



Fasting helps spiritual discipline

## Description

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Fasting is an important part of spiritual discipline. It is a way to draw closer to God and to focus on Him. Fasting is a way to humble ourselves before God and to seek His will. It is a way to deny ourselves and to focus on God's will for our lives.

The Bible speaks of fasting in many places. In the Old Testament, fasting was often used as a sign of repentance and sorrow for sin. In the New Testament, Jesus taught that fasting should be done in secret and not for show. He also taught that fasting should be done with prayer and with a humble heart.

Fasting is a way to deny ourselves and to focus on God's will for our lives. It is a way to humble ourselves before God and to seek His will. Fasting can be done for a variety of reasons, such as to seek God's guidance, to repent of sin, to seek healing, or to seek a closer relationship with God.

Fasting can be done in a variety of ways. Some people fast from food, while others fast from certain activities or habits. Fasting can also be done for a specific period of time, such as a day, a week, or a month.

Fasting is a way to draw closer to God and to focus on Him. It is a way to deny ourselves and to focus on God's will for our lives. Fasting can be a powerful tool

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for spiritual growth and can help us to become more like Christ.

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

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Fasting can also help us to become more disciplined in our spiritual lives. When we fast, we are denying ourselves of something that we enjoy, and this can help us to become more disciplined in our spiritual lives. We can learn to deny ourselves of things that are not beneficial to our spiritual growth and to focus on things that are beneficial.

Fasting can also help us to become more focused in our prayer life. When we fast, we are focusing on God and seeking His will. This can help us to become more focused in our prayer life and to seek God's will more earnestly.

**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 [https://www.xgospel.net/harvest\\_form/form/?page=0&rededication=true&wise=0](https://www.xgospel.net/harvest_form/form/?page=0&rededication=true&wise=0)

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Fasting can also help us to become more devoted to God. When we fast, we are denying ourselves of something that we enjoy, and this can help us to become more devoted to God. We can learn to deny ourselves of things that are not beneficial to our spiritual growth and to focus on things that are beneficial.

### Quiz

1. What is fasting?

- A. A way to draw closer to God
- B. A way to show repentance
- C. A way to seek healing
- D. All of the above

2. What did Jesus teach about fasting?

- A. It should be done in secret
- B. It should be done for show
- C. It should be done with prayer
- D. It should be done with a humble heart

3. What are some reasons for fasting?

- A. To seek God's guidance
- B. To repent of sin
- C. To seek healing
- D. All of the above

4. How can fasting help us become more disciplined in our spiritual lives?

- A. By denying ourselves of things that are not beneficial
- B. By focusing on things that are beneficial
- C. By focusing on God and seeking His will
- D. All of the above

5. How can fasting help us become more devoted to God?

- A. By denying ourselves of things that are not beneficial
- B. By focusing on things that are beneficial
- C. By focusing on God and seeking His will
- D. All of the above

**Answers: 1. D, 2. A, 3. D, 4. D, 5. D**

### **Discussion Questions**

1. What are some of the benefits of fasting?
2. How can fasting help us to become more like Christ?
3. What are some of the ways that we can fast?
4. How can fasting help us to become more disciplined in our spiritual lives?
5. How can fasting help us to become more devoted to God?

### **FAQs**

Q: What is fasting?

A: Fasting is a way to draw closer to God and to focus on Him. It is a way to deny ourselves and to focus on God's will for our lives.

Q: What did Jesus teach about fasting?

A: Jesus taught that fasting should be done in secret and not for show. He also taught that fasting should be done with prayer and with a humble heart.

Q: What are some reasons for fasting?

A: Some reasons for fasting include seeking God's guidance, repenting of sin, seeking healing, and seeking a closer relationship with God.

Q: How can fasting help us become more disciplined in our spiritual lives?

A: Fasting can help us to become more disciplined in our spiritual lives by denying ourselves of things that are not beneficial to our spiritual growth and by focusing on things that are beneficial.

Q: How can fasting help us become more devoted to God?

A: Fasting can help us to become more devoted to God by denying ourselves of

things that are not beneficial to our spiritual growth and by focusing on things that are beneficial.

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