**Should Christians Fast Both Individually & Corporately?**

**On An Individual Level:**

* + 1. Fasting brings us humbly before the Lord (Ps. 35:13; Ezra 8:21).
		2. Fasting can facilitate a healthier nutritional lifestyle (Dan. 1:8-17).
		3. Fasting can bring the physical and emotional healing and the fortitude to live victorious over sinful and destructive behaviours (1 Sam. 1:5-11, 18-20; 28:16-20; 1 Kgs. 19:1-9; Dan. 6:18-24).
		4. Fasting is a powerful spiritual warfare weapon and Satan will do whatever it takes to keep believers from understanding the spiritual power and breakthrough that is ours through hearing the truth found in the Word of God (Est. 4:9-17).
		5. Fasting reveals our inner spiritual condition and brings us to a place of repentance, brokenness where the Holy Spirit can bring necessary transformation.
		6. Fasting heightens personal revival and spiritual resolve.
		7. Fasting heightens our understanding of the Word of God.
		8. Fasting heightens and deepens our relationship with the Lord.
		9. Fasting transforms our prayer life into a richer and more meaningful personal experience.
		10. Fasting can restore those who “have forsaken your first love” (Rev. 2:4).
		11. Fasting is a primary means of restoration.
		12. Fasting can bring necessary solutions to the challenging issues of our lives.
		13. Fasting can bring freedom to those who feel entangled in striving for financial and social pursuits and sense a loss in their effective witness for Jesus Christ.

**On An Individual Level:**

**When we as believers fast corporately, 4 things happen:**

* + 1. It is easier to fast as a church or group because we can encourage one another.
		2. We become united as the body of Christ.
		3. We become a powerful weapon against the attacks of the enemy.
		4. A corporate anointing is released within the church and among the members.

**Five Reasons Why Churches Should Become Involved In Corporate Fasting:**

* + 1. Jesus exhorted His disciples and the Body of Christ to fast.
		2. Fasting produces faith which must be released through our spoken word.
		3. Fasting, along with prayer, is the spiritual vehicle through which revival comes (Joel 2:28).
		4. Fasting positions us to know God’s perfect will (Rom. 12:1-2).
		5. Fasting precedes victory, but many of us live in defeat, when victory is only a short distance away achieved through fasting.

**On A Corporate Level:**

* + 1. Fasting heightens the need for revival within our churches, community, city, nation, and the need for evangelization.
		2. Fasting heightens our awareness of being men and women of godly character and integrity.
		3. Fasting heightens our awareness of the humanitarian needs of the world.
		4. Fasting heightens our awareness of demonic activities, the declining influence of our Christian witness, and the need for protection from the enemy.