

Triumphant Worship Center

Personal Guide To Fasting & Prayer

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Introduction

“The birthplace of Christian fasting is homesickness for God”
~ John Piper

When is the last time you entered into an extended spiritual fast? Fasting is ultimately an expression of humility and dependence on God. Fasting is more about replacing than it is about abstaining. It is about replacing the daily intakes of food, entertainment, and human contact with focused times of prayer, feeding on large amounts of the Word of God and spiritual listening.

One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency away from willful self-dependency. Take a few minutes this week reading through the scriptures, insights and reflective questions to sharpen the spiritual discipline of fasting in your life.

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The Call to Fasting

SCRIPTURE:

"Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD." Joel 1:14

"So we fasted and petitioned our God about this, and he answered our prayer." Ezra 8:23

"They repay me evil for good and leave my soul forlorn. Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered, I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother." Psalm 35:12-14

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." Mathew 6:16-18

"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.'" Acts 13:2

"Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust." Acts 14:23



Fasting Insights

“Like all the Spiritual Disciplines, fasting hoists the sails of the soul in hopes of experiencing the gracious wind of God’s Spirit. But fasting also adds a unique dimension to your spiritual life and helps you grow in Christlikeness in ways that are unavailable through any other means. If this were not so, there would have been no need for Jesus to model and teach fasting.” - Donald Whitney

“Fasting is not about changing God. It is not a mystical exercise to gain God’s approval. Fasting is not about changing my world, but about letting God realign my heart toward his purposes.” - Alex Gee

“Fasting is calculated to bring a note of urgency and importunity into our praying, and to give force to our pleading in the court of heaven. The man who prays with fasting is giving heaven notice that he is truly in earnest....Not only so, but he is expressing his earnestness in a divinely appointed way. He is using a means that God has chosen to make his voice to be heard on high.” - Arthur Wallis

REFLECTIVE QUESTIONS:

- When is the last time you called your family, staff, leaders or congregation to a time of spiritual fasting?
- What in your life keeps you from practicing spiritual fasting?
- What else could you fast from beside food?
- How does fasting humble a person?



8 Steps to Effective Fasting

- 1. FAST SENSIBLY.** Don't feel that you must fast many days to be effective. Many biblical fasts were "until evening" ([Judges 20:16](#); [II Samuel 3:35](#); [Acts 10:30](#)).
- 2. FAST SENSITIVELY.** When Israel fasted before a crucial battle, the Bible says they "inquired of the Lord." ([Judges 20:23](#); [I Samuel 23](#)) When we fast we should take special time to hear God speak. ([Acts 13:1-2](#))
- 3. FAST SYSTEMATICALLY.** When Jesus taught His disciples about fasting, He began with the words "when you fast" ([Matthew 6:16](#)). He was suggesting that believers should have regular times of fasting, whether one day a week or a portion of a day each week.
- 4. FAST SACRIFICIALLY.** If we normally do not eat breakfast it is not really a sacrifice to fast breakfast. A true fast must be a sacrifice. David said, "My knees give way from fasting; my body is thin and gaunt" ([Psalm 109:24](#)). True fasting must have an humbling effect on us ([Ps 35:13](#)).
- 5. FAST SPECIFICALLY.** God said to Israel, "Is not this the fast that I have chosen?" ([Isaiah 58:6](#)). We must ask God to direct us in the focus of our fasting.
- 6. FAST SUPERNATURALLY.** The very nature of fasting requires dependence on God's supernatural power to see us through. When the early church fasted before sending out workers, the Bible says, "The Holy Spirit came" ([Acts 13:2,3](#)). We need God's Spirit as we fast.
- 7. FAST SOBERLY.** Jesus cautioned His disciples not to make a spectacle out of fasting like the religious leaders did. This type of fasting only gets the attention of men and not of God. ([Matthew 6:16-17](#))
- 8. FAST SECRETLY.** Jesus cautioned His disciples never to boast about our times of fasting but rather to keep our times of fasting as a personal commitment ([Matthew 6:18](#)).



Types of Fasting

1. THE NORMAL FAST: In this type of fast the person abstained from food but not water. The duration can be that which the individual or group feels led to set. Jesus fasted for 40 days ([Matthew 4:2](#)). However, the more common practice of a normal fast appears to be from one to three days.

