



dba
New
Covenant
Church

P.O. Box 142115
Austin, Texas 78714-2115
(512) 554-7562
(512) 928-1654
Pastor Eddie E. Willis, Sr.

Wednesday Night Bible Study

July 9, 2025

Fasting, like Giving and Prayer is a normal part of Christian Life.

Fasting: Refraining from food and or water for a spiritual purpose is a normal part of a relationship with God. Puts us in better position to clearly hear God's will; healing; financial prosperity.

Spring Cleaning for your Body and Spirit; gives organs a chance to heal, allows you to get unforgiveness and bitterness etc. out of your heart.

Fasting doesn't move God as much as it allows a move of God to come through us.

Reasons Why We Fast

Jesus, our Redeemer and example, placed a fast upon us all. Matthew 9:14-15

Fasting was a part of our Lord's life and he urges us to follow. Matthew 4:1-2, Luke 9:23, 24

Jesus taught fasting as a foundation of faith. Matthew 6:16-18

Paul was in fasting often. 2 Corinthians 11:27, 2 Corinthians 6:3-13

Every single person in the early church fasted. Acts 14:19-23

Fasting enables us to become conductor of spiritual power for either blessing others or ourselves. Esther 4:13-16

Proper fasting will break the yokes of sin, sickness and spiritual oppression and generation curses. Isaiah 58:1-12

Fasting intensifies the power of prayer and even short prayers bring results. Joel 2:12-13

Fasting reaches and obtains what prayer alone cannot, because it removes unbelief. Matthew 17:20-21

Fasting masters the old man, subjecting the flesh and is mortification of the body. 1 Corinthians 9:27

Fasting pleases the Spirit which is enmity with the flesh. Romans 8:7-8, James 4:4

Fasting places our natural appetites into dormant state so we can draw near to God and him to us. James 4:5-10

Fasting when properly done is the surest method of consecration and sanctification. 1 Corinthians 7:5

Fasting develops the fruit of the Spirit and better enables us to grow into maturity.

Fasting burns out the very root of fleshly lusts. Romans 8: 13, Colossians 3:5-6.

Fasting is private devotion and precedes public demonstration. Acts 13:2-4

Fasting for Husbands to understand and take their proper role in a Christian Marriage.

Fasting for Wives to understand and take their proper roles in a Christian Marriage.

Fasting for Singles and Widows and Virgins to understand the grace of life given to them.

Fasting for the devastating Floods that swept through Central Texas and for loss of lives and those affected by it.