



Water fasting

## Description

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Water fasting is a practice of abstaining from all food and drink, except for water, for a period of time. It is a spiritual practice that has been used for centuries by many different cultures and religions. In Christianity, water fasting is often used as a way to draw closer to God and to seek His guidance and direction.

Water fasting is a powerful way to detoxify the body and to give the digestive system a rest. It can also be used to help break unhealthy habits and to focus on spiritual growth. During a water fast, the body is able to focus on healing and restoring itself, as it is not being taxed by the digestion of food.

The Bible speaks of fasting in many places, including in the book of Isaiah. In Isaiah 58:6-7, it says, “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?”

In this passage, God is calling us to fast in order to break the bonds of wickedness and to help the oppressed. He is also calling us to use our resources to help those in need. This passage shows us that fasting is not just about abstaining from food,

but also about using our resources to help others.

Fasting can also be used as a way to draw closer to God and to seek His guidance and direction. In Matthew 6:16-18, Jesus says, “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

In this passage, Jesus is teaching us that fasting should be done in secret, and that it should be done to draw closer to God. He is also teaching us that fasting should not be done for the approval of others, but rather for the approval of God.

When engaging in a water fast, it is important to remember to drink plenty of water. Water is essential for the body to function properly and to stay hydrated. It is also important to remember to rest and to take time for yourself during a water fast. This will help to ensure that the body is able to focus on healing and restoring itself.

It is also important to remember to be mindful of your thoughts and feelings during a water fast. This is a time to focus on spiritual growth and to seek God’s guidance and direction. It is also a time to be mindful of your thoughts and feelings and to be aware of any unhealthy patterns or habits that may be present.

Finally, it is important to remember to be gentle with yourself during a water fast. This is a time to be kind to yourself and to give your body the rest and nourishment it needs.

## **Quiz**

1. What does the Bible say about fasting?

- a. It is a way to draw closer to God
- b. It is a way to break unhealthy habits
- c. It is a way to show off
- d. It is a way to punish oneself

2. What is the purpose of a water fast?

- a. To detoxify the body

- b. To lose weight
  - c. To show off
  - d. To punish oneself
3. What is important to remember when engaging in a water fast?
- a. Drink plenty of water
  - b. Exercise
  - c. Eat a lot of food
  - d. Stay up late
4. What should fasting be done for?
- a. The approval of others
  - b. To show off
  - c. To punish oneself
  - d. The approval of God
5. What should you be mindful of during a water fast?
- a. Your thoughts and feelings
  - b. Your diet
  - c. Your exercise routine
  - d. Your sleep schedule

### **Discussion Questions**

1. What are some of the spiritual benefits of water fasting?
2. How can water fasting help to break unhealthy habits?
3. What are some of the physical benefits of water fasting?
4. How can we use our resources to help those in need while fasting?
5. What are some tips for engaging in a successful water fast?

### **FAQs**

Q: What is water fasting?

A: Water fasting is a practice of abstaining from all food and drink, except for

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water, for a period of time. It is a spiritual practice that has been used for centuries by many different cultures and religions.

Q: What does the Bible say about fasting?

A: The Bible speaks of fasting in many places, including in the book of Isaiah. In Isaiah 58:6-7, it says, "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?" In this passage, God is calling us to fast in order to break the bonds of wickedness and to help the oppressed. He is also calling us to use our resources to help those in need.

Q: What is important to remember when engaging in a water fast?

A: When engaging in a water fast, it is important to remember to drink plenty of water. Water is essential for the body to function properly and to stay hydrated. It is also important to remember to rest and to take time for yourself during a water fast. This will help to ensure that the body is able to focus on healing and restoring itself. It is also important to remember to be mindful of your thoughts and feelings during a water fast. This is a time to focus on spiritual growth and to seek God's guidance and direction.

**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](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 Answers

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

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