

# Biblical Fasting

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**Fasting**- to abstain from all food; to eat sparingly or of certain kinds of food, especially as a religious observance (ref. dictionary.com)

But, for the follower of Christ it means to abstain from food in order to hear clearly from God so that we may be used more effectively by Him for His purposes, and not our own.

## Why do followers of Christ fast?

As believers in Christ we fast out of obedience to the Holy Scriptures (Word of God). [Matt 6:16-18](#) Fasting also pleases God. [Is 58:6](#)

## Do we (followers of Christ) have to fast?

No, we get to fast, but on a more serious note, yes. [Matt 9:14-17](#)

## Did Jesus fast?

Yes. [Luke 4:1-3](#)

## What happens when we (followers of Christ) fast?

We receive greater power and enablement to serve God. [Esther 4:16](#);

[Matt 17:19-21](#). We are also rewarded. [Matt 6:18](#)

## How does the follower of Christ fast?

Believers fast discretely and unto the Lord. [Matt 6:16-18](#)

## How long does the follower of Christ fast?

As the Holy Spirit leads us.

## How often should the follower