

## Five Benefits of Fasting

Thanks for making a commitment to begin the biblical practice of prayer and fasting. If you sincerely humble yourself before the Lord, repent, pray, seek God's face and read His Word, a number of benefits will be the result! Here is a partial list:

- #1:** You will become more aware of His presence. Jesus promised if you obey His teaching, **"My Father will love you, and we will come to you and make our home with you!"** (John 14:23).
- #2:** The Lord will give you new spiritual insights.
- #3:** Your faith in God will grow.
- #4:** You will feel spiritually and physically re-energized.
- #5:** You will see God answer prayer.

A single fast, however, is not a "spiritual magic potion." Just as we need to be **"continually filled with the Spirit"** (Ephesians 5:18), we also need regular times of fasting before God. John Wesley expected all of his Methodist ministers to fast two times a week, on Wednesdays and Fridays. One day a week is a great place to start!

It will take time to build your "spiritual fasting muscles." If you fail to make it through your first fast, **DO NOT** be discouraged. Strengthen your understanding of fasting...**"at the proper time you will reap a harvest if you do not give up"** (Galatians 6:9). As soon as possible, undertake another fast until you succeed. Remember, **"...your Father, who sees what is done in secret, will reward you"** (Matthew 6:18). This is a universal principle and eternal truth:

**Prayer and fasting is the key to spiritual breakthrough.**