



7 DAYS OF PRAYER & FASTING *for a Better Life in 2021*

WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate our intake of food for a specific time and spiritual purpose. The purpose is not to suffer, but to guard against impure thoughts, deeds, and words with increased prayer.

When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you.

Matthew 6:16-18

WHY FAST?

Often in the Bible, **God's people fasted immediately before a major victory, miracle, or answer to prayer.** It prepared them for a blessing! There are many good reasons, and even health benefits, for fasting:

Fasting gives us more time for prayer. We can use the time normally spent eating as time in prayer to seek what God has in store for our lives. In the Bible, fasting is always connected with prayer. **Scripture reference Acts 13:2-3**

Fasting demonstrates the depth of our desire when praying for something. It shows we are serious enough about our prayer request to pay a personal price. God honors deep desire and praying in faith. **Scripture reference Joel 2:12**

Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy! **Scripture reference Isaiah 58:6**

Fasting is not so much about food as it is about focus.

Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.

Fasting is not about doing without, it is about looking within.

Fasting is an outward response to an inward attitude and cry of the soul.

Fasting is not a means of seeking God's blessings, as much as it is a means of seeking God.

Fasting is not a test for super saints, it is not a means of twisting God's arm, and it is not a magical formula for getting through to God.

Fasting is feasting on the Lord. Looking to him for comfort, power, strength, guidance, forgiveness, and hope.