11 Reasons for fasting

1. Draw near - intensify my focus on His Word, His will and His thoughts.
2. Deny myself - to practice self-discipline (Heb. 12:13); to beat my flesh into submission; "denying me to see him"
3. Christ commands fast. (Matt. 6:16)
4. God called me to fast. (May 2013)
5. Fasting physically purifies me. It’s healthy to fast one day a week. Google it.
6. Fasting makes me weaker, which reminds me that "[Christ's] power works best in my weakness." 2 Cor. 12:9
7. Fasting retunes my heart to hear the gentle voice of the Spirit.
8. Fasting develops integrity - no one sees what I do when I am alone except God; the true test of my resolve is what I do when only God is watching.
9. Fasting creates prayer triggers - the persistent cravings for food throughout the day and the occasional headaches that come with less caffeine and food remind me to pray continuously lavishing thanksgiving and praise on him.
10. Fasting helps me know God’s direction for key decisions
11. Fasting powers me up. The more I am tuned to the Spirit the more his power will be demonstrated through my life into the lives of others.  The weaker that I am the more His power works through me.

"Fasting does not prove anything to God.  He knows your heart better than you do (John 2:25; Heb. 4:13; Psalm 33:15).  It is not a hunger strike designed to convince God to release what He has, up to now, held back.  Instead, fasting is a way to let go of that which binds us to this physical world --- food --- in order to receive all our sustenance from the spiritual world...During a fast, spiritual hunger takes priority over physical hunger."  Living a Praying Life p. 129 Jennifer Kennedy Dean