

## 1: 10 Biblical Reasons For Fasting

*Bible verses about fasting and prayer. There is no such thing as a fast without prayer. A fast without prayer is just going hungry and you're accomplishing nothing at all. While fasting is not necessary for salvation it is essential on your Christian walk of faith and highly recommended. In fact, Jesus expects us to fast.*

What is the connection between prayer and fasting? Although the connection between prayer and fasting is not specifically explained in Scripture, a common thread connecting the two seems to run through all the instances of prayer and fasting recorded in the Bible. The first chapter of Nehemiah describes Nehemiah praying and fasting, because of his deep distress over the news that Jerusalem had been desolated. His many days of prayer were characterized by tears, fasting, confession on behalf of his people, and pleas to God for mercy. The devastation that befell Jerusalem also prompted Daniel to adopt a similar posture: In several instances in the Old Testament, fasting is linked with intercessory prayer. David prayed and fasted over his sick child 2 Samuel Esther urged Mordecai and the Jews to fast for her as she planned to appear before her husband the king Esther 4: Clearly, fasting and petition are closely linked. There are instances of prayer and fasting in the New Testament, but they are not connected with repentance or confession. At age 84, her prayer and fasting were part of her service to the Lord in His temple as she awaited the promised Savior of Israel. At that point, they prayed and fasted, placed their hands on the two men and sent them off. So, we see in these examples that prayer and fasting are components of worshipping the Lord and seeking His favor. Nowhere, however, is there any indication that the Lord is more likely to answer prayers if they are accompanied by fasting. Rather, fasting along with prayer seems to indicate the sincerity of the people praying and the critical nature of the situations in which they find themselves. The more critical the situation, the more appropriate the fasting and prayer. In Mark 9, Jesus casts a demon from a boy. The disciples had been unable to perform the exorcism, although they had previously been given authority over unclean spirits Mark 6: In this particular case, the demon was exceptionally malicious and obdurate Mark 9: Jesus seems to be saying that a determined foe must be met with an equally determined faith. Prayer is a ready weapon in the spiritual battle Ephesians 6: The theology of fasting is a theology of priorities in which believers are given the opportunity to express themselves in an undivided and intensive devotion to the Lord and to the concerns of spiritual life. This devotion will be expressed by abstaining for a short while from such normal and good things as food and drink, so as to enjoy a time of uninterrupted communion with our Father.

### 2: 40 Top Bible Verses About Fasting - Read Scripture Guidelines

*Bible Verses About Fasting Share Tweet Save Both the Old Testament and New Testament teach the value of fasting, which is abstaining from food or drink in order to focus on prayer and seeking God's will.*

While fasting is not necessary for salvation it is essential on your Christian walk of faith and highly recommended. Fasting will help you have a more intimate relationship with Christ. It will help you to overcome sin, bad habits, and help open your eyes to things that are displeasing to God in your life. Fasting and prayer is a time to separate yourself from your regular patterns and from things of the world and come closer to the Lord. Find out the best way for you. Find out the reason for your fasting and how long you plan on doing it for. I challenge you today to fast. Make sure your motives are right and do it for the glory of God. Humble yourself before the Lord and commit to Him. Quotes about fasting Fasting restrains our physical pleasure, but it enhances our spiritual pleasure. Our greatest pleasure comes by feasting on the person of Jesus. Fasting reduces the influence of our self-will and invites the Holy Spirit to do more intense work in us. Christian fasting, at its root, is the hunger of a homesickness for God. He fasted and spent the nights lying in sackcloth on the ground. We have been wicked and have rebelled; we have turned away from your commands and laws. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. This is the proclamation he issued in Nineveh: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. God may yet relent and with compassion turn from his fierce anger so that we will not perish. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust. The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus. She never left the Temple but stayed there day and night, worshiping God with fasting and prayer. For some days I mourned and fasted and prayed before the God of heaven. Other ways to fast He behaved in the vilest manner by going after idols, like the Amorites the Lord drove out before Israel. When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly. The Pharisee stood by himself and prayed: I fast twice a week and give a tenth of all I get. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Signup today and receive encouragement, updates, help, and more straight in your inbox.

