

NOW IS THE TIME
Mark 2:18-22

“...on that day they will fast.”
Mark 2:20

Fasting is for every follower of Jesus.

Fasting is one of the most powerful spiritual weapons believers can use, yet many Christians have never experienced it. Fasting with prayer is the quickest way to get your life attuned to what God wants to do through you. There is a closeness to God that you simply will not experience from prayer or personal devotions alone. You must fast.

Pray and fasting will help a disciple of Jesus to:

- Come into agreement with God’s will.
- Come into alignment with God’s purposes.
- Deepen in confidence to carry out our divine assignment.

The tendency of fire is to go out; watch the fire on the altar of your heart. Anyone who has tended a fireplace fire knows that it needs to be stirred up occasionally.

–William Booth, Founder of the Salvation Army

Sources: Awakening: A New Approach to Faith, Fasting and Spiritual Freedom, Weem Stovall.
Fasting for Spiritual Breakthrough, Elmer Towns.

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