2. THE PARTIAL FAST: In this type of fast, the emphasis is placed on restriction of diet, rather than abstaining completely from eating. Examples are: Daniel, Shadrack, Meshach and Abednego eating only vegetables and drinking only water ([Daniel 1:15](#)) and later on when Daniel alone practiced a partial fast for three weeks ([Daniel 10:3](#)). The partial fast allows a great many variations:

- Method of living exclusively on one type of food for the duration of the fast eg. fruits and vegetables, plain bread and water, plain rice, or juices. We are recommending fresh fruit and vegetable juice fast for those who want to take the challenge.
- Omitting a certain meal each day and spending that meal time with the Lord. (Vigilance is needed to ensure that the value of omitting one meal is not offset by increasing intake at the others).
- [Daniel Fast Resources \(Also go to page 59\):](#)
 - <https://ultimatedanielfast.com/>, <https://www.daniel-fast.com/>, <http://daniel-fast.com/pdf/dfstarter.pdf>

3. THE ABSOLUTE FAST: An absolute fast is one in which the person refrains from both food and water. This type of fast is not to exceed three days. Exceptions to this three day limit were based upon direct, divine guidance and care. Examples of the absolute fast are: Moses ([1 Kings 19:8](#); [Deuteronomy 9:9-18](#) and [Exodus 34:28](#)); Elijah ([1 Kings 19:8](#)); Ezra ([Ezra 10:6](#)); Esther and her household ([Esther 4:16](#)); and Paul ([Acts 9:9](#)).

Fasting cleanses the body and refreshes the soul. During a fast the body cleanses, purifies; and essentially resurrects itself. Nature tells us to fast. When we have no appetite during an illness, fasting is nature's way to accelerate recovery. Fasting is NOT starvation. It is reasonable for a healthy individual to fast for 2 or 3 days without supervision.

[Click Here for More Types of Fasts in the Bible](#)



Pre-Fast Cautions

1. DO NOT BEGIN YOUR FAST SUDDENLY The body grows accustomed to fasting by degrees.
2. Reduce food intake gradually from three times a day to two times, then once a day, and into the fast.
3. Clean the digestive tract prior to fasting. Some recommend the last meal before a fast to be fruits. A person that has problems with constipation he should take an enema.
4. Cease taking coffee or tea a few days before a longer fast, and so get over the caffeinewithdrawal headache before you start.



During the Fast

1. Drink water (preferably distilled or boiled warm water with a pinch of salt). Be careful not to drink too much water at one time. A glass or so several times a day is ideal. One should not drink milk or coffee or other beverages when fasting for to do so is dieting and not fasting. Water is a purifying agent, and is necessary to wash out the poisons from the system.

2. Drink fruit and vegetable juices. They are full of nutrients, provide instant nutrition and are rapidly absorbed by the body.

- Fruit juices are energizers and body cleansers. Dilute with water because fruit juices are high in natural sugar and when drank neat during a prolonged fast could make you feel a little dizzy.
- Mixing and matching too many fruit juices during a prolonged fast will only put unnecessary strain on the digestive system. The common recommendation is to mix apple with any of these fruits: grapefruit, mango, peaches, guava, kiwi, papaya, pear. All melons (honeydew, rock melon, watermelon) should be taken alone.
- Vegetable juices are building blocks supplying the body with the necessary vitamins and minerals to build strong bones and tissues. Mix with cucumber, carrots or apples or dilute with water and take in small quantities (1 cup) to avoid any discomfort.
- All juices should be sipped slowly.
- Anyone who has to limit sugar intake in their diet should consume fruit juices sparingly. The common recommendation is not more than 500 ml spread throughout a week & be sure to follow your doctor's instructions.



During the Fast

3. Refrain from taking an excessively hot bath. Having a very hot bath during a prolonged fast can cause dizziness, and you may be unable to continue. Instead bathe in tepid, lukewarm water. It is important to bathe regularly during a fast as many impurities are secreted through the pores of the skin and cause a foul odor. Also be sure to brush your teeth often as fasting produces bad breath.

4. Do not engage in excessive work, exercise. Some light exercise (eg walking) is beneficial. Reading the bible during a fast is a necessity and spiritually beneficial.

5. Walk, read, pray or worship Christ at mealtimes to help overcome the great temptation to satisfy the eating instinct. If possible, avoid looking at food and coming to the table at meal times. If you remain where eating is taking place, the temptation to break the fast will be very great.

