**WHY** should I fast?

**Ultimately the goal of fasting, like any Next Step, is to bring you closer to Jesus.**

Fasting serves many purposes, however, and you may have a specific one in mind as you go through your fast. In addition to that, though, fasting has the power to accomplish great things in your life.

The most significant moments for many people in their walk with Christ occur during a fast. There is something about the devotion, focus, and intensity that fasting brings that causes it to lead to a **breakthrough** for many people. Depending on what you fast, it has the potential to renew your **focus** on your walk with Christ. Fasting food especially serves as a constant reminder to **pray**: as soon as you start to feel those hunger pains, use them as a reminder to talk to God.

**HOW** should I fast?

**Pick a purpose. Check your motives. Fast.**

Many people fast with a **specific purpose** in mind. For example, in the book of Jonah the people of Nineveh fasted to show their repentance to God. Many people today fast and pray for God to free them from an addiction, habit, or other burden. We encourage you to find a purpose, too. **What is it that you’ve been asking God to accomplish in your life or the lives of others for many years?**

An important part of fasting is your **motive**. Jesus warned us against fasting to seem self-righteous, and used the examples of the Pharisees, who used to fast simply so everyone would see their religious devotion. Fasting is not a means of coercing God in to giving us health, wealth, success, or really anything else to serve our own purpose. Make sure that your motive is pure, and that you are spending this time to chase after Jesus and not your own fulfillment.
WHAT should I fast?

The choice is up to you.

The most common thing that people choose to fast is food. Some people give food up completely for a certain period of time, while others may simply restrict their diet to certain foods. Many of the people at Destination Church are choosing to participate in the Daniel Fast: a specific style of fast mentioned in Daniel 1:12 and 10:3. This fast essentially involves abstaining from all meat, sweets, bread with yeast, and dairy products. You can find more specific information at www.daniel-fast.com, and we encourage you to try this fast out for yourself.

Food is not the only option, though. Many people simply cannot fast food due to health reasons, but we hope that will not stop you from fasting. There are a variety of other things to abstain from that will serve the same purpose. Just ask yourself: “What do I value that would be difficult, though not impossible, to go without?” Some possible answers may be: social media, watching television, playing video games, using your cell phone, or any combination of those.