



HOPE CHURCH

Fasting for Spiritual Breakthrough

What is Fasting?

Fasting is intentionally giving up something we enjoy to focus on God. It's not primarily for dieting or health, but to deepen our spiritual life, humble ourselves, and seek God's guidance.

Why Fast?

- Demonstrates dependence on God rather than ourselves
- Creates space to connect with God and discern His will
- Helps focus on life priorities
- Acts of worship and humility
- Can have physical benefits when done safely (e.g., detoxifying, reducing sugar/caffeine dependence)

Important: Longer or extreme fasts should only be done with medical guidance.

Types of Fasts

- Complete food fast
- Partial fast (e.g., only vegetables, no meat)
- Skipping 1–2 meals per day
- Limited hours (sunrise to sunset)
- Fasting from sugar, caffeine, alcohol
- Media/technology fast (social media, music, TV)
- Any other deprivation that helps focus on God

Unlike intermittent fasting promoted by social media, spiritual fasting is about seeking God, not weight loss and other health benefits. Always check your motives through prayer.

Tips for Fasting

- Fast privately; don't boast (Matthew 6:16-18)
- Pray for guidance, discernment, and spiritual breakthrough
- Fasting with others can offer accountability or help discern important decisions
- Use fasting to humble yourself before God, not to impress others

Scripture References

- **Matthew 6:16-18** – Fast in private; God rewards the humble.
 - **Acts 13:2** – Fasting can precede God’s guidance for important work.
 - **Joel 2:12** – Come to God with fasting, weeping, and mourning.
 - **Nehemiah 1:4** – Fasting combined with prayer in times of seeking God.
 - **Isaiah 58:5** – True fasting is about humility and obedience, not mere rituals.
 - **Daniel 9:3** – Fasting paired with earnest prayer and repentance.
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Resources

- Renovaré: *The Wonderful Freedom of Fasting* – <https://renovare.org/articles/the-wonderful-freedom-of-fasting>
- Ultimate Daniel Fast Guidelines – <https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>
- C.S. Lewis Institute: *The Place of Fasting in the Christian Life* – <https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life/>
- CRU: *6 Ingredients That Will Help You Fast From Technology* – <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/6-ingredients-that-will-help-you-fast-from-technology.html>
- CRU: *Fasting Starter Kit* – <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/fasting-starter-kit.html>