

# FASTING GUIDE

---

## WHAT IS FASTING?

Fasting is a spiritual discipline taught in the Bible, which helps our spiritual growth. Jesus expected His followers to fast and in the early church in Acts, the Disciples often fasted before making any important decisions.

Fasting is voluntarily to reduce or eliminate food intake for a specific time and purpose, humbling ourselves before God and feasting on Him instead. It is not about twisting God's arm, or a formula for getting through to Him, or punishing our bodies, rather it's about taking our eyes off the things of this world and focusing on God instead, demonstrating that we are serious about our relationship with Him.

Although fasting in Scripture is mostly fasting from food, there are other ways to fast. Anything you can temporarily give up in order to focus better on God can be considered a fast.

## PRACTICAL CONSIDERATIONS WHEN FASTING FOOD

- **If you have any medical conditions or are on any medication that you think could be affected by fasting, you should consult your GP.**
- Set aside ample time to be alone with the Lord and His Word. Why not use the time with God that you would have spent preparing food and eating it?
- It is important to drink plenty of fluid. Fasting is going without food, not without drink.
- Be careful about how much strenuous activity or driving you undertake when going without food.

# FASTING GUIDE

---

## WHAT IS FASTING?

Fasting is a spiritual discipline taught in the Bible, which helps our spiritual growth. Jesus expected His followers to fast and in the early church in Acts, the Disciples often fasted before making any important decisions.

Fasting is voluntarily to reduce or eliminate food intake for a specific time and purpose, humbling ourselves before God and feasting on Him instead. It is not about twisting God's arm, or a formula for getting through to Him, or punishing our bodies, rather it's about taking our eyes off the things of this world and focusing on God instead, demonstrating that we are serious about our relationship with Him.

Although fasting in Scripture is mostly fasting from food, there are other ways to fast. Anything you can temporarily give up in order to focus better on God can be considered a fast.

## PRACTICAL CONSIDERATIONS WHEN FASTING FOOD

- **If you have any medical conditions or are on any medication that you think could be affected by fasting, you should consult your GP.**
- Set aside ample time to be alone with the Lord and His Word. Why not use the time with God that you would have spent preparing food and eating it?
- It is important to drink plenty of fluid. Fasting is going without food, not without drink.
- Be careful about how much strenuous activity or driving you undertake when going without food.