doctor's recommendations. During this time, we also encourage you to limit all forms of media, including going without when possible.

In Matthew 6:16–18, Jesus instructs us to fast in secret, meaning the focus should never be on us or the fast we are doing. We will get the most out of fasting when we focus less about recipes and how hungry we are and more on seeking and listening to God.

“And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”