

## *Fasting ~ Why and How*

Bill Bright of Campus Crusade for Christ writes, “... according to Scripture, personal experience and observation, I am convinced that when God’s people fast with a proper Biblical motive ~ with broken, repentant, and contrite spirit ~ God will hear from heaven and heal our lives, our churches, our communities, our nation and world.”

Although the CHBC fast on Wednesday is for one day only, we thought it would be helpful to provide you with some information.

### **Types of Fasts**

<b>The Normal Fast:</b>	Drinking only water and juice (Luke 4:1-2)
<b>The Partial Fast:</b>	The restriction of diet, such as Daniel eating only grains, fruits and vegetables and drinking only water (Daniel 1:15)
<b>The Absolute Fast:</b>	Refraining from both food and water.
<b>Specific Fast:</b>	The abstinence from something that brings pleasure such as media, a favourite food, beverage or recreation.

### **Set Your Objective**

Ask God for a specific focus for your fast, to help you pray more purposefully.

### **Make Your Commitment**

Commit to which type of fast you will do.

### **Expect Results**

God has promised to move when his children humble themselves and wholeheartedly seek His face.

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*“ ... if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”*