

OUT OF OBLIVION

Living a life of

**f** **A** **S** **t** **i** **n** **g**

Biblical fasting is more than simply going without food or dieting, it involves refraining from food for a spiritual reason.





# What did Jesus say?



In His Sermon on the Mount, Jesus made reference to fasting, alongside prayer and almsgiving. Jesus alluded that as God's children, fasting is a necessary practice to strengthen our relationship with God, to connect with our Father through prayer, and to offer to good works. Incorporating fasting into our Christian lifestyle allows us to cultivate a deeper, more profound experience with God.

**Matthew 24:35**



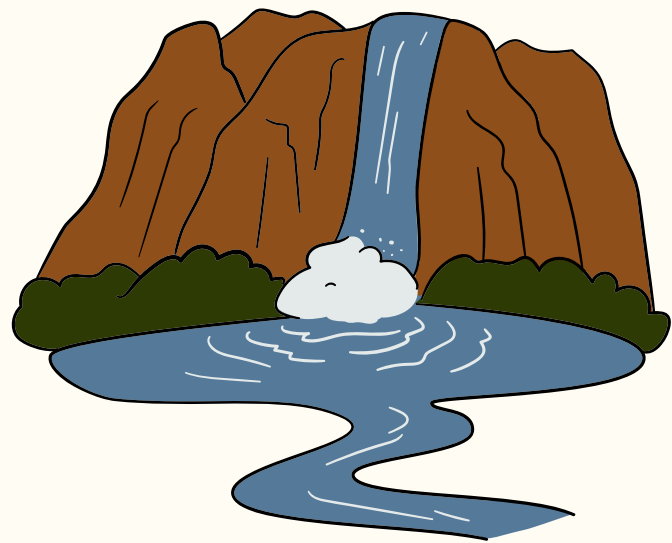
Heaven and earth will pass away, but My words will by no means pass away.



## Blessings abound



Fasting is an act that is highly regarded by God, as it ushers in blessings of abundance to those who partake in it with pure intentions. In accordance with God's word, the act of a proper and well-intentioned fast will undoubtedly bring about heavenly rewards.



## **1 John 5:14-15**



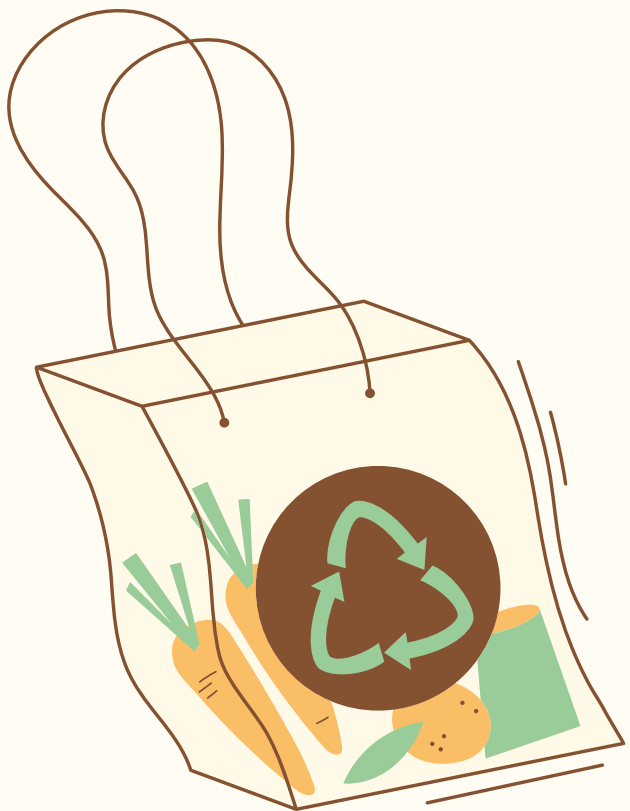
Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.



# Detoxification



Fasting can be a beneficial practice in maintaining a healthy body by enabling it to eliminate toxins and function effectively. By abstaining from food, the body can recover and regenerate, promoting overall well-being. Additionally, fasting can be viewed as a means of purifying one's spirit of foreign impurities, as it creates more space for spiritual cleansing.



