



CHESTER FBC

What is Fasting?

DAY 2 OF 5

Ezra 8:23 (NLT)

²³ So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

Devotional

Scripture shows it again and again—fasting strengthens prayer. Ezra fasted for protection. Nehemiah fasted for restoration. Daniel fasted for wisdom. The early church fasted for direction. You're not strong-arming God—fasting isn't a hunger strike. But fasting changes the way you pray. It sharpens your spiritual edge. It tunes you to the unseen realm. You're more apt to worship. More receptive to the voice of God. More ready to follow the nudging of the Holy Spirit!

Reflection

Is your prayer life dull or distracted? Could fasting help you press deeper into God's presence? How can you prioritize Christian fasting in your everyday life?