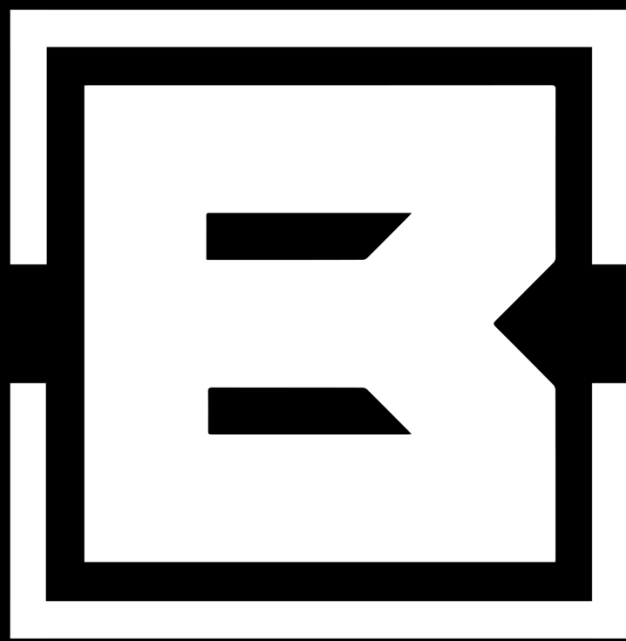


iFast

The What, Why, Who & How Of Fasting



BUILDERS
CHURCH®

WHAT is fasting?

Is a spiritual discipline of abstaining from food and fleshly desires to express our hunger and desire for God and His voice (Matthew 4v2-4). It is also depriving ourselves of carnal activities in order to focus on God and our relationship with Him through various spiritual activities such as prayer, worship, His word, giving, etc. in an intensified manner.

WHY do we fast?

We fast mainly because the bible commands us to do so, especially when we want to:

1. Turn our souls to God | Joel 2v12
2. Chasten (restrain, discipline, purify) our soul | Psalm 69v10
3. Humble our souls | Psalm 35v13

WHO fasted in the Bible?

- The Patriarchs | Exodus 34v28
- The kings | 2nd Samuel 12v16
- The Prophets | Daniel 10v2
- Jesus Christ | Matthew 4v2
- The Apostles | 2nd Corinthians 6v4
- The Church | Acts 13v1-3



HOW do we fast?

- By doing it for God and not for man | [Mathew 6v16-18](#)
- By shunning wickedness and following godliness | [Isaiah 58v3-7](#)
- By abstaining from all types of food | [Luke 4v2](#)
- By abstaining from certain types of food | [Daniel 1v8, 12](#)
- By fasting day and night, day only, or half a day | [Matthew 4v2](#)

NB: During the chosen period of fasting, engage more in spiritual activities than normal activities that turn your focus away from God.

WHAT are the benefits of fasting?

1. Spiritual Rewards | [Matthew 6v17-18; Hebrews 6v17](#)
2. Spiritual Empowerment (Anointing) | [Luke 4v14](#)
3. Breakthrough Revelation | [Isaiah 58v8\(a\)](#)
4. Breakthrough Healing | [Isaiah 58v8\(b\)](#)
5. Walking in Righteousness | [Isaiah 58v8\(c\)](#)
6. Divine Protection | [Isaiah 58v8\(d\)](#)
7. Answered Prayers | [Isaiah 58v9](#)
8. Supernatural/Spiritual Victories | [Mark 9v29](#)
9. Divine Guidance | [Isaiah 58v11\(a\)](#)
10. Divine Contentment | [Isaiah 58v11\(b\)](#)
11. Supernatural Strength | [Isaiah 58v11\(c\)](#)
12. Spiritual Replenishing | [Isaiah 58v11\(d\)](#)
13. Restoration and Results in your Calling | [Isaiah 58v12](#)