## 2 Timothy 2:13



If we are faithless,  
He remains faithful;  
He cannot deny Himself.





## Stay humble



This experience involves engaging with the scriptures, resulting in a deeper understanding of the Father's word. By submitting your will during a fasting period, you may discover God's will for your life. Fasting enables you to be receptive to a fresh revelation, gain a new perspective, and establish a clear purpose.



## Jeremiah 29:13



And you will seek Me and find  
Me, when you search for Me  
with all your heart.



# It's a sacrifice



By sacrificing your individual desires and focusing on the greater good, you will have ample time to contemplate on God's will for the world. This allows you to intercede on behalf of others through both prayer and action. It's worth noting that certain supernatural breakthroughs can only be attained through fasting and prayer.

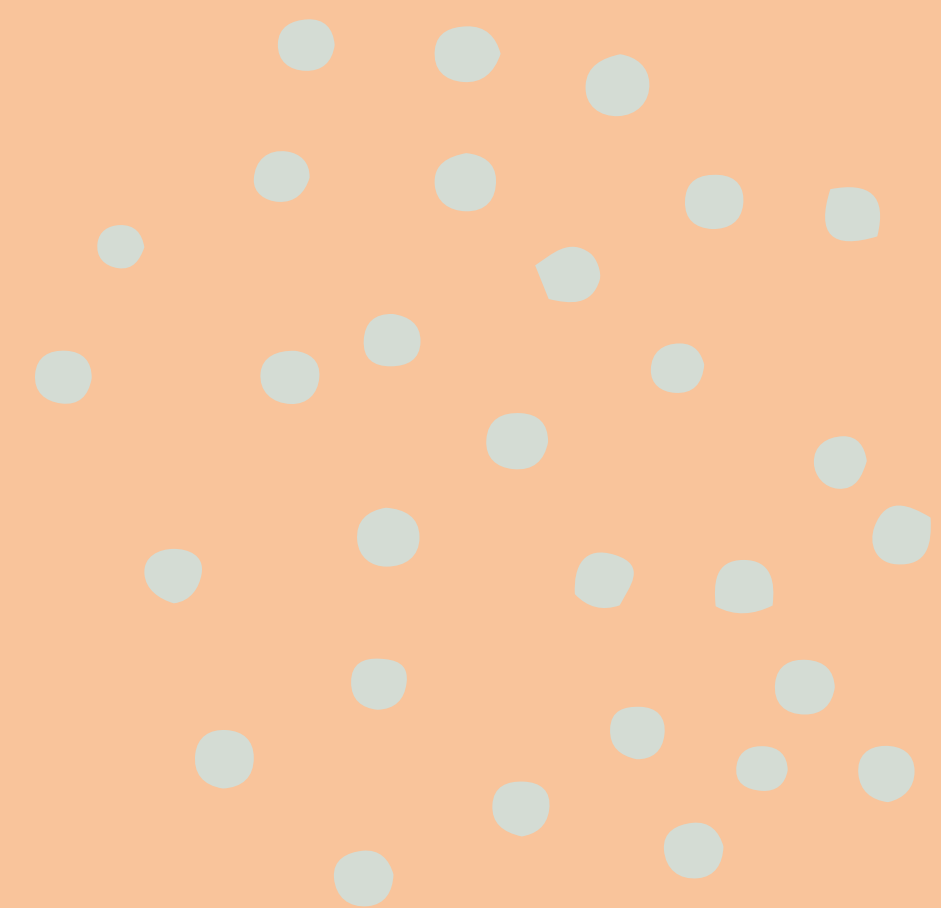


## Hebrews 4:16



Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

# Plant the seed of faith



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Practicalities of

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# Plan the fast



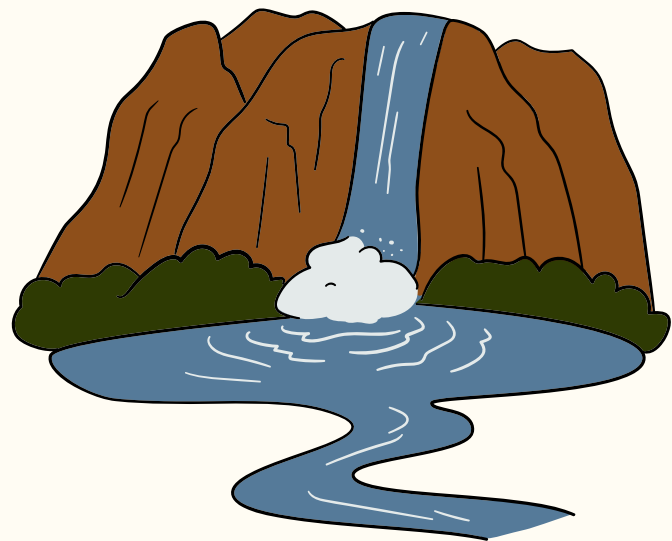
When fasting, it's crucial to have a clear objective in mind. Planning is essential to ensure its success, as well as to ensure that all necessary materials are available.

