



Spiritual disciplines during fasting

## Description

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Fasting is a spiritual discipline that has been practiced by many religions for centuries. It is a time of self-reflection and spiritual growth. In Christianity, fasting is a way to draw closer to God and to seek His will. It is a time of prayer and repentance, and a time to focus on spiritual matters.

The Bible speaks of fasting in many places. In Matthew 6:16-18, 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."•

Fasting is a way to humble ourselves before God and to seek His will. It is a time to focus on spiritual matters and to draw closer to God. It is also a time to repent of our sins and to seek God's forgiveness. Fasting can be done for a variety of reasons, such as to seek God's guidance, to seek healing, or to seek deliverance from a difficult situation.

When fasting, it is important to remember that it is not just about abstaining from

food. It is also about abstaining from other activities that can distract us from our spiritual journey. This includes abstaining from activities such as watching television, playing video games, or engaging in other activities that can take away from our time with God.

It is also important to remember that fasting is not a time to be prideful or boastful. It is a time to humble ourselves before God and to seek His will. It is also a time to repent of our sins and to seek God's forgiveness.

When fasting, it is important to remember to stay hydrated and to eat healthy meals when the fast is over. It is also important to remember to take time to rest and to spend time in prayer and meditation.

Fasting can be a powerful spiritual discipline that can help us to draw closer to God and to seek His will. It is a time to humble ourselves before God and to seek His guidance. It is also a time to repent of our sins and to seek God's forgiveness.

**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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**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 does the Bible say about fasting?

- a. It is a time to be prideful and boastful
- b. It is a time to humble ourselves before God and to seek His will
- c. It is a time to indulge in activities that can distract us from our spiritual journey
- d. It is a time to abstain from food

2. What is the purpose of fasting?

- a. To seek God's guidance
- b. To seek healing
- c. To seek deliverance from a difficult situation
- d. All of the above

3. What should you remember when fasting?

- a. To stay hydrated
- b. To eat healthy meals when the fast is over
- c. To take time to rest
- d. All of the above

4. What should you abstain from when fasting?

- a. Watching television
- b. Playing video games
- c. Engaging in other activities that can take away from our time with God
- d. All of the above

5. What should you not do when fasting?

- a. Put oil on your head

- b. Wash your face
- c. Look somber
- d. Show others you are fasting

**Answers: 1. b, 2. d, 3. d, 4. d, 5. d**

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