### 3: Fasting and Prayer - the Atomic Power of God | Christian Assemblies International

*Bible verses related to Fasting And Prayer from the King James Version (KJV) by Relevance - Sort By Book Order*  
*Matthew - Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast.*

She knew her Bible. She was very serious in her questions. The truth is, fasting and prayer are for today! In fact, now more than ever! The combination of fasting and praying is not a fad or a novelty approach to spiritual discipline. Fasting and praying are not part of a human-engineered method or plan. They are not the means to manipulate a situation or to create a circumstance. Fasting and praying are Bible-based disciplines that are appropriate for all believers of all ages throughout all centuries in all parts of the world. Through the years, I have learned that many people in the church have never been taught about fasting and prayer, and many have therefore never fasted and prayed. To many, fasting sounds like drudgery -- or a form of religious works. To others, fasting sounds extremely difficult. People tend to stand in awe at reports of those who have fasted for several weeks. When I hear about such fasts, I no doubt think what they think: Let me assure you at the outset of this book that I am not advocating prolonged periods of fasting for every believer. A fast can be as short as one meal. Neither do I advocate fasting and praying for the mere sake of saying with self-righteousness, "I have fasted and prayed about this. I do not advocate fasting apart from prayer. The Scriptures Teach Us to Fast and Pray The Bible has a great deal to say about both fasting and praying, including commands to fast and pray. The Bible also gives us examples of people who fasted and prayed, using different types of fasts for different reasons, all of which are very positive results. Jesus fasted and prayed. Many of the Old Testament heroes and heroines of the faith fasted and prayed. The followers of John the Baptist fasted and prayed. Many people in the early church fasted and prayed. What the Scriptures have taught us directly and by the examples of the saints is surely something we are to do. It may be in the realm of your emotions or personal habits. It may be in the realm of a very practical area of life, such as a relationship or finances. What I have seen repeatedly through the years-not only in the Scriptures but in countless personal stories that others have told me -- is that periods of fasting and prayer produce great spiritual results, many of which fall into the realm of a breakthrough. The unwanted situation or object that was there. The relationship that was unloving. The very simple and direct conclusions I draw are these: First, if the Bible teaches us to do something, I want to do it. I want to obey the Lord in every way that He commands me to obey Him. And second, if fasting and praying are means to a breakthrough that God has for me, I want to undertake those disciplines so I might experience that breakthrough! Every person I know needs a breakthrough in some area of his or her life. I am no exception. I need breakthroughs all the time -- it may be a breakthrough in understanding a situation, a breakthrough answer to a problem, a breakthrough idea, a breakthrough insight, a breakthrough in financial or material provision, a breakthrough in health. If you have any need in your life, you need a breakthrough from God to meet that need! I certainly have seen this borne out in the course of my ministry. The first two days of the retreat went very well, and then I had one day in between the first retreat and the second -- so many women had registered, the camp could not host all of the women at the same time. I longed to hear from God and to receive a revelation from Him about my life. In that day of fasting and prayer, God spoke to me words from Isaiah First, biblical fasting is going without food. The noun translated "fast" or "a fasting" is *tsum* in the Hebrew and *nesteia* in the Greek language. It means the voluntary abstinence from food. The literal Hebrew translation would be "not to eat. But in the main, I believe fasting has to do with our abstaining from food. Second, biblical fasting is linked with serious seasons of prayer. The more seriously we approach prayer and fasting, the more serious the results we will experience. I think this is a rather frivolous approach. The first and foremost purpose of a biblical or spiritual fast is to get a breakthrough on a particular matter that one lifts up to the Lord in prayer. A spiritual fast involves our hearts and the way in which we relate to and trust God. It relates to discerning and receiving strength to follow through on what God might reveal to us about circumstances in our lives or a direction we are to take. I am not against people fasting in order to lose weight. Many people fast to lose weight or maintain their weight. What I am opposed to is

