

Fasting...Our Example is Jesus

Thanks for taking a moment to review your commitment to the biblical practice of prayer and fasting, [the key to spiritual breakthrough in the ReFocusing process of a church](#). Jesus experienced needed spiritual breakthroughs because He prayed and fasted. He is our example.

When the Pharisees asked Jesus why his disciples did not fast at that time, he replied, "Can you make the guests of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; in those days they will fast" (Luke 5:34-35). Jesus never expected his disciples to do something he did not do himself. "He left us an example that we should follow in his steps" (1 Peter 2:21). In his Sermon on the Plain, Jesus reminds us all, "A student is not above his teacher, but everyone who is fully trained will be like his teacher" (Luke 6:40).

Jesus fasted because he understood there were supernatural barriers that could only be overcome through the practice of basic spiritual disciplines. This is a universal principle and eternal truth: [Prayer and fasting is the key to spiritual breakthrough in the ReFocusing process!](#)