



Fasting helps us humble our soul (intellect, will & emotions); for our soul demands worship, quietness and meditation to get back to God.

~Derrick Prince

FASTING IS:

1. Willful abstaining from natural pleasures for a Spiritual purpose
2. Not dieting; God is the focus not losing weight
3. Demands spending time in the Word
4. Demands dedicating time for meditation (Prayer: we talk; Meditation: we listen)

GUIDELINES:

1. Make a commitment to finish
2. Drink plenty of water at room temperature; warm liquid before bed and after waking (If gastric irritation starts...drink water)
3. Reduce acidic intake
4. Maximize your time with God during the fast

BENEFITS:

1. Increases our spiritual capacity. (Does not move God, but gives us the capacity for the Lord to move. It positions us to receive more from Him.)
2. Breaks addictions, habits and spiritual bandage
3. Brings Godly intimacy (Quiets the heart to hear from the Lord)
4. Spiritual discipline
5. Clear sober mind
6. Physical health increases
7. Increases Godly protection
8. Answers to prayer

SCRIPTURES:

Joel 2:12-13A NLT
Isaiah 58:3-4
Matt 6:16-18
Study 1 Peter