

FASTING

Fasting can be defined as the voluntary denial of a normal function for the sake of intense spiritual activity. Fasting is not a means of “getting what we want” from God, fasting as a spiritual discipline re-focuses us back to our need for Jesus.

Fasting is to be done in a manner of humility and secrecy.
Matthew 6:16-18

Fasting is always related to prayer and reading of God’s Word.
Neh 1:4, Neh 9:1-3, Dan 9:3, Acts 14:23

Fasting can and is encouraged to be done in the following contexts: (not exhaustive)

To humble yourself before God, intercede for God’s people, commissioning of elders or leaders, seeking the Lord for wisdom, repentance and confession of sin, healing, petitioning of God, to receive a word from God, spiritual deliverance and or spiritual breakthrough.

*adapted from Rooted material, ©Mariners Church