# 2

## Choice of fast



Fasting can be categorized into three primary types: absolute (no food or water), normal (no food but water), and partial (limited food and water). It's crucial to select a fast that aligns with your abilities and what you feel led to do. Involve God in making your decision as He is interested in this aspect of your spiritual life.



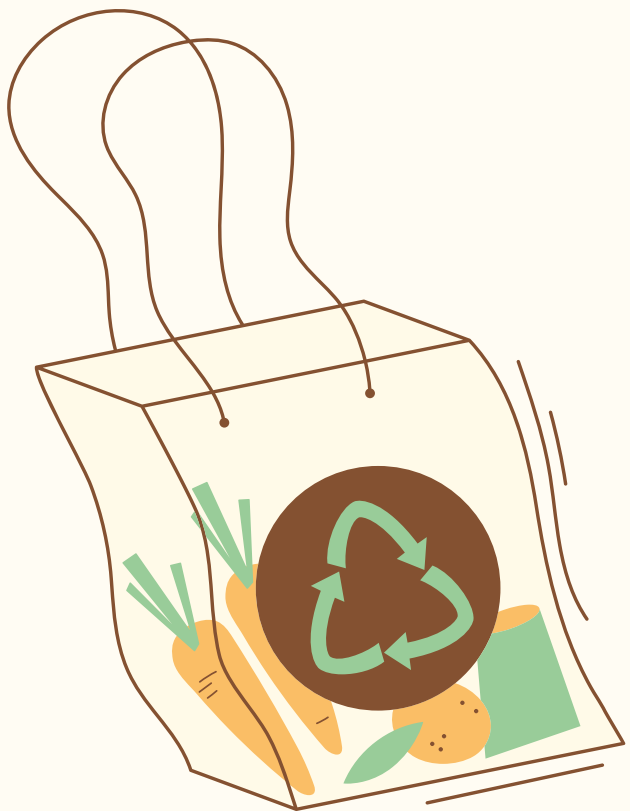




## Fluids and more fluids



It's essential to ensure that you stay hydrated throughout the fast by consuming plenty of fluids. While some discomfort, such as headaches and hunger pangs, is to be expected, it's important to remember that these sensations can subside as you continue to pray. It's worth noting that these discomforts are often your body's way of detoxifying.





# Spend time in the Bible



For a fast to be meaningful, it is essential to set aside a designated time to commune with God, and this should be free from any distractions, including mobile phones and social media. To hear God's voice, we must create an environment conducive to His presence. God often speaks to us through His Word, so it's advisable to dedicate a portion of this time to reading and reflecting on the scriptures. Prepare some specific verses beforehand and meditate on them during the fast.





## Pray for others



Directing prayers towards others, particularly their spiritual well-being, can be a more enriching experience than solely emphasizing personal requests. While it's vital to pray for yourself, during periods of fasting, seeking the Holy Spirit's guidance on additional prayer areas is advisable.



**Trust that God hears  
and will answer your  
prayers**

