

WHY WE FAST

Drawing Near to God Through Prayer, Self-Denial,
and Spiritual Victory

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Student Hand Out

THEME SCRIPTURE

James 4:8 (KJV)

“Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.”

WHAT IS BIBLICAL FASTING?

Fasting is voluntarily denying the flesh in order to seek God with greater focus through **prayer, Scripture, worship, and repentance**. Fasting is not about earning God’s favor—it is about drawing closer to Him.

Fasting does not change God. Fasting changes us.

Throughout Scripture, God’s people fasted when they needed:

- Direction
- Repentance
- Spiritual breakthrough
- Greater faith
- God’s guidance
- A deeper relationship with Him

FOUR REASONS WE FAST

1. Fasting Brings the Flesh Under Submission

1 Corinthians 9:27 (KJV)

“But I keep under my body, and bring it into subjection...”

Key Truth: Our flesh should never control our spirit. Through fasting, we learn to submit our desires to Christ and allow the Holy Spirit to lead our lives.

Greek Word: Hypōpiazō

“To discipline, bring under control, or subdue.”

2. Fasting Builds Faith

Matthew 17:20–21 (KJV)

“If ye have faith as a grain of mustard seed... nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.”

Key Truth: Fasting strengthens our dependence on God instead of ourselves. As we seek Him, our faith grows and our confidence in His promises increases.

Greek Word: Pistis

“Faith, trust, confidence, reliance upon God.”

3. Fasting Breaks Strongholds

2 Corinthians 10:3–5 (KJV)

“The weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds.”

Key Truth: Fasting helps expose wrong thinking, sinful habits, and spiritual strongholds so God’s truth can bring freedom.

Greek Word: Ochyrōma

“A fortress or stronghold that resists God’s truth.”

4. Fasting Draws Us Closer to God

James 4:8 (KJV)

“Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.”

Key Truth: The greatest reward of fasting is not simply answered prayer—it is a deeper relationship with Jesus Christ.

Greek Word: Engizō

“To draw near; to approach God intentionally.”

THE BATTLE WITH THE FLESH

The New Testament uses two important Greek words:

Sarx (σάρξ) – Strong's G4561

The sinful nature that opposes God's Spirit.

Sōma (σῶμα) – Strong's G4983

The physical body, created by God and to be presented as a living sacrifice.

The body is not the enemy. The sinful nature must be surrendered to Christ.

TWO IMPORTANT REMINDERS

1. EVERY PLANT MY HEAVENLY FATHER HAS NOT PLANTED SHALL BE ROOTED UP

Matthew 15:13 (KJV)

"Every plant, which my heavenly Father hath not planted, shall be rooted up."

Remember: Anything God did not plant in your life cannot remain when you surrender it to Him.

2. ASK IN FAITH

James 1:6–8 (KJV)

"But let him ask in faith, nothing wavering..."

Remember: Faith honors God. Doubt produces instability, but steadfast faith positions us to receive His promises.

DURING YOUR FAST

Spend time each day:

✓ Pray

✓ Read God's Word

- ✓ Worship
- ✓ Repent
- ✓ Listen for God's voice
- ✓ Pray for others
- ✓ Keep your focus on Jesus

ASK YOURSELF

- What is God trying to show me?
- What appetite needs to come under Christ's authority?
- Is there a stronghold God wants to remove?
- Am I asking God in faith?
- What is God planting in my life during this fast?

DECLARATION

"Lord Jesus, I surrender my flesh to You. Strengthen my faith, renew my mind, break every stronghold, uproot everything You did not plant, and draw me closer to Your presence. I choose to walk by the Spirit and trust You completely. In Jesus' Name, Amen."