



PRAYER
WEEK OF & FASTING
AUGUST
23-30

Fasting FAQ

What is fasting?

Fasting is a time of drawing close to God by demonstrating our commitment to him, usually through a sacrifice (giving up to God) of something valuable in our world that costs us something (eg: has a time component, denies our flesh).

Fasting can be a circuit-breaker to propel us out of unhelpful habits/lifestyle rhythms or negative mindsets, and into fresh alignment with God's views, plans and will for us.

What does the bible say about fasting?

- It is not for show/to appear holy/considered a regular habit - Matthew 6:16-18
- There is an appropriate time for it - Matthew 9:14-17
- It is connected with mourning and calling out to God for help - Nehemiah 1:3-5, Esther 9:30-32
- It is associated with humility - Psalm 35:13 + Psalm 109:23-25
- It can wrongly be used as a way to try and twist God's arm whilst covering our own iniquity - Isaiah 58:1-8
- It is connected with prayer - Daniel 9:3, Luke 2:37, Acts 14:23
- It accompanies heartfelt confession of sin + repentance - Nehemiah 9:1-3, Joel 2:12
- It can bring clarity to hear from God - Acts 13:2
- Jesus did it as a way to demonstrate His dependence on his Father - Matthew 4:1-4

What are the benefits of fasting?

- It can help us focus to hear more clearly from God
- It can lead to greater humility, and a great trust and dependence on God
- It can simplify our time in our days in order for space to be silent, to wait and seek God
- It can help us re-order what is most important in our lives
- Fasting and Prayer can lead to a shift in circumstances and areas in our own lives

What can I fast?

Food/a meal/junk food OR social media/screens/TV shows/watching sport - basically anything that costs us something, that takes up time and headspace that can be given to spend with God.

How can we incorporate fasting into our devotional rhythm?

If you are getting started – 1 meal per week or 1 night of no screens

If you want to be stretched - A 24hr period of fasting each week

If you want to throw yourself into it – 1 week liquid fast or screen free, once a semester

What are some tips before, during and after a time of fasting?

BEFORE:

- Pick something that is stretching and achievable.
- Pick a time in your schedule that is most conducive and consider the effect on your loved ones.
- Plan ahead (eg: book meals with friends at a time other than the designated fasting time, decide not to exercise strenuously during this time).
- Let key people in your world know what you are doing and ask them to pray for you.

- Be clear on what you want God to say/do/show you in this time.
- Expect to receive strength, life and next steps as you wait on the Lord (Isaiah 40:31)

DURING:

- Spend the time you would usually eat/scroll/watch in prayer/worship/reading the Bible.
- Be kind to yourself – this isn't a competition.
- Journal each day and be honest with how you are tracking.
- With food fasts, acknowledge and respond to your body. If your body doesn't adjust or there is an adverse effect to fasting; eat something and seek medical assistance.
- If you're struggling (for example at 12:30pm and you're fasting food), allow the discomfort to lead us to stop and pray, receive strength to keep going, before busting the fridge door open!

AFTER:

- Pace yourself on re-entry to eatingland. Going too hard with your first meal may produce uncomfortable results.
- If you don't feel like anything happened during the time of fasting, take heart – so often the victories and shifts take place in the weeks and months after this time as God makes clear the work He has done in us during the time of fasting. Continue to stand in faith.

What are some resources for further reading on fasting?

[BOOK: Fasting – Jentezen Franklin](#)

[BOOK: The Power of Prayer and Fasting - Ronnie W. Floyd](#)

[SERMON: Jon Tyson - Hunger must be stronger than apathy](#)

[PODCAST: Feasting and Fasting - Bible Project link](#)