



**Simply stated, biblical fasting is refraining from food and/or activity 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 want to discover your identity in Christ?
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?
10. Do you want to know your calling or revealed gifts and talents?

## **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?”*

A great promise, from the book of Isaiah, proclaims that the chosen fast will “undo the heavy burdens and let the oppressed go free.” We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial 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)!

**There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.**

**Full Fast**

Drink only liquids (you establish the number of days).

**The Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

**3-Day Fast**

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

**Partial Fast**

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

**Non-Food Fast**

Abstaining from items that may not be sin but could affect your walk in Christ or be a distraction in life. For example, alcohol, social media, certain TV shows, certain relationships, refraining from saying bad words or jokes with bad taste.

Whichever fast you choose (some people do a different fasts for each week) be faithful in it.

**Here are some steps to prepare for your fast.**STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Through fasting and prayer we humble ourselves before God so Holy Spirit will stir our souls, awaken our church, set us apart and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

-Commit mentality to the 21 Days.

-The type of fast you want to undertake (such as water and juices only: fruits and vegetables, 6am to 6pm-what kinds of juices you will drink and how often).

-What physical or social activities you will restrict.

How much time each day you will devote to prayer and God's Word.

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

### STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Confess every sin that Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Savior; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

### STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first if you take prescription medication or have diagnosed with a chronic ailment. (Fast for healing too)

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

Do not rush into your fast.

Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods. Eat raw fruit and vegetables for two days before starting a fast.

**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

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!