

# Fasting Basics

**Simply stated, biblical fasting is refraining from food for a spiritual purpose.**

According to the Bible, there are three duties of every Christian: give, pray and fast.

**Biblical fasting** takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

**When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.**

## Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

## BIBLICAL FASTING FOCUS

### 1 TIMOTHY 2:1-2

*"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."*

## **ROMANS 12:1**

*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”*

## **MATTHEW 6:33**

*“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”*

## **ISAIAH 58:6**

*“[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”*

We want to encourage you to target your prayers during the fast. We are focusing on GROWth in every area of our lives (spiritual, physical, financial etc.).

A great promise, from the book of Isaiah, proclaims that the chosen fast will “undo the heavy burdens and let the oppressed go free.” As we come together to fast and pray, we believe that your burdens will be lifted and blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

## **How to Begin**

Start with a clear goal. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

## **Preparing Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

## **What to Expect**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## **How to End**

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

# FASTING Q&A

## **Can children fast?**

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

## **What if I have a medical condition?**

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

## **What if I start and can't finish out the fast . . . have I fasted for nothing?**

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or try finishing up with a partial fast.

## **I forgot and ate something that wasn't on my fast . . . do I need to start again?**

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

## **Do I continue to exercise while fasting?**

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

## **What if I have a manual labor job?**

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

## **Can my husband and I be intimate during our fast?**

Read I Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time . . . that you may give yourselves to fasting and prayer. So the answer is yes. Scripture allows this for the purpose of fasting

**Day 1: Consecration** “Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. . . . Humble yourselves in the sight of the Lord, and He will lift you up” (James 4:8,10). **Prayer for the Day:** Lord, sanctify me. I need You. Nothing else will satisfy me. Fill me with the Holy Spirit today. I want to be baptized in the Spirit. I want to walk in the Spirit. I want to talk in the Spirit. I want to live in the Spirit. I’m tired of living where everybody else is. I don’t want to be like everybody else. I’m coming up higher after You. I’m going to seek You with all of my heart.

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**Day 2: Guidance** “Your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ Whenever you turn to the right hand Or whenever you turn to the left” (Isaiah 30:21). “The steps of a good man are ordered by the LORD, and he delights in his way” (Psalm 37:23). **Prayer for the Day:** Father, You have a perfect plan for my life. I ask You to give me knowledge of the path that You want me to walk that I will not miss Your will. Thank You. God, you know where I am. You planned my life before I ever showed up; I ask for Your perfect will now. Show me your way and direct my life, giving me guidance beyond my mind into your perfect will. I ask you for it, I receive it and I believe it. I worship You, Father. I thank You that You are going to guide me, lead me, walk beside me. I will be led by Your peace. I will delight in Your way, O God.

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**Day 3: Strength** “I can do all things through Christ who strengthens me” (Philippians 4:23).

**Prayer for the Day:** Lord I’m Yours. Oh, I need thee every hour. I really need thee. I offer you my weakness “for your strength is made perfect in my weakness...” (II Corinthians 12:9). Empower me to stay strong through the physical challenge of the fast and to grow stronger in my faith. All I need is You. You alone are my Strength, O God. Thank You, Lord Jesus that You are touched with the feeling of my infirmities. You see the struggles in my life, and You know how they have shaken me. They’ve not shaken You, Lord. Free me from every fear, every limitation, from drawing back, from intimidation. You are my Peace, my Strength.

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**Day 4: Sanctify Yourself** “So it was, after three days, that the officers went through the camp, and they commanded the people, saying, ‘When you see the ark of the covenant of the Lord your God, and the priests, the Levites, bearing it, then you shall set out from your place and go after it. Yet there shall be a space between you and it, about two thousand cubits by measure. Do not come near it that you may know the way by which you must go, for you have not passed this way before.’ And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the Lord will do wonders among you’” (Joshua 3:2-5). **Prayer for the Day:** Thank You, Lord. God, I ask You to sanctify me as I push back my plate and as I pull away from the TV and read Your Word during this period of fasting. Cut off the works of the flesh. Cut them off so I can be used for your glory. I seek Your face. I’m hungry for You. Lord, I want to feel conviction again. I need to raise my standard. Convict me of it. I lay down, (Hebrews 12:1). I need your touch. I’m coming after You. There’s a dream in me. There’s a call for my life. I’m going for it.

