



**CITF Women's Ministry  
Friday Morning Fasts  
Fasting Information & Tips**



**Why do we fast?**

- Fasting is a concrete way to offer God a sacrifice. This is a way to praise Him.
- Fasting is a way to intensify your ability to pray.
- Fasting helps you focus and hear from God more clearly.
- Fasting is a spiritual discipline: it helps us grow in our faith.
- Fasting is a tangible way to deny ourselves—to declare before God that we know it's all about Him, not about us. Jesus said, "Whoever wants to follow me must deny themselves and take up their cross daily and follow me."
- Jesus fasted (Matthew 4:1-4). Fasting is one way we follow Jesus.
- Fasting can be a communal activity. When we fast together for a common purpose with our friends, family, or church, it's especially powerful.

**Ways to fast:**

We will be fasting every Friday morning in September. I recommend beginning after dinner Thursday evening and fasting until Friday lunch.

Options-

- Drink only water, tea, and juice
- Fast from desserts, junk food, or other food you really enjoy
- Fast from coffee/sugary coffee drinks or soda
- If you have health issues and cannot fast from food, you could choose to fast from TV, social media, your phone, etc. The point of this kind of fast is to take all the time you'd spend doing these things and spend it with God instead.

**When you fast:**

- Hunger pangs of fasting are a reminder that God satisfies all our hungers.
- Fasting enables your spirit to be yielded to God's will. It's a concrete way to say, "Not my will, but yours, God!"
- When you fast, you will experience a heightened awareness of His presence. You will be spiritually, physically, and mentally refreshed.