

# Friendship with God: A Posture for Prayer & Fasting

## The Vine and the Branches

**John 15** “I am the true vine, and my Father is the gardener. <sup>2</sup> He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.

<sup>5</sup> “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

<sup>7</sup> If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

15 I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.



- If you are on medication, pregnant or breast feeding, consult your GP before fasting.
- Consider what could be appropriate for children and youth. Fasting for a whole day whilst at school would probably be too much, especially for younger children. Choosing to fast a certain meal, or an after school snack or gaming or some other luxury, could be appropriate.



Abraham's Teaching on Fasting

When God's House came to Hope for our joint service on 1st December, Abraham spoke on Prayer & Fasting: [>listen<](#)



Pastor Osien wrote these notes for us on Prayer & Fasting. He highlights many of the passages in the Bible about fasting

[>Do Believers Need to Fast?<](#)



Medical & Nutritional Notes on Fasting from Rob Douglas

Thanks Rob for putting these notes together for us:

[>Rob's Notes on 24 Hour Fasting<](#)



John Mark Comer has 4 videos on Fasting as part of 'Practicing the Way'

[>Fasting Playlist<](#)

“Fasting repels temptations, anoints  
for godliness. She is a companion for  
sobriety, the crafter of a sound mind.  
In wars she fights bravely, in peace  
she teaches tranquillity.”

St Basil the Great, 4th Century

“Fasting gives strength against sin,  
represses evil desires, repels  
temptation, humbles pride, cools  
anger, and fosters all the inclinations  
of a good will, even unto the  
practice of every virtue.”

St Leo the Great, 5th Century

“Why could we not cast this demon out?” Jesus’s disciples asked.

“This kind only comes out with prayer and fasting” Jesus replied.

Matthew 17.21





