



FASTING GUIDANCE

Creating Space for God to Bring Freedom

WHY WE FAST

Fasting is not about earning God's favor or proving spiritual strength. Fasting is about creating space—quieting distractions so we can hear God clearly and respond fully. Throughout Scripture, fasting is connected to humility, repentance, worship, and seeking God's direction.

"Return to me with all your heart, with fasting and weeping and mourning." — Joel 2:12

NOTES:

WHAT FASTING IS AND ISN'T

Fasting IS:

- Abstaining from food to seek God with greater focus
- Weakening the flesh to strengthen the spirit
- A posture of humility and dependence on God

Fasting IS NOT:

- A diet or weight-loss plan
- A punishment or obligation
- A competition or performance

"Man shall not live by bread alone, but by every word that comes from the mouth of God." — Matthew 4:4

NOTES:

CHOOSE YOUR FAST

A Biblical Understanding of Fasting

Throughout Scripture, fasting is most often connected to abstaining from food for a set period of time in order to seek God with greater focus, humility, and dependence. Jesus assumed His followers would fast—not if they fasted, but when He said, “When you fast...” (Matthew 6:16).

“I humbled myself with fasting.” — Psalm 35:13

“While they were worshiping the Lord and fasting...” — Acts 13:2

Biblical fasting reminds us that our deepest need is not food, but God Himself. By intentionally denying the flesh, we become more spiritually aware and dependent upon the Lord.

Expanded Understanding for Today

While Scripture presents fasting primarily as abstaining from food, the heart of fasting is intentional surrender. In today’s world, people are constantly consuming—not only food, but media, entertainment, noise, and information. These distractions can dull spiritual sensitivity just as much as physical appetite.

For this reason, many believers choose to fast from various distractions—not as a replacement for biblical fasting, but as an expression of the same spiritual principle: removing what competes for our attention so we can draw closer to God.

The key question is not what you give up—but why.

A biblical fast always has a spiritual goal: to seek God more deeply, hear His voice more clearly, humble us before Him, and align our hearts with His truth.

Common Fast Options:

- Daniel Fast (fruits, vegetables, whole foods)
- One Meal a Day
- Specific Food Fast (sweets, fast food, soda)
- Sugar or Caffeine Fast
- Media or Social Media Fast
- Entertainment Fast
- Combination Fast (food + media)

If you have medical conditions, consult your doctor and choose a non-food fast. God honors a willing heart.

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