making the losing of weight your primary goal in a season of spiritual fasting and prayer. To have weight loss as a goal makes your fasting a diet plan, not a time of genuine fasting and prayer. The purpose is not the number of pounds you might lose during a fast, but rather, trusting God to help you regain mastery over food during a fast. Jesus said, "The spirit is. Fasting is a means of bringing the flesh into submission to the Lord so He can strengthen us in our mastery over our own selves. Fasting in the flesh makes us stronger to stand against the temptations of the flesh. Those temptations very often deal with food. In Genesis 2 the Lord God told Adam and Eve that they could eat freely of every tree in the garden of Eden, "but of the tree of the knowledge of good and evil, thou shalt not eat of it: God did not tell Adam and Eve to refrain from touching a particular animal or smelling a particular flower or swimming in a certain stream. He told them to refrain from taking a particular fruit into their bodies-one type of fruit out of all the many types He had made available to them. God had given Adam and Eve authority over all things that He had created-every bird, fish, beast of the field, and over "every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat" Gen. They were not to eat of a particular tree, what God described to them as the "tree of the knowledge of good and evil. God was giving Adam and Eve free will and the ability to make choices and decisions. Adam and Eve had a choice to make about this one tree. God told them to abstain from eating from its fruit because He did not want His beloved creation to have a knowledge of evil. He had already given them a full knowledge of everything He called "good. God calls us to pursue only what is good. Paul wrote to the Philippians: God desires only good for His children. He tells us in His Word, "Be not overcome of evil, but overcome evil with good" Rom. Even as God calls us away from evil and toward good, He gives us a choice. So many of the problems we have in our world today are the result of men and women making the wrong choices. They have knowingly and unknowingly chosen what is evil. And the end result is the same for us as it was for Adam and Eve: Let me point out to you two results from the disastrous choice that Adam and Eve made about the fruit of the tree of the knowledge of good and evil. Diverted Attention First, Eve listened to what the devil had to say to her about the fruit itself. The devil diverted her attention from whatever it was that Eve was doing. He called her attention to the tree and its fruit. The Bible tells us the devil came to her in the guise of a beautiful and subtle serpent and said to her, "Hath God said, Ye shall not eat of every tree of the garden? In many ways, the devil uses this same tactic today. He calls our attention to how beautiful and refreshing certain foods and beverages appear. Foods are presented in the most tempting ways in stores, restaurants, and on menus. The devil says the same thing to us he said to Eve: The implication of the devil is always: There was an element of good in that fruit, not just evil. The devil told Eve specifically that the fruit of the tree was "good for food, and that it was pleasant to the eyes" Gen. All Eve had to do was look to see that the fruit was pleasant. She made a bad assumption, however, that what was visually pleasant would also be "good for food. Have you ever noticed how beautiful all the colored and distinctly shaped bottles look in a bar? Those bottles always seem lighted in just the right way to make them look very special, very festive, very appealing. Many foods are pleasant to the eyes. Many drinks are presented in ways that make them appear pleasing. We buy into the lie that what is pleasing is also nutritious and beneficial. Fasting calls us to turn away from food. Fasting calls us to redirect our attention back to the things of God and His commandments.

### 4: Why Should I Fast? 7 Examples of Biblical Fasting - FaithGateway

*Fasting and Abstinence* "Although the word "fast" is used as abstaining from food in the Bible and does not refer to giving up other things, during a fast one can practice abstinence from other pleasures as well, such as entertainment, TV, hobbies and sex, as spoken about in 1 Corinthians

What are the scriptures on prayer and fasting? There are many Scriptures on prayer and fasting. Occasions of prayer and fasting in the Bible: He fasted and went into his house and spent the nights lying on the ground" 2 Samuel As an act of repentance: As a sign of mourning: Before making an important decision: Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust " Acts Teachings on prayer and fasting in the Bible: Fasting is a personal event: I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you" Matthew 6: Fasting can be from things besides food: Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control" 1 Corinthians 7: Jesus did not require fasting as a part of Christianity: But the time will come when the bridegroom will be taken from them; in those days they will fast. She never left the temple but worshiped night and day, fasting and praying" Luke 2: Learn More about Prayer and Fasting! God , the Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus , the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried , and rose from the dead according to the Bible. If you truly believe and trust this in your heart, receiving Jesus alone as your Savior , declaring, " Jesus is Lord ," you will be saved from judgment and spend eternity with God in heaven. What is your response?

