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FASTING BENEFITS

Fasting is a difficult thing to do for most people (if not all). However, there are great benefits to it in body and soul and spirit.

First of all, the true biblical fast, called an “absolute fast,” is when you eat nothing and drink only water. Many of the modern “fasts” are not true fasts as they allow eating or drinking nourishments while eliminating only certain things or foods or activities. Those are merely a temporary form of asceticism, similar to “lent,” including the popular “Daniel fast” of 21 days.

Physically fasting allows your body to purify. Such purity in your physical “temple of Holy Spirit” is like a sacrifice or offering unto the Lord. It allows your body, especially your liver, to detoxify. You are presenting your pure and “cleaned” body unto God. We are admonished to do this in Romans 12:1 which says, “**...present your bodies (as) a living sacrifice, holy, acceptable unto God...**” Periodic (occasional) fasting “comes into play” here, although there is much more to that verse than just fasting.

Fasting can also benefit your soul. It can help overcome sin habits or any other behavior pattern that is problematic: temper, gluttony, gossip, slothfulness, laziness, and any kind of demonic attachment or stronghold. It is especially true with the demonic realm. Jesus told His disciples that certain demons (the strongest ones) can only be dealt with through prayer and fasting. (Matthew 17:14-21), “**...Howbeit, this kind (of demon) goeth not out but by prayer and fasting.**”

Fasting increases your faith levels so as to better access all of Jesus’ power. See verse 20 of Matthew 17.

Fasting benefits the ears of your human spirit to better hear the Holy Spirit. It “fine tunes” your spiritual ears.

An “absolute fast” may not be for everyone. Ask Holy Spirit about it and be led by Holy Spirit and by scripture. Some medical situations might make it inadvisable to fast, so, be sure that it is Holy Spirit leading you.