

*Pastor Morris Mureithi*



# **FASTING (17 QUESTIONS ABOUT FASTING)**

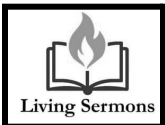
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***Pastor Morris Mureithi***

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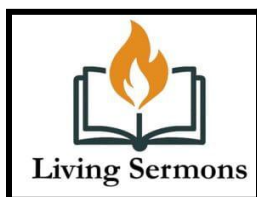
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## Foreword

There are few spiritual disciplines as widely practised—and yet as deeply misunderstood—as fasting.

For many, it has become a ritual. For others, a burden. And for some, an abandoned effort—attempted once or twice, only to be set aside due to confusion, difficulty, or lack of visible results. Yet in Scripture, fasting stands as one of the most potent instruments of alignment between the believer and God.

In this timely and practical teaching, Pastor Morris brings clarity where there has long been assumption. With remarkable simplicity and precision, he answers the questions many believers carry but seldom voice. Not with religious language or performance-driven expectations, but with a grounded, scriptural understanding that restores fasting to its rightful place—as a discipline of desire, not obligation.

What makes this work especially valuable is its honesty.

There is no pretence here. The struggle at the beginning of a fast is acknowledged. The tension between intention and consistency is addressed. The quiet, often overlooked ways in which fasting produces real spiritual change are brought into focus. This is not a presentation of fasting as an extreme act reserved for a few, but as a living, accessible practice for every believer willing to grow.

You will find in these pages a careful balance: spiritual depth without complication, practical guidance without rigidity, and conviction without condemnation.

More importantly, you will be reminded that fasting is not an end in itself. It is a means—a doorway into deeper fellowship, clearer hearing, and greater spiritual authority. It is not about proving strength, but about cultivating dependence. Not about outward display, but inward transformation.

As you read, allow the simplicity of these truths to settle deeply. Let them correct assumptions, strengthen resolve, and stir fresh hunger for God.

And when you begin—or begin again—do so with understanding.

Then, as you have been exhorted: finish.

**—Wisdom Epsi, Chief Editor**

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## **Publisher's Note**

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [Official YouTube Channel](#).

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Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

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# **Main Message**

*Begins Here:*

## **Introduction**

Today, we are going to go straight into something a lot of believers practice, but very few people actually understand deeply.

We are going to talk about fasting—not the religious version, not the performance version—the real thing: what it does, how it works, what to expect, and how to do it in a way that actually produces something.

We shall discuss commonly asked questions about fasting. I am going to answer every single one of them plainly and honestly, from Scripture—just what you need to know.

So wherever you are—whether you are fasting right now, preparing to fast, or you have tried it before and it never worked—this is for you.

# Fasting Beyond Religion

## 1. Is Fasting Mandatory for Every Believer?

No. Fasting is a spiritual discipline, not a legal obligation.

The distinction matters because obligation produces performance, but genuine fasting flows from desire.

Jesus said:

*“Moreover when ye fast, be not, as the hypocrites, of a sad countenance...”*

(Matthew 6:16, KJV)

Notice Jesus said *when* you fast, not *if*. The language assumes fasting will happen in a maturing believer’s life. But it must be entered willingly—not under guilt, comparison, or pressure from others.

A fast carried out of obligation rarely produces the depth of a fast carried out from personal conviction.

Fasting should be led from within, not pressured from without.

## 2. Why Is the Beginning of a Fast Often the Hardest Part?

The beginning of a fast is usually the hardest part—and that is normal.

Your body is used to being fed on a schedule. Your mind is used to reaching for food, for noise, for comfort. When these things are removed, everything in you pushes back—hunger, irritability, restlessness.

That is not a sign that something is wrong. That is the fast working.

Most people quit at that point. They interpret the resistance as a signal that they are not cut out for it. But what they have actually reached is the threshold—the point just before something shifts.

