

The Transformative Power of Spiritual Fasting

“There is no way to measure the tremendous power released by prayer and fasting when practiced with right motives and in accordance with the principles of scripture.”

-Derek Prince

Fasting has been one of the most profound spiritual practices in my life. It has humbled me, renewed me, and brought me closer to God in ways I never imagined. Through fasting, I have learned to let go of my own need for control and lean completely on God’s will and power. The physical hunger I feel during a fast reminds me of my deeper spiritual hunger; a hunger that only God can satisfy. As I deny myself physically, God fills me spiritually.

Fasting is more than just abstaining from food; it’s a spiritual act of surrender. It is, as Jesus said, not if you fast, but when you fast (Matthew 6:16). In fasting, I’ve experienced what John the Baptist spoke of: “He must increase, but I must decrease.” (John 3:30). With every fast, there is less of me; my desires, my will, my plans, my weaknesses and more of Him.

What Is Spiritual Fasting?

Spiritual fasting is voluntarily abstaining from food for a spiritual purpose. It is a biblical practice that humbles the soul, subdues the flesh, and draws us closer to God. Fasting is not about earning God’s favor but about making space for Him to work in us. It’s an act of self-denial that exalts God’s truth and brings clarity to His will.

In Psalm 35:13, David writes, “I humbled my soul with fasting.” When we fast, we humble ourselves, positioning our hearts to receive from God. Fasting makes us less focused on earthly things and more attuned to heavenly things, as Colossians 3:2 commands: “Set your minds on things above, not on earthly things.”

Why Should Christians Fast?

1. **To Humble Ourselves:** Scripture consistently calls us to humility, and fasting is a powerful way to humble our souls (Psalm 69:10). It reminds us of our dependence on God and breaks our attachment to worldly comforts.
2. **To Seek God’s Guidance:** Ezra 8:21-23 shows us how fasting can accompany prayer when we are seeking direction or help from God. It positions us to hear Him clearly.
3. **To Build Faith and Invoke God’s Power:** Fasting releases us from reliance on our own strength and invites God’s supernatural power to work in and through us.
4. **To Gain Spiritual Victory:** Jesus fasted for 40 days in the wilderness and emerged victorious over temptation, full of the Spirit’s power (Luke 4:1-14). If Jesus fasted for spiritual strength, how much more do we need to do the same?

The Triune Impact of Fasting

Fasting impacts every part of your being, spirit, soul, and body. Spiritually, it deepens your relationship with God and renews your mind with His truth. Emotionally, it humbles your

soul, breaking chains of pride, anxiety, or anger. Physically, it disciplines the body and reminds you that your true sustenance comes from God alone (Matthew 4:4).

How to Fast

Fasting can take different forms depending on your spiritual goals and physical capacity.

Here are a few ways to fast:

- Complete Fast: Abstain from all food, drinking only water or clear liquids. (Talk to your doctor if you take medication or have a condition that may warrant medical approval first).
- Partial Fast: Restrict your diet to certain foods (e.g., Daniel Fast) or fast during specific times of the day. (1 big meal a day).
- Media or Lifestyle Fast: While not a traditional food fast, abstaining from distractions like social media, can also help you focus on God.

Whichever type of fast you choose pair it with prayer and Scripture. Ask God to reveal His will, guide your thoughts, and strengthen your spirit.

What Could Fasting Do for You?

Imagine what could change in your life if you fasted, not just to lose weight or for health benefits, but to draw closer to God and align your heart with His. Imagine hearing His voice more clearly, breaking free from old patterns, and living in the power of the Spirit. This was my own personal experience.

Fasting has brought me profound mind renewal, clarity of God's truth, and spiritual empowerment. It's how I've learned to humble myself, build my faith, and trust fully in God's ability to move mountains in my life.

When you fast, you are inviting God to take center stage in your life. You are stepping out in faith, believing that His power is greater than your own. As you humble yourself, He will lift you up (James 4:10).

If you've never fasted before, start small. Pray, ask God for guidance, and trust Him to lead you. The rewards, spiritually, emotionally, and even physically—are worth every moment of surrender.

Are you ready to experience the supernatural power of God through fasting? Let this be the season you humble yourself, renew your mind, and step into a deeper, more intimate relationship with Him. In my experience with fasting, there is NO better way to “renounce the natural to invoke the supernatural. The most natural thing for us to do is to eat. When we give up eating, we deliberately turn away from the natural by turning to God to the supernatural. This has deep significance.” Derek Prince

Make more room for God to move in your life as you decide to decrease so that He may increase, John 3:30. Let fasting be your act of surrender and your invitation for God to move more profoundly in your life.

You are invited to reach out to me with any questions you may have about fasting and praying.

Sherrie Kapala