



FASTING GUIDE

When we fast, we choose to make ourselves weak in order to seek more of God. God invites us to fast because He wants us to want more of Him. We can still be saved and go to Heaven without ever fasting, but God wants to bring us into deeper knowledge of Him when we fast.

Jesus taught us about the importance of hunger in our lives.

Hunger is one of the most important signs of life - both physically and spiritually. When someone experiences a lack of hunger for days, doctors begin to question what is wrong in the body. In the same way, a lack of hunger spiritually is a serious sign of sickness in our spiritual life. When there is no hunger for more of what God has for us, then there is no life in our spirit.

Many believers live without hunger in their spiritual lives. They do not hunger for the Lord - to be with Him in prayer, to learn from Him in His Word, or to contend for the fullness of His promises. This is a sign of sickness in our spirits.



Fasting allows for us to open the door to spiritual hunger. We usually think about fasting in terms of giving up food for a time. We feel hunger physically, which serves as a reminder to press into the Lord and His fullness for our lives. In fasting, we take away something that feels like a strength to us - which makes us feel weak - but our spirit is more sensitive to the Holy Spirit in that weakness.

Only weak people fast and pray. Only those who recognize their need for more of God fast. When we fast, we say to the Lord that we need Him. It increases our experience of God, allows us to encounter Jesus in our weakness, and helps us to walk in step with the Spirit so that we can move in His leadership.

We do not fast to convince the Lord to give us something. We fast to allow our hearts to partake in what the Lord has already made available to us.

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WHY FAST?

HOW TO FAST

There are many different ways that you can fast. While we usually think about fasting in terms of giving up food for a time, that is not always safe for teenagers. So how can you engage in fasting?

- You could choose to fast from one meal each day, or on certain days of the week
(Always consult with your parents/guardians before doing this).
- You could opt for simple meals, choosing not to eat sweets or rich foods.
- You could disconnect from social media or other entertainment.
- You could choose to avoid all purchases (other than necessities).

The point here is that during your fast - when your attention is captured by your desire for food or for entertainment or distraction, you pause and reflect on God.

Remember that fasting is more than simply going without something. You want to fill the time you would be eating/consuming media in time with the Lord. It is important to go into your fast with a plan for reading your Bible and praying.

READING YOUR BIBLE

You can choose a book, or a specific passage, in the Bible to focus on. There are many thematic Bible reading plans on the YouVersion app. You can choose one that fits the focus of your fast or something that you are seeking to learn from the Lord during your fast. *See the "Reading Your Bible Guide" or talk to a youth leader for more guidance!*

PRAYING

There are many things that you can pray for during your fast. You can pray for your inner man, that the Lord will grow your heart and deepen your love for Him. You can pray for your family, your friends, and your school. The important thing is not what you pray - it's simply that you do pray. *See the "Prayer Guide" or talk to a youth leader for more guidance!*



If we do not engage in Bible reading, prayer, journaling, worship, or other spiritually enriching activities, your fast is simply starvation and not a pathway for spiritual growth.