If they stay a little longer, they will find that the discomfort passes, and something quieter and cleaner emerges.

The discomfort at the start is the door.

### **3. How Long Should a Fast Be?**

Scripture shows variety:

- Three days (Esther)
- Twenty-one days (Daniel)
- Forty days (Moses, Elijah, Jesus)

The variety is intentional.

Whatever length you commit to—finish.

Most people begin a fast, start seeing results around day fifteen, and then stop. That is the wrong response. Results mean something is moving, not that you are done.

God honours completion during fasting.

The biblical and biological maximum for a liquid fast is forty days. Beyond that, the body requires solid food to function safely.

Pick your number, commit to it, and finish.

### **4. Should I Have a Specific Prayer Point?**

Never go into a fast without a specific target.

Randomness in fasting produces random results. A fast without focus is just hunger.

When you know exactly what you are fasting for—a healing, a breakthrough, a decision, a family situation, a spiritual assignment—every moment of discomfort has direction.

The hunger reminds you to pray. The prayer has somewhere to land.

That said, God may expand your focus during the fast. You may begin with one thing and find Him addressing something deeper.

Follow that—but always start with clarity.

## **5. Can I Drink Liquids During a Fast?**

Yes, in most cases.

Many fasts in Scripture do not exclude liquids, and extended fasting without hydration carries real physical risk.

Water, herbal drinks, broth, and electrolyte drinks are commonly included.

An exception is a complete fast, like Esther's:

*“Go, gather together all the Jews... and fast ye for me, and neither eat nor drink three days...”*

(Esther 4:16, KJV)

This kind of fast is brief and rare.

Unless led specifically by the Holy Spirit, adequate hydration is both wise and responsible.

Fasting is about alignment with God—not self-harm.

## **6. What About Coffee or Tea?**

This depends on your purpose, not on a fixed rule. If you cannot function without coffee during a fast, that dependency may need to be addressed.

If, however, a simple drink helps you focus and is not replacing the discomfort the fast is meant to produce, many mature believers do not consider it a violation.

Let discernment guide you—not rules.

## **7. What If I Break My Fast Early?**

It does not mean the fast has failed.

The Bible says:

*“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”*

(Galatians 6:9, KJV)

Breaking a fast early is common, especially when developing the discipline.

Do not abandon the practice—restart.

Fasting is built over time. Each attempt strengthens your will.

Perfection is not the goal. Persistence is.

## **8. Why Do I Face Increased Spiritual Resistance While Fasting?**

Fasting stirs things up.

When you remove distractions and give that space to God, something shifts—and that shift does not go uncontested.

Jesus taught that when something is removed, the empty space can be targeted again (Matthew 12:43–45).

Fasting creates that kind of clearing.

If you do not fill that space intentionally—with prayer, Scripture, and worship—resistance will try to occupy it.

The answer is not to stop.

The answer is to fill the space with God.

## **9. What If I Feel Physically Unwell?**

Stop and assess.

Fasting is a spiritual tool—not a test of endurance.

Weakness and hunger are normal. But persistent dizziness, nausea, or irregular symptoms require attention.

Scripture says:

*“I will have mercy, and not sacrifice...”*

(Matthew 9:13, KJV)

God is not impressed by unnecessary suffering.

If symptoms persist, adjust the fast or seek medical guidance.

Wisdom honours God more than endurance.

## **10. Should I Tell Others I Am Fasting?**

Not usually.

Jesus said:

*“But thou, when thou fastest, anoint thine head, and wash thy face;*

*That thou appear not unto men to fast...”*

(Matthew 6:17–18, KJV)

The moment you begin announcing your fast, you risk feeding on people’s responses instead of on God.

There are valid exceptions—corporate fasts, accountability relationships, leadership contexts. Outside of that, keep it private.

The fast nobody knows about often produces the most.

## **11. How Do I Decline Food Politely?**

Keep it simple and warm:

- “Thank you, I’m okay for now.”
- “I’ll pass today, but I appreciate it.”
- “Not right now, thanks.”