### 5: Bible Verses About Fasting [15 Powerful Scriptures] - Viral Believer

*Prayer and Fasting - What the Bible Says The Old Testament law specifically required prayer and fasting for only one occasion, which was the Day of Atonement. This custom became known as "the day of fasting" (Jeremiah ) or "the Fast" (Acts ).*

The Bible describes many different activities of prayer, and in this article, we will treat prayer not only as a personal matter of every human but also prayer as a weapon of every believer. So we bring to you Bible verses about prayer and fasting. Bible verses about prayer But when you pray, go into your inner room, shut your door, and pray to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you Matthew 6: And when thou prayest, thou shalt not be as the hypocrites are: Verily I say unto you, They have their reward Matthew 6: Or if he is asked for an egg, he will not give him a scorpion, will he? Evening, morning and noon I cry out in distress, and he hears my voice. He rescues me unharmed from the battle waged against me, even though many oppose me. God, who is enthroned from of old, who does not change " he will hear them and humble them, because they have no fear of God Psalm When we express our feelings and problems in a conversation with the Lord, it can take place in the form of: But a time is coming and has now come when the true worshipers will worship the Father in spirit and in truth, for the Father is seeking such as these to worship Him Psalm Confession If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness John 1: Plea Ask and it will be given to you; seek and you will find; knock and the door will be opened to you Matthew 7: So first of all, I ask you to pray, ask, pray, thanks for all people According to the Bible, the power of prayer is the power of God, who hears and answers. Pay attention to the following: The Lord is all-powerful, He can do everything, nothing is impossible for Him Luke 1: The Lord calls His people to pray to Him. Prayer addressed to God must be raised continually Luke The Lord hears the prayers of His children. He tells us to pray and promises that he will hear us. And he heard my voice from his chalice, and my cry came to his ears " Psalms The Lord God answers our prayers. Another popular idea is that the amount of faith we possess determines whether God will answer our prayers or not. Nevertheless, sometimes the Lord responds to our prayers, even though there is a lack of our faith. The book of Acts, chapter 12, describes how the church prayed for the release of Peter from prison v. God answered their prayers verses Peter went to the door of the prayer meeting and knocked, but the believers initially refused to believe that it was him. They prayed for his release, but they did not expect that the answer to their prayer would be so immediate. The power of prayer does not come from us - these are not special words uttered by us, nor the particular way in which we pray, or the frequency with which we utter certain words. The power of prayer is not based on which side of the world our face is facing and in what position is our body. The power of prayer does not come from the use of objects or icons, candles or rosaries. The power of prayer comes from Almighty God, Who hears our prayers and answers them. Prayer binds us to the God Almighty, and we must expect powerful results, regardless of whether He gives what we ask or not. Whatever the answer to our prayers, the God Whom we pray is the source of the power of prayer, and He can, and will, answer to us according to His perfect will. The five commandments relating to prayer 1. Always watch and pray So keep watch at all times, and pray that you may have the strength to escape all that is about to happen and to stand before the Son of Man Luke. Pray that you will not fall into temptation Watch and pray, lest you fall into temptation: Pray for the workers And he said to them, The harvest is plentiful, but the workers are few; Therefore, pray the Lord of the harvest, that he may send workers to his harvest Luke Pray for those in power For kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For kings and all who are in authority: Early Christians were often accused of undermining the state because they claimed a higher Lord other than Caesar Timothy 2: Pray for your enemies But to those of you who will listen, I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you Luke 6: How to study the Bible in Nigeria Bible verses about fasting The Bible speaks of fasting as something good, useful, and expected. The book of Acts of the Apostles records the believers who fasted before making important decisions Acts Fasting and prayer are often interconnected Luke 2: Quite

