

## **\*\*\*WHY FAST?\*\*\***

### **TWENTY REASONS TO FAST**

From “Greater Health God’s Way” by Stormie Omartian

There are many reasons to fast. What’s yours? Why would anyone attempt such a fast? Take a look at the list below to see why an individual might decide to fast.

1. To receive divine guidance, revelation, or an answer to a specific problem
2. To hear God better and to understand more fully His will for your life
3. To weaken the power of the adversary (Compare fasting to getting a “holy oiling”: Because of it, the world, the flesh and the devil can’t hold on to you; you slip right through their clutches into freedom.)
4. To cope with present monumental difficulties
5. To have freedom from bondage
6. To establish a position of spiritual strength and dominion
7. To be released from heavy burdens (yours or others’)
8. To break through a depression
9. To invite the Lord to create in you a clean heart and renew a right spirit
10. To see God’s face and have a closer walk with Him
11. To seek the Lord when He is direction you to do something you don’t think you can do
12. To be free of evil or deliberating thoughts
13. To resist temptation
14. To be set free from everything sins-pride, jealousy, resentment, gluttony, gossiping, etc.
15. To help you when you are feeling confused
16. To help you when life seems out of control
17. To humble yourself
18. To break the lusting of the flesh
19. To gain strength
20. To invite God’s power to flow through you more mightily

**\*\*\*NOTE (BIBLICAL MEANING FOR #20 IS EXPECTANCY)**

## **FASTING**

- ✓ **It's not how much; it's how you fast**
- ✓ **For those that have to take daily medication. Before you begin your fast, get a small glass of juice to take your meds & get 7 plain crackers without salt. Make sure you pray over these things before you take them.**
- ✓ **Do not eat any meat during your fast. You are cleansing your blood naturally as well as cleansing your spirit.**
- ✓ **First thing, DON'T be trying to give people instruction about Him, because He is trying to instruct you.**
- ✓ **READ**
- ✓ **Get a prayer life. Know when to shut down and let the Lord minister to you.**
- ✓ **Get up in the morning, wash your face, pray-we need the keeper to help us. After you wash your face, anoint yourself. If you have a job avoid contact with outside people this includes other church members.**
- ✓ **Don't let anybody feed into your spirit.**
- ✓ **Don't let anybody know that you are fasting (you may let your spouse know).**
- ✓ **Deny yourself**
- ✓ **After your fast is complete first pray 3, 7, or 21 minutes. While you're praying have a glass of juice. Make sure you pray over it as you are blessing the first fruit that is going into a new vessel after your fast.**
- ✓ **The first thing you eat after coming off of your fast needs to be something soft with little to no seasoning (i.e. oatmeal, grits, etc)**