

BENEFITS OF FASTING The benefits of fasting are varied and extensive. Author Arthur Wallis points out, “While not: a foundation stone of faith, a major doctrine, or a cure-all for every spiritual ill, when exercised with a pure heart and a right motive, FASTING may provide a key to unlock doors, a window opening up new horizons in the unseen world, and a spiritual weapon of God’s providing a ‘mighty pulling down of strongholds’” (see 2 Corinthians 10:2-3). Not to mention it is a reset on what and how we treat the gift God gave us in our bodies.

WHY FAST? Author Arthur Wallis gives clarity in bringing out that while fasting was a part of Judaism, Jesus, as a Jew, stated, when challenged by John the Baptist’s disciples about Jesus’ disciples lack of fasting, the “story” of guests feasting with the bridegroom and fasting once he is gone (check out Mt. 6:2,5,16; 28:19,20 as well as 1 Timothy 6:3,4a). However, this applies beyond apostles, prophets, preachers, and leaders. Jesus took it for granted ALL his disciples would exercise obedience when led by the Holy Spirit when occasion demanded. It is notable that fasting may occur without intercession and may worship instead. (Acts 13:2). Jesus also pointed out the futility of practicing piety before men to be seen by men. As our Bridegroom/Jesus has returned to His throne in heaven, we, as His disciples will fast.

If you have **never** fasted, it is recommended to read the book **THE CELEBRATION OF DISCIPLINE**, which outlines a way to start and grow in fasting that you might experience success in drawing closer to God and the reason for which He called you to fast..

If you are on **regular medications for medical issues** or are **pregnant**, **GOD’S CHOSEN FAST**, may help you learn how to fast using a Partial Fast such as cutting sugar and caffeine, eating or not eating certain foods and still respect the medication doctor has recommended. **Always** check with your doctor first before fasting.

If you have fasted some but would like a **boost in practicalities** involved, Bill Bright’s pamphlet on **THE 7 BASIC STEPS TO SUCCESSFUL FASTING & PRAYER** may fill that gap with tips for beginning and ending a fast of 7, 21, 40 days.

If you like **tools** to help you fast and pray, Adam Mabry’s booklet **A HUNGER FOR GOD** may offer some tools for journaling during your time and “Faith Confessions” (I liked this a lot) to pray and allow the Lord to draw you out of where you are and into His heart of Love.

As Bill Bright points out in the opening of his pamphlet, 7 BASIC STEPS TO SUCCESSFUL FASTING & PRAYER, “fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world.” It also leads to deeper intimacy and understanding of the nature and person of God, Jesus, and the Holy Spirit as we follow His lead.