# What is the Purpose of Fasting?

www.makinglifecount.net

Fasting is choosing to go without eating for a period of time. Matthew 4:2 says, “And after He (Jesus) had fasted for forty days and forty nights, He then became hungry” (Matt. 4:2). I love to eat, and it’s hard for me to fast 40 minutes without becoming hungry! The Bible talks a lot about fasting, but it doesn’t specifically tell us *why* we need to fast.

What is the purpose of fasting? If you don’t know why you are doing something, it won’t be long before you quit doing it. Prayer and fasting often go together. I believe fasting shows God how desperately we want Him to answer our prayers. Fasting is not something that I enjoy doing, but some situations are so important that my desire to see God answer my request is more important than eating that day.

In Matthew 17:14-21, the disciples couldn’t cast a demon out of a boy. Jesus commanded the demon to leave the boy, and it immediately came out. He then said, “This kind (of demon) does not go out except by prayer and fasting” (Matt. 17:21). Evidently, fasting increases the effectiveness of our prayers.

Making Life Count Ministries
P.O. Box 680174
Prattville, Alabama 36068-0174