



## Absolute or Total Fasting

### Description

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Fasting has been a spiritual practice throughout history, with various forms observed by different faiths. As Christians, we find guidance and inspiration for fasting in the Bible. One unique approach is Absolute Fasting, a practice of complete abstinence from both food and water. Let's embark on a spiritual journey exploring the significance, biblical roots, and FAQs surrounding Absolute Fasting.

### Understanding Absolute Fasting

Absolute Fasting involves refraining from all intake, including both food and water. While it may seem intense, it holds deep spiritual meaning for those seeking heightened devotion and a closer connection with God.

### Biblical Roots

Absolute Fasting is mentioned in the Bible, emphasizing the profound commitment of individuals to seek God's intervention. In the Book of Esther, when faced with a life-threatening situation, Queen Esther proclaimed a fast without food or water for three days (Esther 4:16).

## The Spiritual Significance of Fasting

Absolute Fasting goes beyond physical discipline; it's a profound spiritual journey. By surrendering the basic necessities of life, believers aim to focus solely on prayer, meditation, and drawing closer to God. It symbolizes a complete dependence on Him.

## Embracing Spiritual Discipline

Jesus himself engaged in a form of Absolute Fasting during his 40 days in the wilderness (Matthew 4:2). His example demonstrates the power of spiritual discipline and reliance on God's strength during challenging times.

## Navigating Absolute Fasting

### Preparing for Absolute Fasting

Before undertaking Absolute Fasting, it's crucial to prepare both mentally and physically. Gradual reduction of food intake in the days leading up to the fast can ease the transition.

### Staying Hydrated Spiritually

While Absolute Fasting excludes water, spiritual nourishment remains essential. Spend time in prayer, meditation, and reading the Bible to sustain your spiritual well-being.

### Harvesting Spiritual Growth

As we conclude our exploration of Absolute Fasting, let's reflect on the harvest it brings—spiritual growth, increased faith, and a deeper connection with God. May this practice be a transformative journey for those seeking a closer walk with Him.

**Salvation Prayers :** Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen.

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[Amen](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true) [If you prayed the above prayers kindly click here to get more information](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)  
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### **Frequently Asked Questions (FAQs)**

Q: Can children engage in Absolute Fasting?

A: Fasting, especially Absolute Fasting, is generally not recommended for children. It's crucial to prioritize their nutritional needs for healthy growth.

Q: What should I do if I feel weak during Absolute Fasting?

A: Listen to your body. If weakness persists, consider breaking the fast and consult a healthcare professional.

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