



Fasting increases focus and clarity

## Description

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Fasting is a spiritual practice that has been around for centuries. It is a way to draw closer to God and to focus on Him. Fasting is a powerful tool that can help us to gain clarity and focus in our lives.

The Bible speaks of fasting in many places. In Matthew 6:16-18, Jesus says, “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.”

Fasting is a way to draw closer to God and to focus on Him. It is a way to humble ourselves before Him and to seek His guidance and direction. Fasting can help us to gain clarity and focus in our lives.

## How Does Fasting Increase Focus and Clarity?

Fasting can help us to gain clarity and focus in our lives. When we fast, we are taking a break from the distractions of the world and focusing on God. We are able to quiet our minds and focus on what is important. Fasting can help us to

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gain clarity on our purpose and direction in life.

Fasting can also help us to gain clarity on our relationships. When we fast, we are able to take a step back and look at our relationships from a different perspective. We can gain clarity on how we can better serve and love those around us.

Fasting can also help us to gain clarity on our spiritual life. When we fast, we are able to focus on our relationship with God and seek His guidance and direction. We can gain clarity on how we can better serve Him and live out His will for our lives.

Fasting can also help us to gain clarity on our physical health. When we fast, we are able to take a break from unhealthy habits and focus on nourishing our bodies. We can gain clarity on how we can better take care of ourselves and live a healthier lifestyle.

Fasting can also help us to gain clarity on our mental health. When we fast, we are able to take a break from the stress and anxiety of the world and focus on our mental wellbeing. We can gain clarity on how we can better manage our stress and anxiety and live a more peaceful life.

Fasting can also help us to gain clarity on our emotional health. When we fast, we are able to take a break from the emotions that can overwhelm us and focus on our emotional wellbeing. We can gain clarity on how we can better manage our emotions and live a more balanced life.

**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](#)  
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a way to draw closer to God and to seek His guidance and direction. Fasting can help us to gain clarity on our purpose and direction in life, our relationships, our spiritual life, our physical health, our mental health, and our emotional health.

**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](#)

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### Quiz

1. What is fasting?

- A. Eating only fruits and vegetables
- B. Abstaining from food and drink for a period of time
- C. Eating only one meal a day
- D. Eating only healthy foods

2. What does the Bible say about fasting?

- A. It is a way to humble ourselves before God
- B. It is a way to show others we are fasting
- C. It is a way to gain clarity and focus in our lives
- D. It is a way to seek God's guidance

3. How can fasting help us to gain clarity and focus in our lives?

- A. It can help us to gain clarity on our purpose and direction in life
- B. It can help us to gain clarity on our relationships
- C. It can help us to gain clarity on our spiritual life

D. All of the above

4. What are some of the benefits of fasting?

- A. It can help us to gain clarity on our physical health
- B. It can help us to gain clarity on our mental health
- C. It can help us to gain clarity on our emotional health
- D. All of the above

5. What is the purpose of fasting?

- A. To humble ourselves before God
- B. To show others we are fasting
- C. To gain clarity and focus in our lives
- D. To seek God's guidance

**Answers: B, D, D, D, A**

### **Discussion Questions**

1. What are some of the benefits of fasting?
2. How can fasting help us to gain clarity and focus in our lives?
3. What does the Bible say about fasting?
4. What is the purpose of fasting?
5. How can we make the most of our time while fasting?

### **FAQs**

Q: What is fasting?

A: Fasting is the practice of abstaining from food and drink for a period of time. It is a spiritual practice that has been around for centuries. It is a way to draw closer to God and to focus on Him.

Q: How does fasting increase focus and clarity?

A: Fasting can help us to gain clarity and focus in our lives. When we fast, we are taking a break from the distractions of the world and focusing on God. We are able to quiet our minds and focus on what is important. Fasting can help us to gain clarity on our purpose and direction in life, our relationships, our spiritual life, our physical health, our mental health, and our emotional health.

Q: What does the Bible say about fasting?

A: The Bible speaks of fasting in many places. In Matthew 6:16-18, Jesus says, “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.”

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