

3 Spiritual Benefits of Fasting

Read Time: 1 Minute 35 Seconds

As Christians, we do not go on hunger strikes to manipulate God. Instead, when fasting, we allow God to refine our desires according to His will.

1. Fasting Helps in Humbling Us – The life of Ezra and the people of Israel (Ezra 8:21-23) and King Ahab (1 Kings 21:27-29) demonstrate a direct link between humility and fasting. They humbled themselves before the Lord with fasting and God answered their prayers.

Humility has little to do with starving yourself, but instead with surrendering to the acknowledgment of God as your King by abstaining from the pleasure of food for an allotted time and dedicating time to be in His presence.

2. Fasting Restores Our Hunger for God – If you feel like you have lost your hunger for God, choose to experience physical hunger for spiritual reasons. You'll notice that God will reset your spiritual appetite for godly things.

☒ When God led Israel through the wilderness, He taught them the importance of desiring God's commandments with the same intensity as they desired natural food (Deut. 8:3). God wants us to depend on His Word and desire Him more than our desire for physical food.

3. Fasting Increases Our Holiness – Jesus died on the cross for our spirit to be sanctified, but our soul is undergoing sanctification until His return. Abstaining from food is the intentional act of setting ourselves apart in preparation for God to use us. Read 2 Timothy 2:20-21.

When you fast, you are aiding the Holy Spirit in your process of separation and holiness. God will expose areas of your life that are unholy, and He will draw you closer to Him.

Fasting increases our humility, hunger and holiness as we are formed into the image of Christ.

Tammy Hotsenpiller discusses this topic in depth in her upcoming book Fasting for Miracles, To join her 21-day fasting journey, view the Charisma House website here, "Fasting for Miracles".

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Vladimir Savchuk leads the HungryGen movement and pastors a multi-cultural church with a clear-cut, focused vision to see the salvation of souls, healing, deliverance and the raising of young leaders. He leads the annual Raised to Deliver conference which attract thousands from all over the globe. He leads three different internships. He is a sought after speaker at conferences and camps.