

Regular Fasting....What about twice a week?

Thanks for your interest in the biblical practice of prayer and fasting. We are moving toward Pentecost Sunday at the end of this month, on May 31st. You may be one of the people reading this e-newsletter, to whom the practice of regular fasting is new. Or maybe you have practiced fasting in the past but are now considering it again. Twice a week is a great place to start.

Jesus described the Pharisees by saying they "**fast twice a week**" (Luke 18:12), usually on Tuesdays and Thursdays. Jesus taught His disciples, "**your righteousness must surpass that of the Pharisees**" (Matthew 5:20). A great benefit of fasting is that it deepens our desire for the things of God. Fasting is a spiritual discipline God uses to quiet our flesh so that we can focus and concentrate on the things of the Spirit. As we humble ourselves in obedient, faithful prayer and fasting we discover something. The Holy Spirit uses fasting to deepen our hunger for Himself, His Word, prayer, worship, the lost and His church.

In the A.D. 300's, there is a clear reference to early Christians fasting on Wednesdays and Fridays. John Wesley so believed in the power of fasting that he urged early Methodists to follow the same pattern. He felt so strongly about the spiritual benefits of regular fasting that he expected his "Methodists" to participate. This is a universal principle and eternal truth: [Prayer and fasting is the key to spiritual breakthrough.](#)