

FAST

I'm Fasting From

WHY FAST?

The word 'fast' is derived from the Hebrew word *tsom*, which refers to the practice of self-denial. In Greek, the word is *nesteia*, which has the same meaning.

Fasting is abstaining from food, sleep, favourite hobbies, or any desire in order to focus on God. One of the most powerful spiritual disciplines in the Christian faith, fasting strengthens us spiritually and helps us to connect with God on a deeper level. As we seek God through prayer and fasting, we open ourselves to the Holy Spirit to transform our lives.

COMMON WAYS TO FAST

1. Abstaining from food:

- Fast from one meal a day, OR
- No solid food for an extended part of the day, e.g. 6am to 6pm; OR
- No solid food for a definite period, e.g. for 1 week, etc., OR
- No meat or other favourite delicacies

If you have a health condition and plan to fast, please seek medical advice from your doctor.

2. Abstaining from things that distract you e.g. television/internet shows or movies, computer games and holiday trips, etc.

When God's people turn to Him wholeheartedly, He hears their pleas and acts for their good. He knows their deepest desires and cherished concerns, and He will respond with grace, mercy and love. As you fast, listen attentively to what God is saying and respond to Him with trust and obedience.

Ephesians 3:16-19

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.