

Fasting

We encourage you to fast from something for all or part of the time e.g. Food, TV, Social Media

There can be many benefits to fasting:

- Heightened sensitivity to the Holy Spirit
- A fresh insight into our own heart
- A fresh revelation of God's heart
- A humbling before God as we relinquish control of everything to him
- Breakthrough in prayer

Ultimately the purpose of fasting must be centred on God.

We fast with our eyes fixed on Him, with the sole intention of glorifying Him.

We encourage everyone to make fasting a regular discipline as well as joining together to fast as a church in weeks such as this.

Things to Consider when Fasting

Fast Sensibly

If it's your first time, try missing one meal to start with or fasting from lunchtime one day to lunchtime the next or a partial fast with soup in the evening.

Whatever you do, it should serve to release time and focus on prayer.

- Drink plenty of water
- If you are pregnant, suffer from diabetes, a heart or other medical condition, on certain medications, or suffer from an eating disorder - do NOT fast from food (or only with your GP's consent)

Fast Sensitive

Take time to listen and hear God speak to you personally, for others and for the church.

Words and prophecies for the church can be passed on to the church leadership team.

Fast Sacrificially

Let it cost us something.

Fast Specifically and Expectantly

Ask God to direct our focus each day and expect answers.

Fast Supernaturally

We need God's supernatural grace and power.

Fasting