

BECOMING: The Untapped Power of Fasting

Scripture used: [Matthew 6:16–18](#) ;[Matthew 4:4](#); [Romans 7:15](#); [Jeremiah 29:13](#)

OVERVIEW

Fasting is a spiritual practice found throughout the Bible where believers abstain from food for a period of time in order to seek God more intentionally. Because eating is a daily rhythm, disrupting that rhythm reminds us of our deeper hunger for God. Fasting does not control God or force His hand, but it helps us posture our hearts toward Him—seeking His presence, guidance, and transformation.

Before fasting from food, individuals should consider their health and consult a doctor if necessary.

KEY POINTS

- Fasting is abstaining from food for a specific period of time in order to focus on God.
- The Bible does not command a specific schedule for fasting, but Jesus assumes His followers will practice it.
([Matthew 6:16–18](#))
- Fasting reminds us that our deepest need is not physical food, but God Himself.
- People in Scripture fasted as a rhythm of devotion or in response to crisis, grief, sin, or tragedy.
- Fasting helps us move from decision to discernment—seeking God’s will more deeply.
- Prayer and fasting engage God, but they do not control Him. We rely on the Holy Spirit, not just willpower.

Purposes of fasting:

1. Offer ourselves fully to God ([Romans 12:1](#))
2. Intensify prayer and seek direction ([Acts 13:1–2](#))
3. Grow in holiness and spiritual surrender
4. Deepen compassion for others

DISCUSSION

- 1) **HEAR** - What is one food you would find the hardest to give up for a day?
- 2) **UNDERSTAND** - What do you think fasting might reveal about our hearts, habits, or dependencies? Revisit [Matthew 4:4](#). What do you think Jesus meant by this, and how might fasting help us experience that truth in our relationship with God?
- 3) **DO** - For those who are able, practice a day of intentional hunger for God this week, or prepare to practice it during Holy Week (March 29–April 4) by fasting from food and using that time to pray and seek God. For others, consider fasting from something else that regularly fills your time or attention and use the time or space created by that fast to pray, read Scripture, serve someone or simply sit quietly with God.