

Jenaministries.com Part 8 Weekly Challenges to Get Closer to God

Challenge #20 Fasting and Praying

This is part of a yearly series “Weekly Challenges to Get Closer to God”. There are 26 challenges for 1 year. You prayerfully concentrate on 1 task for 1 week (every other week) and see what happens.

Praying while fasting is talked about many times in the Bible. It was always food that people restrained from, bringing them to a more desperate place of needing God. Praying is part of fasting and our prayers are more effective when we are in a place of desperate need.

There are people that cannot fast food for medical reasons. We should fast something that we feel we really need. Food is our basic need. But if you can’t do that, then find something important to you that you truly need. Maybe you can fast something like pain meds or coffee. Some people fast something that takes their time away from God like television or social media. And they pray during that time instead. That’s a good thing to do, but that’s not how the Bible describes fasting.

In the Bible, they fasted during a desperate time of need and always fasted food. If you are not currently in a desperate time of need, maybe you could pray for the salvation of your loved ones, friends, classmates, and/or co-workers. That is always a desperate need.

So fast and pray for one week and see what happens. See how it brings you closer to God.

Here are some Bible verses to help motivate you.

Matthew 6:16-18 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Acts 13:2-3 While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 14:23 Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

Joel 2:12 “Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.”

Esther 4:16 “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

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