

4 Reasons Why We Should Fast

Many people in the Bible, like Moses, David, Esther and Jesus, practiced fasting. Jesus said, "When you fast," not "if you fast," concluding we should practice it too.

During sleep, we fast; therefore, the morning meal is called breakfast—we break our fast so fasting is naturally integrated in our lives.

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It helps us overcome the calamities of life.

Fasting is the biblical way to humble ourselves (Ps. 35:13; 69:10). Esther fasted when faced with danger (Esth. 4:16). Ezra fasted for protection (Ezra 8:21-28). Fasting helps us go through difficult situations in life.

It renews our connection with God.

Jesus said that His disciples would fast when He's gone (Mark 2:20). When we fast, we hunger for the presence of God.

If we are struggling in our relationship with God or trying to rekindle the flame we once had for God's presence, we should fast.

It empowers us to fulfill God's calling in our lives.

Jesus fasted for His calling; we too should fast for our purpose. Anna fasted for the coming of the redemption of Israel (Luke 2:37).

If we truly want to know our calling, we should fast to spend time seeking God's face and He will make His purpose for us clear.

It defeats the devil.

When the disciples could not cast out a demon, Jesus said, "This kind does not go out except by prayer and fasting" (Matt. 17:2). Fasting helps break demonic bonds, undo heavy burdens and empowers us to break every yoke (Isa. 58:6). It strengthens our fight against demonic attacks we face in life.

Final Thoughts

The power is not in fasting alone but in choosing to submit and humble ourselves before the Lord. Let this be an encouragement to fast to see God work in our lives. {eoa}

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