

INTRO

- What is your favourite type of food or meal?

READ

Matthew 6:16-18

REFLECT & RESPOND

Fasting is one of Jesus' most transformative practices but is largely neglected in the Western Church. Biblical fasting is a spiritual discipline that redirects our physical hunger to deepen our spiritual longing for God and redirects our physical weakness to humble dependence on God.

Qu: How does fasting challenge our cultural focus on comfort, indulgence, and consumption?

The Biblical Practice of Fasting

Biblical fasting involves abstaining from food to seek God's presence and strength. It has deep roots in Scripture and church history, and figures like Moses, David, Esther, and Jesus practiced it. Fasting is both a *response* to crises, repentance, or spiritual need and a regular *rhythm* in the lives of God's people.

Qu: what has been your experience with fasting? Is it something you can build into your life more consistently?

Transforming Hunger into Holiness

We fast for various reasons, but ultimately, it comes down to the following:

- **Surrender to Jesus:** Fasting is an act of worship, offering ourselves fully to God (Rm 12:2).
- **Pursue Holiness:** It reveals and redirects desires, helping us overcome sin and grow in dependence on God.
- **Power-Up Prayer:** Fasting amplifies our prayers, increasing focus and urgency.

Qu: In what ways would you like to see God move in your life in 2025? How might fasting help?

A Practical Guide to Fasting

If you've never fasted, start small, prepare for challenges, and replace meal times with prayer and Scripture.

- Set a time to fast—choose a meal, a day, or another time frame to fast this week.
- Identify your focus—areas where you need to seek God's presence, guidance or breakthrough.
- Replace meal times with prayer, worship and Scripture.
- Join in with our church prayer meetings this week!

For more resources, go to everynation.org/fasting

RESPOND & PRAY

- Pray together as a group, consecrating the year to seek God.
- Follow the prayer prompts in the devotional guide for the week.