THE CONNECTION BETWEEN FASTING AND PRAYER

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Take note that fasting and prayer are known to have a relationship indeed, and it’s not just all about providing health benefits and detoxification. It might not be well explained in Scriptures and other religious documents, but there is a special connection between the two – a relationship so great that even Jesus Christ was said to have done it for several days just for his spiritual needs.

**A Known History in the Bible**

The Bible has mentioned fasting several times already, and that’s why it can be noticeable that there is a bond between fasting and prayer in the Old Testament, the method of fasting as the person prays can make them feel needy towards God, and can therefore help them get in touch with Him even more – helping them become more blessed. The method was also mentioned in the Old Testament as a form of repentance from sins, mourning for departed souls, and for those who are in need for spiritual development for their own good.

There are also notable characters such as Nehemiah that has practiced the act of fasting during the time when he had distress due to Jerusalem being completely desolate. His mourning, along with fasting and prayers made him attached to God in order to ask for mercy. Even Daniel used it as a method of praying for intercession as he fasts to plead for God over the wellness of his sick child.

Based on certain theists, prayer is more effective when the emotions are at its peak – whether it’s a positive or a negative emotion. As fasting places our bodies in a different condition, our emotions can get heightened, and can therefore be exploited for praying. It’s hinted out that prayers indeed become stronger when at an emotional level, and that’s why fasting can be beneficial for your plead to God.

Therefore, you can say that prayers and fasting have a special connection to each other, and all of us can exploit it as long as we have a religion to hold on to, and we really want to seek God for our needs.