



Fasting by Praying and seeking God's guidance

## Description

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## Fasting by Praying and Seeking God's Guidance

Fasting is an important spiritual practice in Christianity. It is a way of humbling ourselves before God and seeking His guidance. Fasting is a time of prayer and reflection, and it can be a powerful tool for spiritual growth.

### Why Should We Fast?

Fasting is a way of humbling ourselves before God and seeking His guidance. In the Bible, Jesus said, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you" (Matthew 6:16-18).

Fasting is also a way of repenting for our sins and seeking God's forgiveness. In the Bible, the prophet Isaiah said, "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed

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free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?” (Isaiah 58:6-7).

## How Should We Fast?

When fasting, it is important to remember that it is not just about abstaining from food and drink. It is also about prayer and reflection. We should use this time to seek God’s guidance and to repent for our sins. We should also use this time to focus on our relationship with God and to draw closer to Him.

It is also important to remember that fasting should not be done to the point of exhaustion. We should not push ourselves too hard or deprive ourselves of essential nutrients. We should also make sure to drink plenty of water and to get enough rest.

## When Should We Fast?

Fasting can be done at any time, but it is often done during special times of the year, such as Lent or Advent. It can also be done during times of personal crisis or when seeking God’s guidance.

## Conclusion

Fasting is an important spiritual practice in Christianity. It is a way of humbling ourselves before God and seeking His guidance. Fasting is a time of prayer and reflection, and it can be a powerful tool for spiritual growth.

**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. [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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## Quiz

1. What is fasting?

- A. A spiritual practice in which a person abstains from food and drink for a period of time
- B. A way of humbling ourselves before God
- C. A time of prayer and reflection
- D. All of the above

2. Why should we fast?

- A. To seek God's guidance
- B. To repent for sins
- C. To detoxify the body
- D. All of the above

3. How should we fast?

- A. Abstain from food and drink
- B. Pray and reflect
- C. Focus on our relationship with God
- D. All of the above

4. When should we fast?

- A. During Lent
- B. During Advent
- C. During times of personal crisis
- D. All of the above

5. What should we remember when fasting?

- A. Not to push ourselves too hard
- B. To drink plenty of water
- C. To get enough rest
- D. All of the above

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the

strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly click here to get more information

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### Answers:

1. D
2. D
3. D
4. D
5. D

### Discussion Questions

1. What are some of the benefits of fasting?
2. How can fasting help us to draw closer to God?
3. What are some of the challenges of fasting?
4. How can we make sure that we are fasting in a healthy way?
5. What are some practical tips for fasting?

### FAQs

Q: What is fasting?

A: Fasting is a spiritual practice in which a person abstains from food and drink for a period of time. It is usually done for religious reasons, such as to seek God's guidance or to repent for sins.

Q: Why should we fast?

A: Fasting is a way of humbling ourselves before God and seeking His guidance. It is also a way of repenting for our sins and seeking God's forgiveness.

Q: How should we fast?

A: When fasting, it is important to remember that it is not just about abstaining from food and drink. It is also about prayer and reflection. We should use this time to seek God's guidance and to repent for our sins. We should also use this time to focus on our relationship with God and to draw closer to Him.

Q: When should we fast?

A: Fasting can be done at any time, but it is often done during special times of the year, such as Lent or Advent. It can also be done during times of personal crisis or when seeking God's guidance.

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