

## Fasting and Prayer

There are many verses in the Bible that talk about fasting. But **fasting is not required for anyone to be saved.**

This is included so that you will not be deceived.

You should view fasting as a **spiritual act** for **seeking** God's guidance and / or deepening your relationship with Him — **trusting Him to sustain you.**

**Never** view **fasting** as a **punishment** or a **way** to **impress** anyone.

Fasting is a time to **humble** yourself **before God in prayer** and reflection as you seek His will.

If you want to **read more** about fasting, you can in Zechariah 7 and Isaiah 58. **But** again, **fasting is not required.**

Therefore, by Him let us continually offer the **sacrifice of praise to God**, that is, **the fruit of our lips, giving thanks to His name.**

*Hebrews 13:15 NKJV*

For **I desire mercy** and **NOT sacrifice**,  
And **the knowledge of God** more  
than burnt **offerings**.     *Hosea 6:6 NKJV*

You may want to **AVOID** fasting because  
**your food supply will likely be limited**.  
So, you may want to eat whenever you can  
and **ration your food as needed**.

When you do not have food, **pray for**  
**God to provide enough** food for you  
and the people who are with you.

*BUT if He* chooses **not** to, then **ask** that **He**  
**sustain you**. Moses, Elijah, and Jesus were  
each **sustained** for 40 days without food.

Fasting can be from **something**  
**other than food** or from a specific  
type of food. The *TERMS* of your  
**FAST** ( *when* and *how long* )  
are between you and God.

**Always be thankful** and ready to proclaim  
**His grace** and **mercy** to everyone you can.

In all your ways acknowledge  
Him [ *God* ],  
And **He shall direct your paths**.

[ *Interjections in brackets* ]     *Proverbs 3:6 NKJV*