often the focus of fasting is abstinence from food. Instead, the goal of fasting should be to remove from this world and, instead, concentrate on God. Fasting is a demonstration to God and to yourself that you are serious about the relationship with Him. Fasting helps you gain a new perspective and renew your confidence in Him. Although fasting in the Bible is almost always accompanied by abstinence from food, there are other ways of fasting. All that you can temporarily give up to focus on God better can be considered fasting 1 Corinthians 7: Fasting should be limited to the set time, especially if it is fasting without food. Long periods of time without food are harmful to the body. Fasting is not meant to punish your flesh, but to concentrate on God. Fasting should also not be seen as a "dietary method. Yes, everyone can fast. Some people may not be able to fast without food for example, diabetics , but everyone can temporarily give up something to focus their attention on God. Turning away from this world, we can better concentrate on Christ. Fasting is not a means to make God do what we want. Fasting changes us, not God. Fasting is not a way to seem more spiritual than others. Fasting is necessary for a spirit of humility and joy. Verily I say unto you, that they already receive their reward. But when you fast, anoint your head and wash your face, to appear fasting not before men, but before your Father, who is in secret; and your Father who sees in secret will reward you openly. The evidence of fasting we repeatedly find in the Old Testament. The tradition of fasting dates back to the Old Testament times. A striking example of fasting undertaken in the hope of God getting rid of problems is seen in the most famous Old Testament book - the Psalter: I was dressed in sackcloth during my illness, I exhausted my soul with fasting Psalm Finally, we can mention the day fast of Moses on Mount Sinai Isaiah This is the fast that I have chosen: And by the time of the coming into the world of our Lord Jesus Christ, fasting was beginning to be perceived in the Jewish environment only as an external ritual that distinguished the pious Jew. Also, when fasting, do not be dull as hypocrites, for they take on grim faces to appear to people fasting. But when you fast, anoint your head and wash your face, to appear fasting not before men, but before your Father, who is in secret; and your Father who sees in secret will reward you openly Matthew 6: Top-5 prayers of all time Prayer is talking with God, communication of our spirit with God. This is not meditation and not a set of spells. This is a direct appeal to our Creator. Prayer can be spoken aloud or in thoughts, permanent or intermittent, with or without an occasion. In the Bible, prayer is called: We bring to your attention top-5 prayers of all time.

### 6: Matthew Howbeit this kind goeth not out but by prayer and fasting.

*â€¢Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ. â€¢Fasting is a biblical way to truly humble yourself in.*

Keys to the Kingdom: Keys to the kingdom are actually keys of authority. Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear son. We cannot overcome until we have the keys that unlock the kingdom of heaven. The Lord never meant for us to wait until we die to experience heaven but purposed for us to bring heaven to the earth through the power of His Spirit. Keys represent authority in the Kingdom of God, and authority is gained by using them. Fasting is only one of the keys to the kingdom; others are prayer, praise, worship, intercession and travail a prayer burden from the Lord. The key of fasting has nearly been lost to the modern church. It is also one that some say was only for early day Christians. Looking closely at the Word of God, we find that the Lord never did away with the principle of fasting, but it has been man who has attempted to make it obsolete. Fasting is still a valid key that can be used today to bring us into kingdom living. It is another means by which we can suffer for the Lord, through the voluntary abstinence from eating. Biblical fasting is done to bring spiritual results and is not simply for physical purposes. Doctors today are discovering the physical benefits of this practice and have found that abstaining from food not water for several days has a wonderful cleansing effect upon the body. Many impurities are burned up within the body as it is denied food, thus clearing the mind, and cleansing and healing the body. Even nature shows us that fasting is good medicine as we automatically lose our appetites when sickness strikes. Many people in the world are practicing fasting and finding it not only healthful, but even a wonderful way to lose weight quickly. However, even though we may enjoy these benefits while fasting, the Christian primarily fasts for spiritual purposes and not for health reasons. Obeying spiritual principles can produce positive physical results, but they are added blessings. Even people that are underweight who fast for spiritual purposes have been known to gain weight after completing their fasts. The Lord tells us in Matthew 6: Moreover when ye fast, be not, as the hypocrites, of a sad countenance: Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: We are not to do it in order to broadcast it, but we are to do it as quietly and simply as possible so as not to attract attention to ourselves. We are to appear to others as though we are not fasting. There are exceptions, such as when we are fasting as a group for a specific thing. Then it must be announced so that others can take part. We find this in Joel 1: Our heart attitude must be right to produce spiritual results. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. The normal fast is without food, drinking water only. There are also absolute fasts recorded in the Bible. Therefore, the Bible does not record any absolute fasts that go beyond three days, except the account of Moses spending forty days and nights on top of Mount Sinai Horeb without food or water. This was a supernatural encounter with God and he was sustained during that time, because otherwise he would have died, as the human body cannot go without water that long. And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments. This, of course, is an exceptional fast. The Lord did not set up any specific duration that we are to fast, but from His teachings, we see that he did expect us to fast. But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days. It depends on how the Holy Spirit speaks to us. It is a spiritual and practical guide to fasting. A three day fast is most beneficial as a spiritual cleansing. After the three days of cleansing, he received the Holy Spirit and his eyesight when Ananias laid hands on him Acts 9: A three day fast is also especially helpful in breaking any addictive habits. These then are two reasons for fasting: We receive spiritual cleansing and our spiritual eyes are opened, and we also obtain victory over the devil. When Jesus discussed the keys to the kingdom, He told us to bind and loose. When we fast, we loose the bands of wickedness, undo

