

Prayer & Fasting 2023 - Fasting

Briefly stated, "New Testament fasting" is not always about food.

Isaiah 58 shows fasting as an asset, helping people.

Daniel modified his fast to "*no pleasant bread.*" (Daniel 10:3) Probably referring to "*flat bread.*" God instructed the Israelites to fast, only eating "flat bread" on their exodus out of Egypt.

Jesus provided more detail, increasing our understanding.

By comparing the two practices, prayer and fasting, we get the revelation that fasting is a tool to assist us in prayer.

We then get the broader understanding from The Sermon on the Mount when Jesus to us to alter our surroundings - when we pray.

Enter into your closet and shut the door. Matthew 6:6

So fasting is shown by Jesus to be much more than alterations of our diet, we are to fast influences.

"*Shut the door*" is a lot like turning off the television or the radio. Even laying down your phone.

People say, "*You mean I can fast my phone and have more successful time in prayer?*"

Absolutely! You can event turn it off.

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