

Fasting 2025

D. L. Moody made this sobering statement about fasting. “If you say, I will fast when God lays it on me, you never will. You are too cold and indifferent. Take the yoke upon you.”

In His book **Fasting Forward**, Dr. Billy Wilson made this prolific observation of our spiritual state and then follows it up with this probing question concerning fasting, “Yesterday’s fire is extinguished; tomorrow’s light cannot be seen. Our cavern of uncertainty desperately needs revelation. What would happen if we decided to stop simply marching on and waited on the Lord, giving ourselves to a season of intense intercession for illumination?”

Fasting is not a religious act but rather it is a spiritual discipline that even Jesus practiced. *Prayer and fasting are acts of worship.*

As we approach 2025, we are asking our LLCOG family to join us for a season of **corporate prayer and fasting January 6** through **January 26**. We will have concentrated times of prayer during this season as well. We are challenging each one of us to set aside at least an hour a day away from distractions, such as social media, games, television, and other electronics for a time of daily Bible reading and prayer. There are many good Bible apps to get you started or a good place to start is the New Testament.

Why should you fast?

Fasting is one of the Spirit’s tools for strengthening and transforming grace in our lives. This spiritual practice is a gift from God meant to grow us and draw us into a deepening relationship with Him. According to Dr. Bill Bright, who produced a [guide to fasting](#), there are a number of reasons why the practice of fasting can be spiritually beneficial.

- Fasting is biblical. We see examples of biblical fasting in the lives of figures like Moses, Jesus, and King David. Fasting was an expected practice in both the Old and New Testament eras. For example, Moses fasted for at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast. He said, “When you fast,” not, “If you fast” (Matthew 6:16).

- Fasting and prayer can restore or strengthen your intimacy with God. Many longtime Christians find that fasting helps them rediscover their “first love” for God again.
- Fasting is a way to humble yourself in the sight of God ([Psalm 35:13](#); [Ezra 8:21](#)). King David said, “I humbled my soul with fasting” ([Psalm 69:10](#)). You may find yourself relying on God more fully for strength when you fast.
- Fasting and prayer can help us hear God more clearly. To listen to God as you fast, consider combining a time of fasting with a practice of [listening prayer](#). Together, fasting and prayer can transform your prayer life into a richer and more personal experience of God.
- Fasting enables the Holy Spirit to reveal your true spiritual condition. When you see your own brokenness more clearly, you’re able to move toward repentance.
- When you experience revival in your own life through fasting, the grace and love of God can shine through you into the lives of others.

“The more we pursue God in all of His glory, the more we reflect God in every facet of our lives.”

“Fasting is feasting on fellowship with God.”– David Platt

Fasting is an essential *principle* that God intended for every believer to practice. It is not a punishment; it is a privilege! Jesus said, “when you fast” not “if you fast” (Matt. 6:16). The goal of fasting is to POSITION your heart and mind to HEAR from God. I have heard it said that **FASTING** disconnects us from the world and **PRAYER** connects us to God (Matt. 17:21).

Fasting is simple obedience. It is intentional intimacy with God. Fasting will give us a *renewed passion* for purity, a *thirst* for truth, and a *hunger* for holiness. It will also create in us *conviction* for what is Godly, *clarity* for direction in things that will have the greatest impact, and *Christlike character* for everyday living. Fasting will also birth a *revival of righteousness and a return to reverence* in His church.

A spiritual fast is ALWAYS accompanied by increased *prayer, meditation, reading/study of the Word of God and worship.*

Examples of Fasting and Prayer

• **Ezra** the priest fasted for God's protection while carrying valuable things for God's temple. We too can fast for God's protection. (Ezra 8:21-23)

• **Daniel** the prophet fasted for the fulfilment of God's promises and received mighty revelations from God. (Daniel 10:3)

• **Jesus, Himself fasted while on this earth, as did his followers and fasting is still a powerful key to Kingdom living.**

Jesus fasted and spoke the Word of God to overcome Satan. (See Matthew 4:1-10; Luke 4:1-13)

Jesus fasted to begin his public ministry and have the power of God and the anointing. (Luke 4:14)

• **Elijah** needed to fast 40 days before he heard God's voice again. (1 Kings 19:8)

• **Moses** fasted to receive the Ten Commandments and the Law of God, and to see God's glory and goodness.

• **The elders**, prophets and teachers in Antioch fasted and ministered to God, which resulted in the launching of Paul and Barnabas' apostolic ministry to the Gentiles (Acts 13:2,3). Likewise, we should fast and pray before getting involved in full-time ministry and mission work.

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

God made it clear through the prophet Joel that the last days outpouring of the Spirit will be in proportion to our fasting and crying out to God in humility, hunger, and repentance. (Joel 1:5; Joel 2:12)

To help you with your fast we are including some tips for food, reading and rest. Please keep your eyes on the purpose and the prize of the fast. Our ultimate goal is to become more Christ-centered in our everyday life and to begin the new year with prayer, Bible reading and spiritual consecration that will set the focus for the coming year.

Suggested Daily Prayer Times:

Early morning (between 5:00-9:00 a.m.) Take at least 30 min.

During your lunch hour (11:00-2:00 p.m.) Take at least 30 min.

During the evening – Take at least 30 min.

What to Read:

***Bible** (yearly plans at welcome center or go online for reading guides www.oneyearbible.com or The Bible Recap @ the biblerecap.com)

***Fasting Forward** by Dr. Billy Wilson

***The Power of Prayer and Fasting** by Ronnie Floyd

***The Pursuit of God** by A.W. Tozer

***The Fasting Edge** by Jentezen Franklin (available for download)

* <http://www.jentezenfranklin.org/fasting/> (**website for encouragement in your fast**)

***Fasting & Prayer** by Sharon & Billy Joe Daugherty (available for download)

*Anything on Prayer by Andrew Murray

(Many good books on prayer, worship, healing, and hope)

Types of Fast:

Full Fast - Drink only liquids (you establish the number of days).

The Daniel Fast - Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast - A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown.

Social Media/TV/Secular Radio/Computer Games (It is hard to realize how time consuming these particular activities are until we try to lay them aside. Give prayerful consideration to setting aside at least an hour a day through this fast to pray and read.)

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice. –Jentezen Franklin