

15 Fantastic Rewards From Fasting In 2026

Charlie Kirk's recently released book right after his assassination is an Amazon No. 1 best seller. Its theme is the spiritual discipline of observing a Sabbath rest to enjoy its related rewards. Multitudes are reading it and resetting their lives for success in the new year.

Another means of grace many are re-examining is fasting, following the biblical pattern, not for weight loss, but rather to renew "first love" for Jesus and find a new realm of fruitfulness.

Open Reward

When we humble ourselves through fasting to abstain from nourishment in order to seek God and His promised provisions, we position ourselves to be recipients of real breakthrough and blessing! In the Sermon on the Mount Jesus inspires us explaining when fasting is done properly "the Father will reward you openly" (Matt. 6:15 – 18 KJV). Steering clear of legalism and outward show, plus remaining in expectant faith, we can be confident of God honoring His Word regarding fasting just like He also promised in Isaiah 58 "the Lord shall guide you ... and your healing will quickly appear" v .11:8.

Remember, Jesus told inquirers that His disciples weren't fasting while He as the Bridegroom was present with them but after He left, "then they will fast" (Matt. 9:14-15).

Avoid Fasting?

Revivalist Lou Engle has been my friend for 50 years. He lived two doors away from our home. He also told me once something startling: "I hate fasting!"

So, he's motivated by rehearsing the benefits and recounting God's phenomenal interventions in history in his life through the spiritual practice.



To pre-order Don Colbert's new book, Live Long and Strong, visit .

Multitudes don't fast today because of bad religious experiences (raised Catholic, I was forced to fast weekly, and hated it!); or believe it's a discarded Old Testament practice associated with sin, sorrow and mourning. Manufacturers of Mrs. Paul's Fish Sticks loved the mandatory Friday fasting, but scores of us detested it and celebrated its discontinuance!

Today, we have the privilege of willingly engaging in a grace empowered "bridal fast" not out of legalism, but a longing for greater intimacy with Jesus. We eagerly await the Return of our Bridegroom; the consummation of the age; and the "new heaven and new earth spoken of in Revelations 21."

Testimonies

Ministering during the Jesus Movement, I shared Bible teacher, Derek Prince's, ("Changing History Through Prayer and Fasting") challenge for us to forgo food and intercede to change America. Praying first of all for governing authorities (I Timothy 2:1-4), we watched as before our very eyes for the first time in US history a sitting president and vice-president were removed from office as unrighteousness was exposed!

Before he died at 81, I had the honor to pray with Campus Crusade founder Bill Bright. He once received the Templeton Award for Religious Progress and donated the entire \$1.1 million to promote the benefits of prayer and fasting.

Bill told us, “Fasting prepares us for the deepest and richest spiritual communion possible. It clears and liberates our minds to understand what God is saying to our spirits. It conditions our bodies to carry out His perfect will. When we persevere through the initial mental and physical discomfort, we will experience a calming of the soul and colling of the appetites. As a result, we will sense the Presence of the Lord more than ever before.”

Richard Foster said, “In a culture where the landscape is dotted with shrines to the Golden Arches and an assortment of pizza temples, fasting seems out of place, out of step with the times. In fact, fasting has been in general disrepute both in and outside the church for many years. For example, in my research, I could not find a single book published on the subject of Christian fasting from 1861 to 1954—a period of nearly 100 years!”

Are you a candidate for greater intimacy with God? Do you have a lost loved one? Are you in need of a miracle, healing or divine intervention? Derek Prince said, “Deliverance is for the desperate—does that describe you?

I encourage you to read some practical information on the practice of fasting and, if needed, consult with your doctor if you have medical issues. As this new year is underway and multitudes are accepting the challenge of fasting, review these potential benefits God can bring your way.

Rediscovering 15 Rewards

1. Renews spiritual vision
2. Brings a holy brokenness
3. Purifies our heart
4. Humbles our soul
5. Releases spiritual guidance

6. Subdues our flesh
7. Heightens spiritual awareness
8. Deepens communion with God
9. Clears our minds to hear God
10. Bring supernatural refreshing
11. Adds power to prayer
12. Brings deliverance
13. Enables greater fruitfulness
14. Facilitates breakthroughs
15. Cleanses the physical body

Here's the deal: Desperate times require desperate measures so in this new year will you unite with Christians reengaging in the rhythm of regular fasting? Join Jesus, the early church, Paul, Jonah, Esther, Moses, David, Elijah, Nehemiah, Daniel and countless others who have recognized fasting's potential.

Remember Jesus began His first recorded fast "filled with the Spirit" and ended "in the power of the Spirit" (Lk 4:1, 14). Are you a candidate to receive a similar blessing?

Larry Tomczak is a best-selling author of 10 books, cultural commentator of 50 years, Intercessors for America board member and a public policy adviser with Liberty Counsel. Go to [to](#) watch 30 amazing, free, brief, on-demand videos by America's top leaders so you can confidently address today's tough issues.