\*WHEN YOU FAST...\*  
  
Fast is when you give up food or pleasure for a period of time in order to focus on God.  
  
Jesus said:  
  
\*"The time will come when the bridegroom will be taken from them; in those days they will fast."\*   
Luke 5:35.  
  
Jesus made the above sentence while replying the disciples of John who asked Him why His disciples were not fasting.  
  
This is a time of the year when most churches declare fast for their members.  
Many people who ordinarily do not fast somewhat feel the obligation to fast at this time.  
  
Although, the bible does not specifically state that fasting is a necessity, but it can be deduced from the experiences of some bible characters and that of our Lord Jesus Christ, that fasting is beneficial to us.  
  
The phrase;  
  
\*"When you fast";\* was used by Jesus as recorded in the book of Matthew Chapter 6. Before then Jesus had talked about \*"when you give and when you pray";\* inferring that we are expected to do all.  
  
\*It goes to show that, fasting is as important as praying and giving.\*   
  
However, fasting alone does not bring out the desired result; \*it must be carried out with prayer.\*   
  
Jesus said:  
  
\*"But this kind does not go out except by prayer and fasting."\*   
Matthew 17:21.  
  
Our Lord Jesus Christ instructed us that fasting is between us and God and should be treated as such. \*Matthew 6:16-18\*   
  
Your attitude is very important \*when you fast.\*   
  
God said:  
  
\*"What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me".\*   
Isaish 58:4.  
  
Although,some people have argued about the health risks and benefits of fasting, It is important that  those who are new to fasting, should take things easy at the inception and not deny themselves of water for long hours.  
  
Jesus Christ fasted for forty days and forty nights before He began His earthly ministry and He was able to withstand the temptation of the devil.   
  
It does suggests that \*fasting subjects the flesh while it strengthens us  spiritually.\*   
  
According to the bible, these are some of the benefits that can be derived \*when you fast;\*  
  
✅God speaks and revelations are received.  
  
\*"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.”\*   
Acts 13:2.  
  
✅God's favour is released when you fast.  
Esther declared fast among the Jews in order to be favoured when she was to appear before the King:  
  
\*"Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die."\*   
Esther 4:16.  
  
God granted her favour and she got all she wanted for the Jews.  
  
✅When you fast, God protects you: Ezra fasted for protection and God answered;  
  
\*"So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer".\*  
Ezra 8:23.  
  
✅Fasting attract God's mercy: The king of Nineveh declared fast for the people and God showed them mercy.  
\*Jonah 3:7-10\*  
  
\*Prayer:\* Father, as I fast and pray in this season,do not allow my fast to be an hunger strike or weight shedding task, but rather one that will bring result in every area of my life in Jesus name. 🙏🏼  
  
\*JESUS REIGNS\*  
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