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**Day 5: Freedom from Condemnation** “For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God” (John 3:17-18). **Prayer for the Day:** Lord, I want to go beyond courtyard kingdom living, and move into that “intimate” place with You. I have carried tremendous guilt and condemnation, but your promise is, “Therefore now, there is no condemnation to them that are in Christ that walk not after the flesh, but after the Spirit” (Romans 8:1). I worship You, God. I’m entering into Your rest this day. I receive supernatural peace. I thank You, my Father. No condemnation, no guilt, no shame, Jesus, You are my righteousness. Thank You for dying for me. Thank You for the cleansing power of Your blood that gives me confidence toward God. Thank You for loving me while I was yet a sinner. Oh, I bless You Lord, I bless You Lord.

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**Day 6: Wisdom in Parenting** “All your children shall be taught by the LORD, And great shall be the peace of your children” (Isaiah 54:13). **Prayer for the Day:** Father, I know that only homes with Christ positioned in the middle of every day living will succeed in this wicked time. I need You, Lord, in order for me to be the man/the woman that You call me to be in my home. Give me wisdom to create a place of physical rest and of spiritual rest where my family can bring a crisis and lay it on a “bed” of faith. Help me to communicate with my spouse and my children. Your Word is a lamp unto my feet and a light unto my pathway. God, we really need You in our home. We need a little church in our home. God, I give You everything; take my home; take my family; take my future; in Jesus’ Mighty Name.

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**Day 7: Household Salvation** “And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house” (Acts 16:31). **Prayer for the Day:** Oh God, save my children. My cry Father, is save my children. Touch my children. Straighten their paths. I paint them as a target for Your Spirit to touch them and mark them. Anoint them this day. I thank You and praise You that salvation will come to this house because of the blood of Jesus. Even when it looks like it is not working, I thank You that the blood of Jesus covers my family. “No weapon formed against us shall prosper.” Your promise is that if the enemy comes one way, he flees seven.

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**Day 8: Marriage** “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh” (Genesis 2:24). **Prayer for the Day:** Lord, we need You in our home. We need You in our marriage. We need You in our family. We need You, Father, to be the Lord of our rings. Forgive us, Lord, for angry words spoken. Forgive us Lord for wrong actions taken. Forgive us if we have broken the covenant. Help us today Lord, to love You by loving our mate. Allow our children to see parents who care, who love, who touch, who talk and who communicate, because the marriage they will duplicate will be the one they see between us. So help us, Lord. We need Your supernatural power in our marriage. Help us and strengthen us to keep You as the focus of our marriage.

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**Day 9: Finances & Provision** “The LORD will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow” (Deuteronomy 28:12). “And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day” (Deuteronomy 8:18). **Prayer for the Day:** Father, I thank You that You are my source of supply. I thank You that You know how to break bondages off your people. Help me to attack my lack by applying the wisdom of Your Word. Oh God, You said, “I’ll bless the work of your hands.” I’m going to pay my debts and live on the rest. I ask You that the anointing of the Holy Spirit break every yoke of bondage, break the yoke of borrowing, break the yoke of overspending from my life. I decree that this is the year of the Lord’s release. I receive it and thank you, Lord. Father, in the Name of Jesus, I thank You that You will bring increase and cause me to profit even right in the middle of a famine.

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**Day 10: Career** “And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me” (Mark 8:34). **Prayer for the Day:** Father, in the Name of Jesus, I come to You today, and I want to be a cross bearer in the marketplace. I want people to see You through me. I want You to anoint me with a kingly anointing. I receive this high call that is just as sacred as the call to preach. I understand my purpose and I WILL go into the marketplace with a fresh anointing. In my job I will carry Your cross. In unseen and unspoken ways, people will know there’s a difference on my life. I receive that anointing right now as I dedicate myself to You. Use my life for Kingdom authority. Help me to be a culture changer where I work. Help me to change the culture in my workplace until it’s actually abnormal for somebody to take Your Holy Name in vain...not because I preached a sermon to them, but because Jesus has shined through me into that darkness. I give You the praise for that Lord. In Jesus’ Name I will not fail You in my calling.

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**Day 11: Pastors** “Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine” (1 Timothy 5:17). **Prayer for the Day:** Father, I pray for our pastors, for their wives and for their precious children. In Jesus’ Name, Lord, Let Your Kingdom come, let Your will be done in their lives and in my church as it is in Heaven. I pray for my church. I pray for every ministry and for every pastor to be led by Your Spirit and to walk in peace. Lead them not into temptation, but deliver them from evil. Anoint them with fresh oil. Your anointing makes the difference. Your anointing breaks yokes. Thank You for Your precious anointing, Holy Spirit. I stand against every spirit of division, in Jesus’ Name. Touch our pastors, Lord. I pray that You bring a spirit of unity to our church. Father, You to release Your glory in our church, in Jesus’ Name.

