

## Fasting Increases our Spiritual Focus

Thanks for taking a moment to review your commitment to the biblical practice of prayer and fasting. Throughout the Islamic world, spiritual focus is intensified through the religious practice of kneeling and praying five times a day. Millions of American Christians, as a general rule, still need help developing regular religious habits to increase their spiritual focus.

A great benefit of Christian fasting on a weekly basis is that practicing this spiritual discipline **greatly increases our spiritual focus!** If you are not yet doing it, we encourage you to begin today! Don't be discouraged if spiritual breakthroughs do not come immediately. **"Let us not become weary in doing good for at the proper time we will reap a harvest if we do not give up"** (**Galatians 6:9**). It was 5-7 years before William Carey baptized his first convert in India, before Adoniram Judson won his first disciple in Burma, or before Robert Moffat saw the first evidence of the Holy Spirit's moving in Africa.

Across Christian generations, faithful men and women of prayer and fasting have changed the course of history! One such man was John Geddie, the "father" of Presbyterian Missions in the South Seas. If you visit there today, you will find on a tablet in a large church seating 1,000 people, with this inscription placed in his memory: 'When he landed in 1848 there were no Christians here; when he left in 1872, there were no heathen.' This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**