



Prayer & Fasting Guide

Fasting is a perfect way to quiet all the noise, gain greater clarity, and focus on God.

Purposes For Fasting

- Deeper intimacy with God, answers to fervent prayer, developing humility before God, gaining wisdom and understanding, authority over strongholds, repentance and salvation, personal victories, gaining a heavenly perspective, God's protection and help, commission to ministry.

Types Of Fasts (that we will focus on)

- Selective Fast: Removing selective elements from your diet. One example is the Daniel fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- Partial Fast: This fast involves abstaining from eating any type of food for a period of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.
- Soul Fast: This is a great option for those with health considerations that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. (ie. social media, television, gaming, Netflix, sweets)

What To Expect

- Fasting is not a diet or a healthy eating routine, although it does have physical benefits. When you fast, your body detoxifies. This can cause mild discomfort such as headaches and irritability. Limit your activity and exercise gently. Take time to rest. Pray as often as you can. Spend time listening to praise and worship. Spend time in God's Word. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.

How To Begin And End A Fast

- Determine a definite time when you will begin and end your fasting period. Pray at the beginning of your fast and again when you end your fast.
- At the beginning, pray about the goals and purpose you have. Ask for the Holy Spirit's help and presence.

- At the end of your fast, acknowledge any wisdom and insight you gained giving thanks to God for His faithfulness. Insight may not come until after your fast has ended.
- End your fast gently and gradually, whether you opted to fast from food or another element of life. Don't overeat when the time comes to end your fast. Begin by eating small portions or snacks.

Make Scripture a Priority

- The Bible is full of examples of the power of fasting and prayer. In Judges 20, after facing terrible defeat, the Israelites fasted and asked God for guidance ahead of their next battle—which they won! In Daniel 10, Daniel fasted before receiving a vision from God. And in Matthew 4, before Jesus began His ministry, He fasted 40 days.
- We encourage you to dig into God's word and do your own study on prayer and fasting.
- Scripture References for Fasting:
Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14
- Relation to Prayer and Reading of the Word:
1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2
- Corporate Fasting:
1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37