

OK

**I'M FASTING...**

...NOW WHAT?

## WHAT IS FASTING?

**FASTING IS A BIBLICAL DISCIPLINE OF DENYING YOURSELF FOOD (OR SOMETHING ELSE) IN ORDER TO HONOUR GOD AND CONNECT WITH HIM. FASTING HELPS US TAKE A BREAK FROM THE DISTRACTIONS OF THE WORLD TO INTENTIONALLY CONNECT WITH GOD. IT IS IMPORTANT TO REMEMBER THAT BIBLICAL FASTING IS ACCOMPANIED BY SPENDING TIME WITH GOD THROUGH PRAYER AND SCRIPTURE. FASTING WITHOUT PRAYER IS JUST STARVING OR DIETING.**

FIRST LINE IN OUR DEFINITION:

**FASTING IS A BIBLICAL DISCIPLINE OF DENYING YOURSELF  
FOOD (OR SOMETHING ELSE) IN ORDER TO HONOUR GOD  
AND CONNECT WITH HIM.**

SECOND LINE IN OUR DEFINITION:

**FASTING HELPS US TAKE A BREAK FROM THE  
DISTRACTIONS OF THE WORLD TO INTENTIONALLY  
CONNECT WITH GOD.**



THIRD LINE IN OUR DEFINITION:

**IT IS IMPORTANT TO REMEMBER THAT BIBLICAL FASTING IS ACCOMPANIED BY SPENDING TIME WITH GOD THROUGH PRAYER AND SCRIPTURE.**

LAST LINE IN OUR DEFENITION:

**FASTING WITHOUT PRAYER IS JUST STARVING OR  
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**WHY IS PRAYER & FASTING IMPORTANT AND WHY SHOULD  
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- PRAYER & FASTING HELPS US TAKE THE FOCUS OFF OF OURSELVES AND PUT IT WHERE IT BELONGS, ON JESUS.**



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- PRAYER & FASTING HELPS US TAKE THE FOCUS OFF OF OURSELVES AND PUT IT WHERE IT BELONGS, ON JESUS.**
- PRAYER & FASTING SHOWS OUR BODIES THAT WE ARE NOT JUST PHYSICAL BEINGS BUT THAT WE LIVE BY THE SPIRIT.**

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- PRAYER & FASTING HUMBLER US BEFORE GOD.**