



A Closer Look at Fasting

Bishop Steve Norman

Bible Study – 1/8/2026

What is Fasting?

According to Dr. Myles Monroe, “Biblical fasting is a conscious, intentional decision to abstain from eating and other fleshly pleasures for a time to gain vital spiritual and physical benefits.”

Fasting is a powerful practice that helps align our intentions and motives with what truly pleases God. It's an intentional choice to temporarily set aside our earthly desires, in contrast to the decisions made by Adam and Eve.

Prayer and fasting must always go together, or fasting alone will do you no spiritual good. But if you want the spiritual benefits, make sure to take the time you would have for eating and other pleasures and transfer it to prayer (*Talking to God*), meditation (*Allowing God to Talk to Us*), and studying/hearing God's word!

Remember that we are fasting not to change God, to seek His face, to further our transformation more into the likeness of Christ, to be used more by God, and blessed more by God.

Fasting is one of the major ways to humble ourselves as we seek the Lord. We always want to humble ourselves, because that is what God gives us the privilege to do.

In the Bible, many instances indicate that humbling oneself is accompanied by fasting. **2 Chronicles 7:14-16** if **My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. 15 Now My eyes will be open and My ears attentive to prayer made in this place.**

Psalms 35:13 But as for me, when they were sick, My clothing was sackcloth; I humbled myself with fasting ...

Psalms 69:10 When I wept and chastened my soul with fasting, That became my reproach.

Humbling ourselves by fasting is a meaningful way to reflect on our inner selves. Our natural instincts often oppose what is good and right according to the word of God.

Romans 8:7-8 (NLT) For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. **8 That's why those who are still under the control of their sinful nature can never please God.**

By taking the time to humble ourselves through fasting, we can reflect on and adjust our feelings, motivations, intentions, and desires, and align ourselves more closely with what truly pleases God.

Let's consider this 21-day fast as a first-fruit offering for the year. As we make this sacrifice to humble ourselves by abstaining from food and other worldly pleasures.



Romans 12:1-2 (NLT) And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. *(Remember fasting is a way of worship we see that with Anna in the gospel of Luke)*

2 Don't copy the behavior and customs of this world, When you are fasting, take the time to pray and ask God to help you recognize any habits, ways of thinking, attitudes, or traits that may not be good in His eyes and could be harmful to you.

but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

The Bible says, **Matthew 6:33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

As we fast, we seek God, ask that His will be done, and prioritize Him above all else in our lives.

By doing this, as we continue to grow and develop, we can reach new levels in every area of our lives and receive all we need and many of our heart's desires.

Establishing proper priorities for your desires during a period of prayer and fasting is crucial. While it is natural for urgent needs to take precedence in our thoughts and prayers, it's important to remember that our primary focus during fasting should be on seeking God. This means dedicating our time for prayer and meditation first to God, then to interceding for others, and finally to addressing our own personal needs.

It's essential to avoid becoming overly focused on oneself during this time.

Matthew 6:8, "Therefore do not be like them. For your Father knows the things you have need of before you ask Him."

This reminds us that God is aware of our needs even before we express them, encouraging us to