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**Day 12: Protection** “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust” (Psalm 91:1-2). **Prayer for the Day:** Lord, I want You close in my life; I want to be under the shadow of the almighty. You are my refuge. You are my fortress. You are my God. I will not be afraid. I will not fear because I will call on that Name that is above every Name, JESUS. Lord, teach me to appreciate my life in this season. Help me to quit looking into the future, never living in the now. You will be with me in the day of trouble. I worship You, Jesus. Thank You for the blood path right into the secret place of the Almighty. You lift me out of depression, out of unfounded fears, out of the strike of the adder and the attack of the lion. I praise You, Lord. I praise You. I worship You, oh God. Lord, I enter into that tent where every provision is made... even for protection from fears and protection for my family. You are worthy, Lord. I worship You, Jesus. You are my refuge, You are my fortress, You are my strong tower, Jesus. Whom shall I fear?

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**Day 13: Health** “For I will restore health to you, And heal you of your wounds,’ says the LORD” (Jeremiah 30:17). **Prayer for the Day:** Lord, thank You that You are our Healer. You were wounded for our transgressions and You were bruised for our iniquities. Through Your stripes we are healed! And Lord, I just claim miracle healing in my life and the lives of my loved ones. I worship You, Jehovah-Rophe, the God that healeth. Your Words “are life unto those that find them, and health to all their flesh” (Proverbs 4:22). Thank you for sending your Word to heal me. “...my Hope is in you God: for I shall yet praise You, You are the HEALTH of my countenance, and my God” (Psalm 43:5). I give you praise and thank You today that my body is being healed by the life-giving power of Your Word, in Jesus’ Name! Thank You, Lord.

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**Day 14: Worship** “But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him” (John 4:23). **Prayer for the Day:** Father, I humble myself before You today to seek Your face. I repent for complacency in my worship. I repent for being content in my worship. I repent. I’m not “face to face” with You like Moses was, but I do want to know You more intimately. Like Paul said, “I have not apprehended.” I’m not satisfied. I’m hungry for You, O God. I love you and I praise You, Lord. Worthy! Worthy! Worthy are You, Lord! Blessed be the Name of the Lord! Oh, God it all flows out of You; I’m coming after You. You are my Reward, not success, not material things. You exceed all of those things! In Your presence is fullness of joy. If I am in Your presence, then I get joy. Out of that joy comes strength. Out of that strength comes spiritual warfare to resist the devil, and he flees from me. I want to be close to You more than anything. Here I am. I give You my all. I give everything to You. Thank You that in Jesus’ Name, I enter into Your rest, enter into Your peace, and enter into Your grace. I worship You Lord. I worship you. Hallelujah!

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**Day 15: Release, Restoration and Reward** “Turn ye even to me with all your heart . . . with fasting and with weeping . . . I will restore to you the years that the locust hath eaten, the canker worm, and the caterpillar, and the palmerworm . . . ye shall praise the name of the LORD your God . . . and my people shall never be ashamed” (Joel 2:12, 25-26). **Prayer for the Day:** Father, in Jesus’ Name I humble myself before You in fasting. Thank You for releasing me from my past & forgiving all my sins. Thank You for restoring my life and giving me the reward of eternal life. I give You praise and glory and honor. Bless Your people as we continue to fast and pray. Bring the “spirit of release” causing Your people to walk in financial freedom. “Release” our loved ones. “Release” those that are bound by fear, depression and abuse. Release those bound by nicotine, gluttony and other addictions. Release them from all bondage. Loose the bands of wickedness. Undo the heavy burdens. Let the oppressed go free. Release our families from every shame and guilt. Thank You that the wicked bands will be broken! Hallelujah! Lord, the palmerworm has attacked the roots of Christian heritage in our families. But You said, “I will RESTORE THE FAMILY TREE OF FAITH!” I give You praise. My family IS GOING TO WALK IN THE SPIRIT! Oh Hallelujah! Father the greatest “reward” is You. Thanks for the stuff, but we’re fasting for more of You. You are our Reward and our exceeding greatness. We praise You, Jesus. Glory to God!

