**Fasting When Faced with Overwhelming Circumstances**

It is through fasting that we can attain God’s favour. Some examples include:

* + 1. A method of seeking God with sincerity: “you will seek me and find me when you seek me with all your heart” (Jer. 29:13).
    2. Protection, Repentance and Blessing: “even now”, declares the Lord, “return to me with all your heart, with fasting and weeping and mourning” (Joel 2:12; 2:13-32; Ezra 8:21-23, 31).
    3. Direction and Guidance (Acts 13:1-3).
    4. Illness / Severe Illness / Grief: (2 Sam. 12:15-19).
    5. Humility (Ps. 35:13; 1 Kgs. 21:25-27).
    6. Communication with God and the Holy Spirit (Ex. 34:28, Acts 13:1-3).
    7. Fighting evil / casting out demons: in the account of the healing of a boy with an evil spirit, Jesus responds to His disciples question privately; “why couldn’t we drive it out?” He replied, “This kind can come out only by prayer [and fasting]” (Mk. 9:28-29).