You do not owe anyone an explanation.

Your tone matters more than your words. Stay relaxed, stay kind, and honour the fast without making others uncomfortable.

## **12. What About Other Types of Fasting?**

Fasting is not limited to food.

It is the voluntary abstinence from something that consumes your time, attention, or energy—so you can redirect it to God.

Examples include:

- Media fasts
- Social withdrawal
- Spending fasts
- Comfort-based habits

The principle is simple: remove what fills the space and replace it with God.

## **13. How Do I Know a Fast Is Producing Results?**

Often, it is quieter than expected.

You may not receive a dramatic moment. Instead, you may notice:

- Increased sensitivity to the Spirit

- Softening of the heart
- Greater clarity in decisions

The fruit often appears after the fast.

As Scripture says:

*“Is not this the fast that I have chosen? to loose the bands of wickedness...  
and that ye break every yoke?”*

(Isaiah 58:6–7, KJV)

Fasting opens clarity. Obedience sustains it.

## **14. Does My Environment Affect My Fast?**

Yes.

*“Then was Jesus led up of the Spirit into the wilderness...”*

(Matthew 4:1, KJV)

The wilderness removed distraction.

While most cannot withdraw completely, you can create supportive conditions:

- Reduce food exposure
- Limit social and media activity
- Set prayer times
- Choose quiet spaces

Environment supports discipline until discipline becomes natural.

## **15. What Is the Best Time to Pray While Fasting?**

There is no fixed hour, but three moments are critical:

**Morning** – before distractions begin

**Noon** – when hunger peaks

**Evening** – when the body seeks reward

*“Evening, and morning, and at noon, will I pray...”*

(Psalm 55:17, KJV)

These three anchors turn fasting into an encounter.

Replace meal times with prayer and Scripture. Treat prayer as your meal.

## **16. Does Prayer Help Fasting, or Does Fasting Help Prayer?**

They are one movement.

*“Howbeit this kind goeth not out but by prayer and fasting.”*

(Matthew 17:21, KJV)

Prayer gives fasting direction.

Fasting gives prayer weight.

One without the other is incomplete.

Prayer builds relationship.

Fasting expresses sacrifice.

## **17. When Is the Best Season to Fast?**

There are three key seasons:

### **1. At Beginnings**

New year, new assignment, new direction.

### **2. During Spiritual Dryness**

When prayer becomes routine and worship feels mechanical.

### **3. During Visible Resistance**

When things are being contested.

Fasting in these moments is not reaction—it is intention.

## **Closing Exhortation**

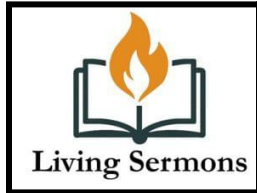
That is everything for today.

I hope something here has given you the clarity you need—to fast with intention and to finish what you start.

If this has stirred something in you and you want to go deeper, my book *When You Fast* expands on these truths and helps you move from understanding to experience.

Now, go and fast—and make sure you finish.

God bless you.



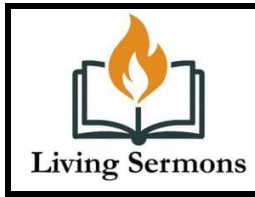
## About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ’s worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God’s purposes, and committed to a life of daily surrender.



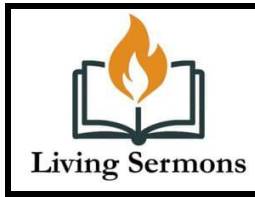
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At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

**Living Sermons—*the preached Word in lasting form.***



## Join Our Team

At **Livingsermons.com**, our mission is to ensure that sermons inspired by the Holy Spirit are accessible in written form for study, meditation, and reference by believers around the world. This work is growing, and we can't do it alone.

We are inviting passionate believers to volunteer in any of these roles:

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