the heavy burdens, set the oppressed free, and break every yoke of the enemy. Fasting is an important key to getting the victory over hard situations that do not seem to respond to normal prayer. Fasting builds our faith. In fact, this is what Jesus meant when he spoke to the disciples in Matthew. Fasting also makes it easier for us to hear the voice of the Lord. We find an account of this in Acts. And when they had fasted and prayed, and laid their hands on them, they sent them away. We too can be directed by the Lord if we seek Him through prayer and fasting. Fasting and mourning are closely associated in the Bible. Two examples of this are found in Ezra and Nehemiah. How we need this same kind of intercession today. Here were men so burdened for the sins of their people that they fasted, travailed and prayed. Ministering Unto the Lord Today, God is looking for people who are willing to take the same kind of burdens in the Spirit. After being filled with the Holy Spirit, so many are eager to do something for the Lord; however, due to a lack of proper teaching, they end up doing works in the flesh instead of works in the Spirit. Works that we do in our own strength profit nothing, but works that are inspired by the Spirit are profitable and bring results. Prayer is work in the Spirit. That is why it is not easy to pray. Travail and fasting are works in the Spirit. God is looking for laborers who are ready to go to work for Him. Laboring in the Spirit brings many into the kingdom of God and causes much growth in the church. Fasting is also one of these labors. It is a form of afflicting our soul. My spirit shall rule my soul, and my soul shall not have dominion over me. The Lord wants us to be ruled by the Spirit, not by the flesh. Fasting brings the flesh unto subjection of the Spirit. We read in Acts. It is a way we can offer the time we generally spend in eating as unto the Lord in prayer. As we spend this time with Him, it causes things to happen in the Spirit. We do not understand this principle any more than other mysteries in the Bible, but we find that by applying it we get results. Partial Fasts We have discussed the absolute and the normal fasts, but we need to also mention the partial fast. This is a fast where we restrict our intake of food, but do not totally abstain. We have a record of this in Daniel. Daniel went on a three-week partial fast, restricting his diet of all pleasant food, meat and wine. It was during this time that he had a visitation from an angel. Fasting always suppresses the flesh and heightens our spiritual sensitivity. We all can benefit by giving up our pleasant bread for a season. The Lord blesses us for whatever sacrifices we make for Him. Our country is suffering under a spirit of gluttony and it would be a great blessing for the United States to have a time of national fasting unto God. We sit down and eat many times when we are not even hungry, simply because it is a habit. We should not eat out of habit or tradition, but rather that we might glorify Christ in our bodies. Often if people are grieving they lose their appetites and unconsciously fast. That is why mourning and fasting are mentioned together in the Bible. Another type of spontaneous fasting occurs when we are so busy seeking God about a situation or a spiritual goal that we simply forget to eat. We are moving too fast to take time to eat because we are concentrating on the things of the Spirit. The fasting acts as spiritual dynamite to speed things up in the Spirit that would normally take a longer time to come to pass. Some Christians are forced to fast due to a lack of food in their part of the world. They can dedicate this time to God and He will bless it as He would a voluntary fast. Does fasting move the hand of God? If we believe that God withholds from us and we have to fight to get Him to bless us, then we have a wrong conception of the Lord.

