



Prayer and fasting are considered two wings that lift the soul to God, providing spiritual strength, focus, and elevation above earthly desires. Combined, they create a powerful, balanced approach to faith, with fasting acting as a physical form of prayer and a means to deepen spiritual devotion.

Prayer: Experiencing Awe and Intimacy with God

Philippians 4:6-7

⁶ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- Prayer is a personal encounter, allowing us to enter into a conversation with God that he started through His Word.
- Prayer is a way to face reality, combining the awe of God's holiness with the struggle of personal confession and supplication.
- The ultimate goal is to mold our desires to match God's purpose, rather than trying to use prayer to bend God's will to ours.
- Prayer is not optional but a "nonnegotiable necessity" for spiritual survival, akin to medicine for a fatal condition.
- Prayer is the primary way we move from knowing about God to personally experiencing Him.

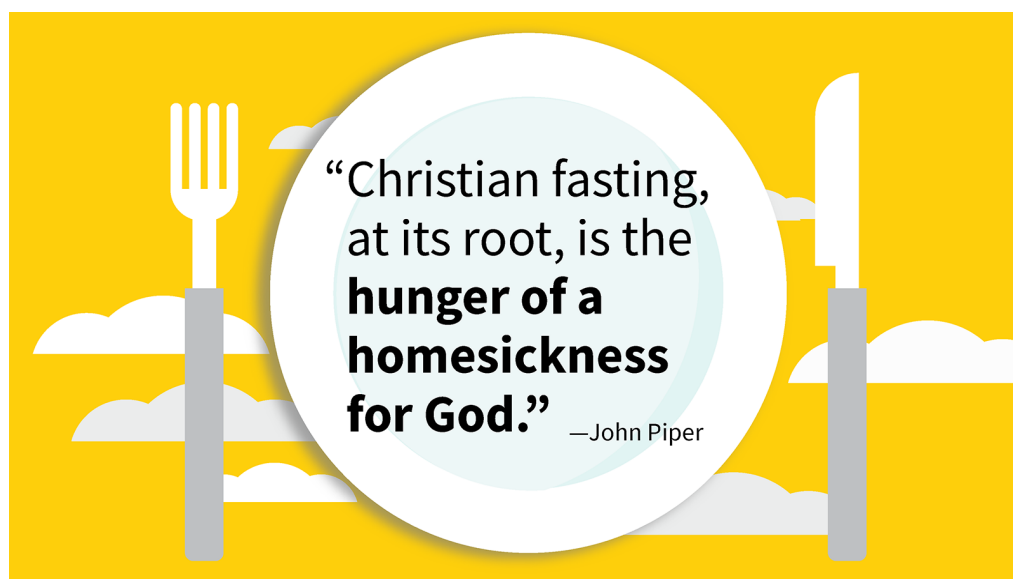
Fasting: Homesick Humility in our Hearts

“Prayer is a means of admitting our weakness and asking God to exercise his strength on our behalf. By fasting, we express our prayers with greater humility, dependence, and desperation.”

— Cassie Achermann and Winfree Brisley, *Fasting (Disciplines of Devotion)*

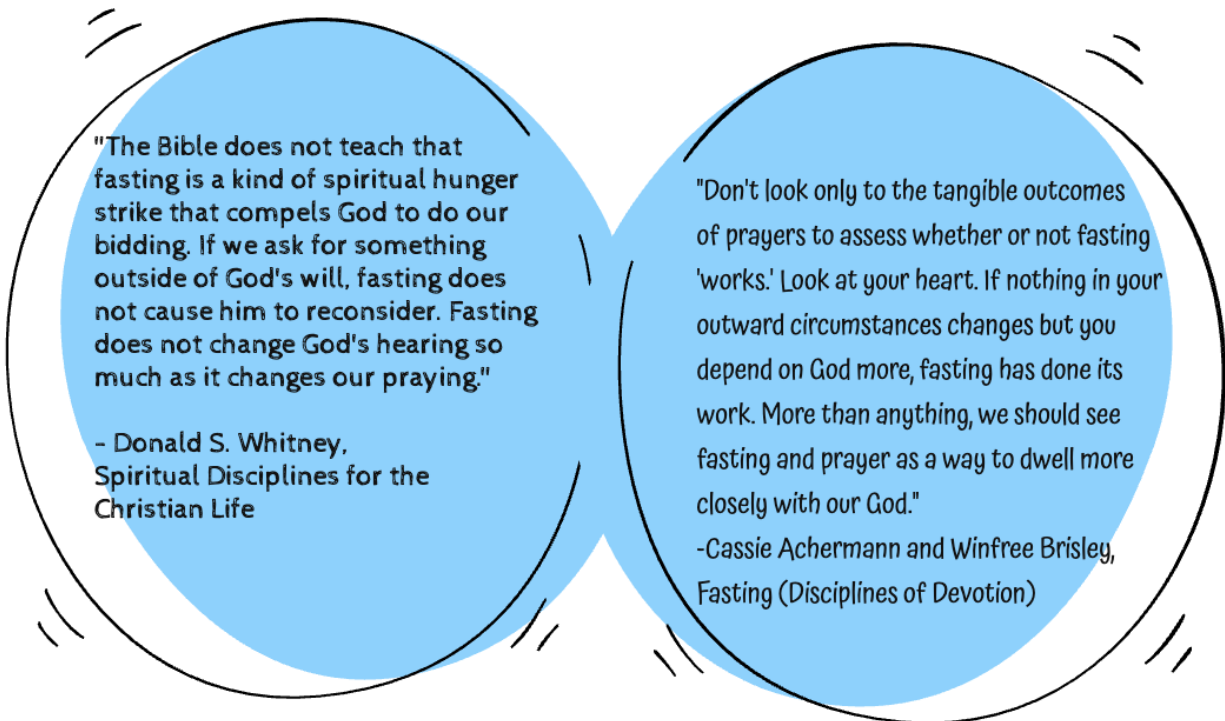
Christian Fasting

- The core purpose of Christian fasting is to draw closer to God, humble oneself, and seek His presence, with the main way of fasting being abstaining from food.
- Focus on prayer, reading Scripture, worship, and listening for God's voice; stay hydrated; rest when needed; and maintain a normal appearance.
- Avoid making fasting a public show, adopting a transactional mindset, neglecting spiritual focus, becoming overly legalistic or prideful, and ignoring your body's warning signs; instead, practice humility, repentance, and acts of mercy.
- Fasting creates spiritual clarity by removing one of life's most fundamental distractions, making you more aware of the spiritual realm and attuned to God's presence.
- Fasting shifts your focus from satisfying physical hunger to recognizing your deeper spiritual hunger and desire for Christ himself.
- Fasting expresses earnestness in prayer—symbolically communicating to God that you value the matter at hand so deeply that you're willing to sacrifice even basic sustenance.



"Fasting is the body talking what the spirit yearns, what the soul longs for, and what the mind knows to be true."

— Scot McKnight, *Fasting: The Ancient Practices*



Let's pray

James 5:16

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.