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**Day 16: Revival** “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land” (II Chronicles 7:14). **Prayer for the Day:** Father, I come to You today once again to lift up this nation, offering prayer and supplication. Once again, I ask You, Lord for Your will to be done in this nation and around the world. I plead the Blood of Jesus over all nations! In Jesus’ Mighty Name, I stand against all the weapons of the enemy, the plans and strategies of terrorism against our nations. I ask for a covering over our military and our representatives. I plead the Blood of Jesus and release the angels of the Lord around their paths. Guard our borders, Lord. Touch our leaders. I ask you, O God, to visit them and give them dreams and visions that stir their hearts toward You as never before. I pray for those in the inner circle of power that You would turn their hearts to walk in Your wisdom. I ask for Your mercy on us! Forgive us for we have sinned against You as a nation. We need a sword that will cut through the homosexual obsession. We need a sword that will cut through the lies of abortion! We need a sword! God, let the fire burn in the churches, and in our lives until we get a sword in our hands! Purge us, cleanse us; heal our lands we pray in the mighty Name of Jesus Christ, the Son of God, the strong and mighty One! The One mighty in battle! Jesus, we worship You. Pour out Your Holy Spirit upon our nations, in Your mighty name. Amen.

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**Day 17: Victory** “For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith” (1 John 5:4). **Prayer for the Day:** Father, I’m making a choice. I’m going to “put on the garment of praise for the spirit of heaviness.” Lord, You said, “Sing, Oh barren one.” So I will sing to You, God, even when it looks like I don’t have anything to sing about. I will give You songs of deliverance and praise, O God. Glory to Your Name, Jesus! I will keep on praying. I will keep on praising. I will keep on living for You, God. My faith is overcoming. I’m never going to get tired of fighting the flesh and the devil until I make it through the pearly gates of Heaven. I am an overcomer. My faith makes me an overcomer, not my feelings. You are with me now as You have been and forever shall be. I praise You for total victory. I’m driving the devil out. Praise God. I’m tired of mixing the Word with

everything else and not having the strength in me to overcome anything. I am making a choice to praise You in all things.

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**Day 18: Prayer** “Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing” (John 15:4-5). **Prayer for the Day:** Father, if Your Word abides in me, I can ask what I will and it shall be done. I don’t want anything in my will that You don’t have in Your will for my life. Father, in the Name of Jesus, I just lay everything on the altar today. Everything I know I just lay it on the altar and say, “If it is Your will Lord.” I say again, “Not my will, but Your will be done in my life.” I’m asking You, Father, to put on me a new mantle for prayer. Teach me how to abide in Your presence every day. And Father, in the Name of Jesus I just thank You for authority to decree a thing and it shall come to pass.

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**Day 19: Compassion** “But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? My little children, let us not love in word or in tongue, but in deed and in truth” (1 John 3:17-18). **Prayer for the Day:** Touch my heart, oh God. Touch my heart. Touch me. I don’t want to be cold. I don’t want to be hard shelled. I want to be tender. I want to be sensitive. I want to show the world your compassion and grace. I want Your anointing on me. Touch my heart. I feel the incrustation of worldliness and materialism and the cares of this life. Melt it! Melt it!

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**Day 20: Waiting on God** “Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength” (Isaiah 40:28). **Prayer for the Day:** Lord, my flesh is weak, but Your Promise is, “They that wait upon the LORD shall renew their strength” (Isaiah 40:31). I am waiting on You today and asking You to fill me with new strength. Fill me with Your life force. As I seek Your face, I praise You that I will not get weary! I receive Your strength in my body and in spirit, in Jesus’ Name. Thank You, Lord. Holy Spirit, Comforter, Counselor, I need you to take control of this situation. Fill me with Your power; I worship you. Hallelujah.

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**Day 21: The Lost** “And He said to them, ‘Go into all the world and preach the gospel to every creature’ ” (Mark 16:15). **Prayer for the Day:** Lord, here I am, send me. Use me. Witness through me. There’s a “field” in my home. There’s a “field” in my neighborhood. There’s a “field” on my job. There’s a “field” in this city. There’s a “field” in my family. Oh God, forgive me for not praying; forgive me for not witnessing. Forgive me for not really believing that I can “reap a harvest” for You. Forgive me for not believing that You can use my influence, my affluence, everything that I have to reach the lost for Your glory right where I am! Father, I ask You to use me as a light to a dark dying world. I give You glory and I give You praise for all that You will do through me!

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