



What would be the hardest thing for you to fast from and why?



Popularity of Fasting

A new trend emerging
from ancient wisdom



"Fasting" doesn't mean eating fast food!



Pinpointing Xn Fasting

Fasting is
Giving up something we have a
legitimate need for
(usually food) for a period of time,
for a spiritual purpose
and to recognise a deeper spiritual
need.

“People do not
live by bread alone.”

Jesus
(Luke 4: 4)



Purpose of Fasting:
An Old Testament Perspective

To humble self before God
Daniel 9: 3



Purpose of Fasting:
An Old Testament Perspective

Appealing to God in
Times of Crisis and Transition

Joel 1: 14

Esther 4: 16

Ezra 8: 21



Queues outside Westminster Abbey for National Day of Prayer
for Dunkirk Operation, May 1940



Purpose of Fasting:
An Old Testament Perspective

Appealing to God in
Times of Crisis and Transition

Joel 1: 14

Esther 4: 16

Ezra 8: 21

Purpose of Fasting: An New Testament Perspective

Regular practice - but not for show
Matt. 6 : 5 & 16

Shifting 'blockages'
Mark 9: 29

Setting Apart & Sending Out
Acts 13: 2



A pair of hands is shown from the front, palms up, holding a large purple circle. The circle contains the text "Are you hungry for God?" in a white, cursive font. The background is a blurred, light-colored surface, possibly a wall or a window. The hands are positioned at the bottom of the circle, with the fingers slightly curled.

*Are you
hungry for
God?*