

BENEFITS OF FASTING

Spiritual Benefits of Fasting

- Fasting Brings you closer to God
- Fasting makes you more sensitive to God's voice
- Fasting helps break addictions
- Fasting shows us our weakness and allows us to rely on God's strength

Mental & Emotional Benefits of Fasting

- Fasting relieves anxiety and nervousness
- Fasting can increase peace and shalom
- Fasting clears your mind of negative thoughts and feelings
- Fasting decreases brain fog
- Fasting helps increase your ability to trust God
- Fasting clears out toxins that can make you feel sluggish or depressed.

Physical Benefits of Fasting

- Fasting helps break addictions to sugar
- Fasting supports the body's detoxification
- Fasting promotes healthy weight loss
- Fasting promoted healthy energy levels
- Fasting improves skin health
- Fasting promotes healthy digestion and elimination
- Fasting supports healthy inflammation response and promotes joint comfort
- Fasting promotes healthy hormonal balance

FINALLY FASTING IS ALL ABOUT YOUR RELATIONSHIP WITH GOD NOT YOUR PERFORMANCE FOR GOD.