### 7: What does the Bible say about fasting? | [www.enganchecubano.com](http://www.enganchecubano.com)

*Teachings on prayer and fasting in the Bible: Fasting is a personal event: "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.*

Christian fasting - what does the Bible say? Scripture does not command Christians to fast. God does not require or demand it of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions. Acts Fasting and prayer are often linked together. Luke 2: Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything given up temporarily in order to focus all our attention on God can be considered a fast. 1 Corinthians 7: Fasting should be limited to a set time, especially when fasting from food. Extended periods of time without eating can be harmful to the body. Fasting is not intended to punish the flesh, but to redirect attention to God. The purpose of a biblical fast is not to lose weight, but rather to gain deeper fellowship with God. Anyone can fast, but some may not be able to fast from food. Diabetics, for example. Everyone can temporarily give up something in order to draw closer to God. By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

### 8: BIBLE VERSES ABOUT FASTING AND PRAYER

*There are two main overriding principles related to prayer and fasting in the Bible. First, biblical fasting is going without food. The noun translated "fast" or "a fasting" is tsom in the Hebrew and nesteia in the Greek language.*

You are not required to fast, but it is very beneficial on your walk and highly recommended. Prayer and fasting has helped me cut off many sins and things of the world that I was clinging on to. Fasting separates you from the distractions of this world and it brings us into a closer union with God. Jesus expects us to fast. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. Humble yourself before God. When my prayers returned to me unanswered. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. Distress and grief Judges They sat there before the Lord and fasted that day until evening, and offered burnt offerings and peace offerings before the Lord. Repentance 1 Samuel 7: And the Israelites separated themselves from all foreigners and stood and confessed their sins and the iniquities of their fathers. After fasting forty days and forty nights, he was hungry. Then the devil took him to the holy city and had him stand on the highest point of the temple. For it is written: Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. Discipline 1 Corinthians 9: You are not your own; you were bought at a price. Therefore honor God with your bodies. Strengthen prayers Matthew Express love and worship to God. She did not depart from the temple, worshiping with fasting and prayer night and day. Drawing closer to God and separating yourself from the world. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Fasting is not always without food for the whole day. You can fast by skipping a meal such as breakfast or you can do a Daniel fast. You can fast by abstaining from sex within marriage of course or abstaining from TV. Allow the Holy Spirit to guide you and always remember that fasting without prayer is not fasting at all. Signup today and receive encouragement, updates, help, and more straight in your inbox.

### 9: Fasting - What The Bible Says

*Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ. Fasting is a biblical way to truly humble yourself in the sight of God.*

Was it not also because the commandment of abstinence and fasting had been badly neglected amongst the saints for centuries? How destructive has the indulgence of people in the world affected the subject of sex! On the other hand, how blessed is a temporary fast, which contains the lusts of the flesh. William Penn, the founder of Pennsylvania, said: Therefore, eat for the sake of living, but do not live for the sake of eating. He only taught them about a more sincere way of prayer, once they themselves had realised with shock, how much prayer was lacking in their own lives. After He departed from them, they learned how to pray and fast in the right way; for then the whole responsibility of the Kingdom of God rested upon them. We can assume that the people praying for the out-pouring of the Holy Ghost, 10 days before Pentecost, also fasted at the same time, because they stayed at the same place throughout. This means they did not return to their houses to eat. This brought forth all heavenly things in such a manner that their whole desire and longing was focused towards the power from Heaven; the Holy Spirit. Whoever has the same attitude today, will be able to experience his own Pentecost, which is the baptism with the Holy Spirit and fire. The apostles also fasted frequently afterwards, e. Practical Points In order to enhance the positive effect of fasting in the initial stages, it is recommendable to drink some salted water for the cleansing of the bowels. You can take this at any time, even when not in a fast, but with an empty stomach, in order to cleanse your body. During a fast, it should not be taken before the first day. Fasting gets easy when you observe the following guidelines: When your feeling of hunger has gone after a few days, go into deep and intensive prayer. Then you will gain the right spiritual results. Without prayer your fasting is ineffective and in vain. It is recommended to drink mineral water instead of ordinary domestic water. You should drink hot or warm water to avoid stomach cramps and other inconveniences. Never drink cold water, unless it is taken very slowly. This is advisable especially for slim people, and during a fast in cold weather. A certain hindrance are the well-meant persuasions of over anxious friends and relatives, who try to convince the patient believer to break the fast prematurely, as they fear for his physical well-being. Should you have fallen for these persuasions, take courage and at some time renew the fast again. You may feel tired during the early or final days of the fast. During this period however, your prayer will most likely not be as concentrated and effective. Physical movements like getting out of bed, etc. After your bodily poison has been secreted, you will feel better both spiritually and physically. Pain, dizziness, weakness, and other physical complaints will disappear. On the other hand the various physical organs as well as your sense and mental abilities will be stimulated. The result of this is the gaining of a certain spiritual authority, with prayers being answered and many other things that you previously thought impossible. How long should you fast? Until we finally know that God has heard our prayer. For this you have to get the assurance whether to have a short days or a longer day fast. As long as our health and physical condition permits, without resulting in damage. Four Cleansing Methods The pores of the skin are channels through which the body secretes much poison, and this happens particularly during a time of fasting. This is the reason why Jesus says: It helps a lot to bathe more frequently than usual. The kidneys are activated by drinking water frequently, therefore the urine is diluted and poison is flushed out. Therefore it is necessary to be out in the fresh air, to take deep breaths of fresh air, as well as often opening the windows. The bowels are also an important means of secretion. Do not worry if the bowels almost stop working altogether, as this is only because there is no supply of nourishment. In an emergency, a clyster would be of some help. It would also be good to do some physical activities, like sport. Fasting is the best means to break physical disabilities. This applies especially to stomach complaints. During a long fast your stomach is virtually renewed. This is the reason why it is necessary to break the fast gently. You should not immediately start with too much food; but gradually, with fruit juices followed by some fresh fruit. If you are in bad health, fasting will be of great benefit to your body. Fasting has a rejuvenating effect on the glands, kidneys, liver and the blood, as well as the throat and eyes, etc. Considering all these points above, it is clear that fasting and prayer can only benefit

