

# Inspirational Nuggets

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## **FASTING:-**

"We should fast when we are concerned for God's work. I believe the greatest thing a church could have is a staff . . . and leaders who fast and pray . . . in order to get the church on fire. Fasting brings about a supernatural work in our lives." -- *Charles Stanley*

"Fasting is not confined to abstinence from eating and drinking. Fasting really means voluntary abstinence for a time from various necessities of life such as food, drink, sleep, rest, association with people and so forth. The purpose of such abstinence . . . is to loosen to some degree the ties which bind us to the world or material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things." -- *O. Hallesby*

"But fasting is still God's chosen way to deepen and strengthen prayer. You will be the poorer spiritually and your prayer life will never be what God wants it to be until you practice the privilege of fasting." -- *Wesley Duewel*

"If we would pray with power, we should pray with fasting. This, of course, does not mean that we should fast every time we pray; but there are times of emergency or special crisis in work or in our individual lives, when (people) of downright earnestness will withdraw themselves even from the gratification of natural appetites that would be perfectly proper under other circumstances, that they would give themselves wholly to prayer . . . that we may set our faces to find God, and obtain blessings from Him." -- *R. A. Torrey*

"When exercised with a pure heart and a right motive, fasting may provide us with a key to unlock doors where other keys have failed." -- *Arthur Wallis*

**When was the last time you fasted and prayed?**