

Fasting Study Guide

Run Life Ministries - By Rshan Guillory

runlifelivechrist.com

WHAT IS FASTING?

Fasting is a practice of turning down your plate and not eating food for a period of time. In not eating, the body's physical needs are muted to turn inward to your spiritual needs and up keep. Fasting is a common practice in most prodominate religions around the world. Fasting is the way to fully present a need to God for help, guidance, or worship. Fasting opens spiritual ears, hearts, and minds to receive a beautiful encouner with the Creator.



WHY DO I NEED TO FAST?

Even though a fast is not a comandment, it's function and purpose is very powerful. I feel that it is an invitation to take an available step to outter most place of the spirit to feel and experience God more clearly. Fasting reestablishes closness with God, and refreshes relationship. Our goal should always be aiming to develop a better relationship with God.

Ezra 8:23(MSG) So we fasted and prayed about these concerns. And he listened.

HOW DOES FASTING HELP ME?

Fasting places you in a posture to be more inclined to hear directly from God and move in his power. Answered prayers, clarity, vision, prayer power, and guidance increase in these times. Spritual abilities like casting out demons, decerning of spirits, prohpetic anointing, and more, become more powerful because of fasting.



Mark 9:29(NIV) He replied, "This kind can come out only by prayer."

WHAT ARE THE RULES ON FASTING?

You have to **pray** and **read your bible** when you fast. No communion with God druing a fast just becomes a weight loss challenge. You want to be in communication for what ever you are seeking from God. Using your heavenly tongue when you pray is welcomed. Dont tell anyone you are fasting. This is an inward expression for only you and God to know about and not a public flaunt. The fast will be null and void if your are openly talking about it for human gratification. If you are taking medication, consult your doctor before your fast.

Matthew 6:18(EVS) That your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you