

Promises for Fasting / Fast Offerings



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Protected from Apostasy

We will be blessed and protected from Apostasy.

[Russell M. Nelson, April 1986 General Conference "In the Lord's Own Way".](#)

Temporal Rewards

Great rewards—both Spiritual and Temporal Rewards

[Marion G. Romney](#) (does not work)

Give to the Church

"I am a firm believer that you cannot give to the Church and to the building up of the Kingdom of God and be any poorer financially...If the members of the Church would double their fast-offering contributions, the spirituality in the Church would double.."

[President Marion G. Romney \(Welfare Agricultural Meeting, 3 April 1971, p. 1\). Quoted by L. Tom Perry, May 1986 Conference Ensign, p. 32 "The Law of the Fast".](#)

Beneficial to us Physically

Beneficial to us physically—promotes a longer life.

Develops self-discipline and self-control. Self-mastery. Humility

Spiritual Strength

Spirit of Prophecy and Spirit of Revelation.

Teach with the Power and Authority of God.

Brings forth a special spiritual power.

L. Tom Perry, May 1986 Conference Ensign, p. 32 "The Law of the Fast".

Teamwork and Cooperation Grow

Those who received were certainly blessed, but those who gave were even more so. ..."When we give generously to the Lord, we receive from Him that which is of greater value than our offering."

"Fasting is a principle of power which helps us to individually achieve righteous purposes in our lives."

Strength

Wisdom

Teamwork and cooperation grow

Bless us in times of temptation and stress.

"A Vision of the Law of the Fast," - Victor L. Brown - Ensign, Nov. 1977.

Keep the Monthly Fast

“Let me promise you here today that if the Latter-day Saints will honestly and conscientiously from this day forth, as a people, keep the monthly fast and pay into the hands of their bishops the actual amount that they would have spent for food for the two meals from which they have refrained; and if in addition to that they will pay their honest tithing, it will solve all of the problems in connection with taking care of the Latter-day Saints.

We would have all the money necessary to take care of all the idle and all the poor. Every living soul among the Latter-day Saints that fasts two meals once a month will be benefited spiritually and be built up in the faith of the gospel of the Lord Jesus Christ—benefited spiritually in a wonderful way—and sufficient means will be in the hands of the bishops to take care of all the poor.”

President Heber J. Grant, Gospel Standards, p. 123 (does not work)

Make Fat Thy Bones

8 ¶ Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rearward.

9 Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

11 And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Isaiah 58:8 - 11
