

Fasting for Effect

(a change which is a result or consequence of an action or other cause.)

Fasting for effect helps you overcome obstacles!

Isaiah 58:11 (HCSB)	Isaiah 58:11 (NKJV)
11 The Lord will always lead you, satisfy you in a parched land, and strengthen your bones. You will be like a watered garden and like a spring whose waters never run dry.	11The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

What does the Bible say about fasting?

Fasting is a way to humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humbled my soul with fasting" (Psalm 69:10). You may find yourself relying on God more fully for strength when you fast. Fasting and prayer can help us hear God more clearly. Therefore, fasting helps you overcome obstacles.

Definition for fasting: Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose. "When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating.

What are the 3 types of fasting in Bible?

There are three different types of fasts recorded in Scripture: the **absolute fast**, the **normal fast** and the **partial fast**. An absolute fast is extreme and should be done only for very short periods of time. On an absolute fast, you take in nothing—no food, no water.

Those who flow with the Spirit are prepared to overcome all obstacles.

*"The Lord ¹**will guide you always**; he ²**will satisfy your needs** in a sun-scorched land and ³**will strengthen** your frame. You ⁴**will be like a well-watered garden**, like ⁵**a spring whose waters never fail**" (Isaiah 58:11).*

What God says about overcoming obstacles?

Romans 5:3–5 (HCSB): 3 And not only that, but we also rejoice in our afflictions, because we know that affliction produces endurance, 4 endurance produces proven character,

and proven character produces hope. 5 This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us.

“... we triumph even in our troubles, knowing that trouble produces endurance, endurance produces character, and character produces hope—a hope which never disappoints us, since God's love floods our hearts through the Holy Spirit which has been given to us” (Romans 5:3, 5).