

Spiritual and Physical Benefits of Fasting

Spiritual Benefits:

1. Meekness/Overcoming anger
2. More tolerant of others
3. Purer thoughts
4. Relief from depression
5. Wrong attitudes revealed
6. Temptations overcome
7. Hunger for righteousness and God's Word
8. Spiritual insights gained
9. Prayers answered

Physical Benefits:

1. Stronger immune system
2. Lower documented cholesterol
3. Lower normal pulse rate
4. Less sinus infections
5. Relief from menstrual pain
6. Relief from arthritis pain
7. Relief from leg cramps
8. Warts disappeared
9. Increase energy
10. Improved memory recall
11. Increased alertness
12. Relief from tinnitus
13. Clearer vision
14. Enhanced sense of smell
15. Improved complexion
16. Diminished desire for food
17. Healthier eating habits