



We need God! There is no other way of saying it. Just like Jesus taught us in John 15, without Him we can do nothing. Prayer and fasting is a powerful spiritual discipline which helps us to tap into God's power and presence. Fasting helps us learn to live in active dependence.

Dr. Bill Bright was an inspiring Christian leader. In 1951 he began a ministry to students at the University of California which grew into Campus Crusade for Christ, now a global ministry. Dr. Bright was passionate to know and grow in his relationship with Jesus. And he worked diligently to disciple others to follow Jesus. Essential to his effectiveness as a follower of Jesus, evangelist, and leader was his commitment to fasting and prayer.

Here are links to several short articles from the CRU website which Dr. Bright has written to guide you in the practices of fasting and prayer.

1. [Your Personal Guide to Fasting and Prayer](#)
2. [Why You Should Fast](#)
3. [How to Fast Safely](#)
4. [How Long and What Type of Fast Is Right for You](#)
5. [How to Prepare Yourself Spiritually and Physically](#)
6. [How to Manage Your Schedule While Fasting](#)
7. [Dealing With the Responses of Friends and Loved Ones](#)
8. [How to Make Your Spiritual Experience the Best it Can Be](#)
9. [How to Maintain Nutritional Balance and Health from Beginning to End](#)
10. [What Physical Effects to Expect](#)
11. [How to Finish Your Fast in a Healthy Way](#)