

# FASTING



We live in a world so saturated with stuff that it can be difficult to remember that God is the Provider. Fasting is a spiritual practice of self denial. As author Gary Rohrmayer writes: 'Fasting is more about replacing than it is about abstaining - replacing normal activities with focused times of prayer and feeding on the Word of God.' In Scripture, that thing denied is typically food and those following this practice would give up eating for a day or more; but we recognize that there are more things than food that vie for our attention. There are many regularly enjoyed, good gifts from God that we might choose to 'quit' for a period so that we might say 'yes' to God.

## CHOOSE THE FAST

All fasts begin with prayer. Ask God to clearly show you what He would have you surrender for His sake. Consider these questions:

- What is distracting me from a deeper relationship with God?
- What created thing do I turn to for hope, joy, or fulfillment instead of my Creator?

Be specific about what you are choosing to fast from. If fasting from food, have safe practices: stay hydrated, take medication into consideration, and avoid strenuous labor.

**FAST**

## CHOOSE THE LENGTH

Determine how long of a period this fast will last. A fast might last a day or several months depending on the circumstance. If fasting from food, start slow before considering a longer period.

**LENGTH**

**MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD.  
JESUS, MATTHEW 4:4**

## CHOOSE THE FOCUS

When we remove something from our lives, we are quick to fill that space with something else. Fasts serve the purpose of refocusing us on God. What practices will you use to draw closer to God during this fast? What will you do when reminded of that thing from which you're fasting?

**FOCUS**