

# WHAT DOES THE BIBLE SAY ABOUT FASTING?

## FASTING IS DONE FOR A SPIRITUAL PURPOSE

Biblical fasting is not done for health reasons or for personal evaluation; biblical fasting is strictly for spiritual purposes. The bible declares that Jesus is the bread of life and whoever comes to him will never go hungry. Not physically hungry but spiritually. The same desire for food we experience in fasting is the desire we should feel for the Bread of Life when we experience spiritual hunger. (John 6:35)

## FASTING WITH HUMILITY

Fasting humbles ourselves before the Lord. The bible tells us that they fasted humbly, prayed fiercely and God answered. (Ezra 8:21-23)

## THE GOAL OF FASTING?

Fasting allows us to seek God's direction, find humility, for freedom from oppression, and allows us to return to God with repentance.

## HOW SHOULD WE FAST?

The bible tells us that when we fast we should not look gloomy. We shouldn't be fasting to gain acknowledgment from man but instead we fast in secret because Matthew tells us that fasting done in secret will be rewarded by God. Fast with humility and joy. (Matthew 6:16-18)



# BEYOND BEAUTIFUL

## FASTING DENIES THE FLESH

Paul states that we are ruled by our stomachs, implying we are ruled by the flesh and if we are being ruled by the flesh we're not giving glory to God. Fasting denies the flesh and allows us to glorify God. (Philippians 3:19)

## ACTS 3:2-11

## FASTING GIVES US SPIRITUAL FREEDOM

In Isaiah the bible tells us that fasting can loose the bonds of wickedness. This tells us that fasting can be responsible for freeing us from the oppression of this world and shows us the desires of God. (Isaiah 58:6)

## FASTING DRAWS US CLOSER TO GOD

God instructed the people of Israel that fasting is a tool that can draw us closer to God. In fasting we render our hearts to God giving us a deeper relationship with Him. (Joel 2:12)

## BEYOND BEAUTIFUL WEEKEND

GENERATIONS CHURCH