

FASTING 101

Fasting is your spirit reaching beyond the noise to say: "God, I want You more."



What is fasting?

Fasting is **voluntarily giving something up** — often food — **for a set period** in order to focus spiritually. It's a sacred pause that **redirects attention** from physical cravings to spiritual alignment. What matters is not what you eliminate — it's what you welcome in.

Where is it in the Bible?

Fasting is never about earning God's favor. It's about humbling yourself to hear, see, and receive clearly. It serves as a way for God's people to prepare for divine movement, experience breakthroughs, or gain clarity.



Here are some key examples from Scripture:

- **Esther** fasted before going to the king (Esther 4:16)
- **Jesus** fasted 40 days before launching His public ministry (Matthew 4:1-2)
- **Daniel** fasted from rich foods to seek understanding (Daniel 10:2-3)



What counts as a fast?

Fasting is all about sharpening your focus.

- **Refraining** from food for a specific time
- **Avoiding** certain foods
- **Giving up** things that usually pull at our attention (*social media, TV, alcohol, gossip, complaining, shopping, etc.*)

What is fasting?

Seeking God - not just with your words — but with your heart, your schedule, your silence.

- **Talk to God privately**
- **Pray for clarity** in areas you feel confused
- **Ask for strength** when you feel weak.
- **Invite God to speak** through Scripture, a whisper, or even silence.



Fasting makes space for clarity, alignment, and power.