

MOSAIC CHURCH

A Beginner's Guide to Fasting

Q: What is fasting?

A: First, fasting is not a diet or a hunger strike. Fasting is the intention sacrifice of a regular desire (like food or entertainment) with the express intention of inviting God into that space.

Q: What does Google say about fasting (because isn't that where we all go)?

A: Fasting is a biblical way to intentionally humble yourself before God. It is a spiritual discipline that invites the Holy Spirit to reveal your spiritual condition, leading to brokenness, repentance, and a transformed life.

Q: Can I fast?

A: Absolutely, yes you can. It might look different than someone else's fast, but you can fast!

Q: Does the Bible say we should fast?

A: Matthew 6:16-18 (ESV)

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Q: What are some ways I can fast?

A: Food

- Daniels Fast: Basically fruits and vegetables
- Liquid Fast: Intake liquids only
- Water Fast: Drink water only
- Complete Fast: Like Esther & Moses - no food or water
- Intermittent Fasting: Eliminating food for a period of time each day

B. Other Types of Fasting

- Social Media
- Technology/Screens
- Video Games/Television
- Other: Give up something that is a sacrifice for you to give up; something that takes up your time and/or your energy.

Q: What is corporate fasting and how is it different?

A: In corporate fasting, you are joining with a group of people typically for a period of time for a particular reason/focus.

Q: I have some more questions. Who can I reach out to?

A. Please feel free to reach out to our Mosaic Care & Prayer Team. They would love to help guide you. (prayer@thisismosaic.org)

**TAKE A MOMENT RIGHT NOW TO PRAY.
ASK THE LORD IF YOU SHOULD FAST AND,
IF SO, HOW YOU SHOULD FAST.**