



Koinonia
CHRISTIAN CENTER

WHAT IS FASTING?



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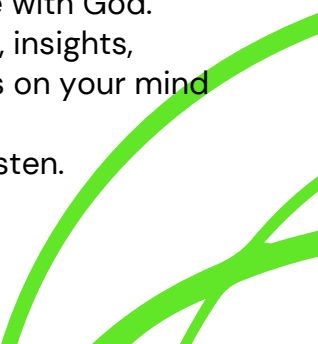
The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, and your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Before the fast:

- Think about the purpose behind why you are fasting. There are plenty of reasons people fast: seeking God's favor, repentance, spiritual strength, demonstration of our love for Jesus, etc.
- Think about what food(s) and/or activities you are planning to give up and for how long.
- Slowly start to cut down on the food(s) and/or activities you choose to give up. Be mindful that your body reacts when you remove particular foods from your diet.

During the fast:

- Set aside time to worship and commune with God.
 - Keep a journal and write down any ideas, insights, instructions, or directions that He places on your mind and heart.
 - Remember to fellowship with God and listen.
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SCRIPTURES

Matthew 6:16-18 (NIV)

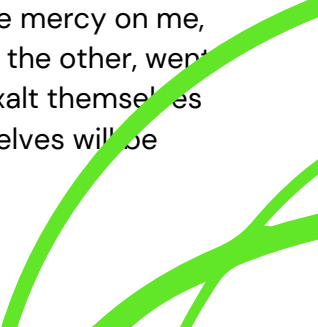
16 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15 (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" 15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

Luke 18:9-14 (NIV)

9 To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: 10 "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.' 13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' 14 "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.



SCRIPTURES

Acts 27:33-37 (NIV)

33 Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food- you haven't eaten anything. 34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head." 35 After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat. 36 They were all encouraged and ate some food themselves. 37 Altogether there were 276 of us on board.

Nehemiah 9:1-3 (NIV)

On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the Lord their God.

For more information on this year's fast, head to kccfamily.com or scan here.

