



SEEKING GOD THROUGH FASTING AND PRAYER

What is fasting?

Fasting is voluntarily going without food—or any other regularly enjoyed gift from God (such as social media or the internet). We fast because we want more of God and by giving up something, we intentionally make more room for Him in our lives. Fasting is always combined with prayer, and is a powerful way for us to commune with God and grow in our relationship with Him!

Expect God to respond!

When we choose to seek God He responds with His grace and favor. Expect to see prayers answered, for new insights into the Bible, and a new sense of His love for you. The time spent seeking Him will be worth it!

How to Fast:

First time fasting: Start with one day or just a few days. Start with a liquid fast, drinking only water and juices. Don't go from 'never fasted' to trying a full multi-day fast of water only. Another option is skip one (or two) meal(s) each day of fasting and use that time for prayer.

3/5/7-Day fast: If you've fasted before try a full three, five or seven days of fasting food and drinking only water. Do a Daniel fast or modify as you feel the need, but make intentional time for God during the meal times. This will be a tremendously powerful time in your life!

A Daniel Fast: Patterned after Daniel from the Bible, Daniel fasted by eating only fruits, nuts, vegetables and drank only water. A Daniel Fast should eliminate all meats, dairy products, breads, caffeine, and basically anything artificial. Fruit juices are often added and encouraged. The Daniel Fast is a powerful spiritual discipline, symbolically purifying the body from anything unnatural.

Non-food fast: If fasting food is not an option, consider staying off television, media and internet for a time. This can be a very effective way to make more room for God and His presence, and allow yourself to wait on Him and pray.

A few Notes:

Expect it to be hard. Whether from your aching belly or simply because it's new, fasting will not be easy.

Have a plan. Fast with your Bible open. Have a plan for what spiritual activity you will engage in during the time you would normally eat. Replace the desire for food (or whatever you are abstaining from) by feeding on God's Word or listening to worship music or praying. Remember that the point of fasting is not to just go hungry, but to give up something temporarily to intentionally pursue God.

Questions? Email discipleship@rockbridge.cc