

How To Fast

By FLOODGATES Team

Draw near to God and He will draw near to you.

James 4:8

Fasting is a spiritual discipline. It is a sacrifice and it takes us surrendering the things that are in the way of spending time with Him. We fast in order to draw closer to the heart of God. When fasting, set aside distractions and shift your attention to what the Lord is trying to speak to you. When choosing what to fast from, there are many options. Make your choice based on fasting from the things that will push you to depend on God more. Fasting is about what you put your focus on. Set your eyes upon Him and he will speak and strengthen you. See our resource "Types Of Fasts" to choose what kind of fast you can commit to!

"Fasting helps us to express, to deepen, and to confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain the Kingdom of God." - Scot McKnight.