

# Fasting Resources

Overflow City Church 2026



Dr. Donald Whitney describes the purpose of fasting and how that purpose is God-centered and biblical.

<https://www.youtube.com/watch?v=Szq34U6tWIM>



In this message, Pastor Paul teaches how and why prayer and fasting are essential spiritual disciplines for Christ followers.

<https://www.youtube.com/watch?v=QK95TlaZFjI>



General fasting articles from Desiring God that cover fasting for beginners, why Christians fast, and the secret benefit of fasting:

<https://www.desiringgod.org/topics/fasting>



A guide to fasting and prayer from Cru.

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.1.html>



The following list explains the categories of foods to eat and foods to avoid on the Daniel Fast.

<https://ultimatedanielfast.com/pdf/DanielFastFoodList.pdf>