



2025 Spiritual Growth Campaign: Habitual
Fasting
Brie McRae; 02/02/2025

“Fasting cleanses the soul, raises the mind, subjects one’s flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity.” - St. Augustine

1. Fasting: a ritual of abstaining from food and/or drink, for a predetermined period

Why did people in the Bible fast?

- **Repentance**

And he [King of Nineveh] issued a proclamation and published through Nineveh, “By the decree of the king and his nobles: Let neither man nor beast, herd, nor flock, taste anything. Let them not feed or drink water... and let them call out mightily to God. **Jonah**

3:7-8

- **Need for wisdom in a dangerous situation**

“Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish.” **Esther**

4:16



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- **Reliance on God in difficult times**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

Matthew 4:1-2

2. In the New Testament, there is no command for Christians to fast!

Why might I fast?

- **Before making an important decision**

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. **Acts 14:23**

- **Deepen your relationship with God**

That your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. **Matthew 6:18**

3. Fasting isn't a way to manipulate God into doing what we want.

“Let us beware of fancying that we merit anything of God by our fasting.” - John Wesley

4. Fasting is one way to deepen our relationship with God and seek His presence

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