

Fasting and Praying
July 06-26, 2026
21 Days of Fasting and Praying
Briar Street Baptist Church

Dear Church Family,

I call upon every member of our church to join together in a season of **fasting and prayer**, with the purpose of **glorifying the Name of our Great Lord and Savior Jesus Christ** seeking His presence and surrendering ourselves completely to His will. Let us humble ourselves before the Lord, asking Him to pour out His blessing upon our church, to bring spiritual revival, and to add new people to His family.

Let us pray that our church will continue to grow in numbers and in spiritual maturity, love, holiness, and obedience to God's Word.

As we fast and pray, let us also ask the Holy Spirit to strengthen our faith day by day, so that we may become **good and faithful servants** of our **Lord and Savior, Jesus Christ**. May He equip us to serve with joy, share the Gospel with boldness, love one another sincerely and faithfully use the gifts He has entrusted to us for the advancement of **His Kingdom**.

Let this be a time of repentance, renewal, and wholehearted devotion to God. We believe that when God's people humble themselves, seek His face, and pray, He hears from heaven, forgives, restores, and brings revival. **"Whatever you do, do all to the glory of God." 1 Corinthians 10:31**

Spiritual Benefits

1. Deeper Intimacy and Humility Before God

Fasting is a physical way to show God that we desire Him more than food. In the Bible, fasting is consistently paired with humbling oneself. When we clear out the noise of physical cravings, our spiritual ears open up, allowing us to hear God's voice more clearly. **Psalms 35:13**

2. Heightened Spiritual Authority and Breakthrough

Some spiritual battles, heavy burdens, or stubborn habits require a concentrated dose of prayer and fasting. Fasting acts as an intensifier for prayer, breaking down spiritual strongholds and paving the way for God's power to bring deliverance and breakthrough. **Isaiah 58:6**

3. Clearer Direction and Revelation

When people from the bible faced massive crossroads or needed major wisdom, they fasted. For example, before Jesus launched His public ministry, He fasted for 40 days. In the early church, the apostles fasted before appointing leaders to ensure they were aligned with the Holy Spirit. If we need clarity on a major life choice, fasting sharpens our spiritual discernment. **Acts 13:2**

4. Victory Over the Flesh

Our physical bodies have appetites that constantly demand satisfaction. Every time you say "no" to a sandwich during a fast, you are training your spirit to say "no" to temptations in daily life. Fasting strengthens our self-control, helping us live by the Spirit rather than being ruled by physical impulses. **1 Corinthians 9:27**

Physical Benefits

1. Autophagy & Cell Recycling: After several hours of fasting, the body enters *autophagy*—a process where cells degrade and recycle damaged proteins and organelles, which supports natural rejuvenation.

2. Metabolic Health: Fasting can improve insulin sensitivity and stabilize blood sugar levels, reducing the risk of insulin resistance.

3. Reduced Inflammation: By giving the digestive system a rest and lowering oxidative stress, fasting can reduce systemic inflammation linked to various chronic conditions.

4. Weight Management: By prompting the body to tap into stored fat for energy, fasting can naturally promote weight loss and reduce body fat.

Disclaimer: *Fasting is not for everyone. Consult with a healthcare provider or registered dietitian before beginning prolonged or intensive fasts, especially if you have pre-existing medical conditions or are taking medication.*