

2019 FASTING RESOURCES

Pastor Dave McNeely, New Life Community Church

2 Books used by Pastor Dave over the years:

- “Fasting Journal—Your personal 21-day guide to a successful fast”
by Jentzen Franklin
- “Awakening” by Stovall Weems

What is a fast?

Stated simply, biblical fasting is refraining from food for a spiritual purpose. Fasting brings one into a deeper, more intimate, and more powerful relationship with the Lord. Jesus made it clear that fasting (like giving and praying) was a normal part of Christian life.

Jentzen Franklin states,

“We must diligently feed on God’s Word. Sometimes the best thing we can possibly do is starve our flesh and feed our spirit through a fast. Fasting helps you separate what you want from what you need. It causes you to focus on those things that really matter.”

Prior to any fast, ask yourself:

- What are the motives behind my fast?
- What are the specific needs I am fasting for?
- Am I determined to minister unto the Lord during my fast?

Additional Resources:

Daniel 10 provides Biblical example of the fast that Daniel implemented as he sought the Lord in prayer. Verse 10 refers to sacrificing what is ‘precious or desirable’ to our flesh.

“The Daniel Plan—40 Days to a Healthier Life” by Rick Warren

Pastor Dave has not read this book, but notes there is value in some of the guidelines and teachings to help individuals entering into a fast. An online search may be helpful in creating a custom menu plan for your personal fast.