your physical well-being. Jesus would never have recommended such temperance if it were to have a bad effect upon our body. Of course you should sleep and rest as usual. If possible during a fast you should try to rest a little more often than usual. Water Intake Just as we apply water to cleanse our body outwardly, we need to do the same for our inner organs. Therefore we rinse out our mouth after eating, to remove food remains before they damage our teeth. Our stomach also needs to be cleansed by water. If we fail to drink water while we fast, the stomach will not be cleansed and will shrink, which can cause a slightly bent posture. Without drinking water, the inner organs will remain constipated and the body uncleansed. Therefore the secretion channels will not be able to function. Thus the consumption of water is all the more essential. The drinking of water does not hinder the fasting person from drawing nearer to God. Water is pure and is used as a parable of salvation and of the Holy Spirit, of whom Jesus says: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life. Food remnants decompose back into the ground. Water does not have a stimulating effect like food, for the latter nourishes the desires. Water does not have this kind of effect. During a fast, the pores of the skin, i. This is the reason why we should wash or bathe as much as possible. After approximately 2 weeks of fasting the most poisonous factors in a healthy body will be secreted with the help of water. From the context of the scriptures you can see, that Jesus Himself also drank water during His day fast. Further, it is said that He hungered in the end, which means, the longing for solid food came through powerfully. Water was plentifully available in the creeks nearby. To suffer thirst is much harder than to suffer hunger. Not one of the scriptures above mentions the need to drink. This shows that water was available. Vanishing of Natural Desires Man has four different desires: The spiritual desire, the longing for God. The desire for food. The covetousness for possession, power and luxury. All these needs can be justified to a certain degree. The first desire does not take any effect at all in most people because it is suppressed by the other three. The second and third desires degenerated into major vices in ancient times, of which Paul warned severely in 1 Thessalonians, chapter 4: However, with fasting, a miracle occurs: After approximately 10 days of fasting the weakness is gone. Thereafter the sexual desire disappears too. If the person who is fasting continues in fervent prayer to be united with God, the fourth desire - covetousness, is taken from him; or at least so much diminished, that it is hardly noticeable. To the same degree, as fleshly lusts decrease through fasting, the spiritual longing for God is increased: It is the Holy Spirit who is working by His moving force. However, at times of such spiritual growth you have to be aware of satanic counter attacks and afflictions. At times there seems to be a wall in front of us which is a hindrance to our prayers. Dear reader, do not be discouraged! If you endure in spite of all, victory will be yours. Do not forget that you are standing in the middle of a fiery spiritual battle! Breaking the Fast The longer the fast lasts, the more attention is needed when the regular diet shall be resumed. Gradually, our stomach has to become active again. This takes some time.

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