SYMPTOMS DURING A PROLONGED FAST:

1. Possible dizziness. Do not jump out of bed quickly. Get off your feet and lie down immediately if you begin to feel light-headed at any time.

2. Vomiting may occur during the first few days and is normal.

3. Headaches are occasionally experienced early in the first day or two of fasting. However, most people with a history of severe headaches or migraines may find that this disappears as the fast continues.



During the Fast

SYMPTOMS DURING A PROLONGED FAST (cont.):

4. Generally the need for sleep is greatly diminished when we are not active and when our digestive tract is not at work digesting food. It is an added risk to drink coffee during a prolonged fast.

5. Weight loss is to be expected. Possible weakness, nervousness, slight trembling, irritability, negativity, frequent urination and sometimes diarrhea may occur but these are usually only temporary. The body is undergoing a cleansing and elimination process and as the poisons are eliminated any symptoms will disappear.

6. Never have an injection or take medicine or massive doses of vitamins to alleviate these symptoms. Instead, drink as much fluid in between the juices as possible. Should you experience any major discomfort consult your doctor for advice.

7. Many people do not generally have bowel movements during a fast. Eat primarily raw fruits and vegetables for a few days prior to the fast to help prevent difficulty with the first bowel movement afterwards.

8. During a prolonged fast, the body goes through 3 phases. They are not always clearly defined, but tend to overlap, and the duration of each varies greatly with the individual.



During the Fast

SYMPTOMS DURING A PROLONGED FAST (cont.):

- **FIRST PHASE** - craving for food. This may last for a couple of days or longer. Once it passes, though there may be a pleasurable sensation at the thought of food, there is no craving or strong temptation.
- **SECOND PHASE** - feeling of weakness and faintness which may last for 2 or 3 days or much longer. At this point, every movement of the body seems to require an effort of the will. This is the most difficult part of the fast, and some may find it necessary to rest a good deal.
- **THIRD PHASE** - one of growing strength, with little or no concern about food and only occasional and decreasing spasms of weakness. At this stage, the person fasting often feels he could continue the fast indefinitely without any great effort. The termination of this final phase is marked by the beginning of hunger pangs and this is a warning bell that the body is beginning to starve. It is important to distinguish between a desire for food and a hunger for food. The sensations of emptiness, weakness, gnawing in the pit of the stomach and other symptoms experienced at the onset of a fast are seldom real hunger. Real hunger, on the other hand, is a cry from the whole body stemming not from habit but from need. Humans have been fasting for more than 50,000 years. It is hard to understand how people developed such a misconception about and fear of fasting. Perhaps it is because many people feel so bad when they skip just one meal, that they expect to feel much worse if they skip so many more. The reality is, when you don't eat for a longer period of time, the discomfort quickly subsides and you actually feel better and better.



Breaking the Fast

The most difficult period is immediately after the fast. This period requires more discipline and self-control than any other time of the fast. Reintroduce food very gradually. Suggestions for breaking the fast:

- **Day 1:** Break on a piece of watermelon the size of a woman's fist every 2 hours.
- **Day 2 to 3:** Over the next 3 days, gradually increase the amount of food and the interval between feedings. Fresh fruits, lettuce, steamed vegetables, baked sweet potato are recommended.
- **Day 4:** By now, 3 normal-sized meals can be tolerated.

A WORD OF CAUTION:

1. The stomach is very sensitive after the fast so be careful not to eat fruit that is too ripe as this may cause stomach cramping and pain.
2. Overeating too early after the fast may result in pain and vomiting.
3. Spicy food, too much salt and pepper taken soon after the fasting could irritate and cause damage to the stomach lining.
4. If any difficulty arises it is because you are rushing the breaking-in period. The remedy is to eat less, or cut out some of the food. If necessary, go back to fruit juices or fresh fruit again. Do not rush your stomach, the more slowly you get back to regular eating, the better will be your physical condition afterward. Do not be discouraged if at any time during the fast you fall into temptation and ate. Pick yourself up and try again. Satan will not give up tempting you but the Lord is our strength.



Breaking the Fast

4. Always remember to start with a little of everything new and build up gradually. Avoid cakes, pastries and biscuits.

- Remember these golden rules:
- Watch your quantities.
- Eat slowly and masticate well.
- Stop at the first warning sign.
- Rest as much as possible.
- Don't try to do too much too soon.

FINAL THOUGHT:

Fasting is ultimately an expression of humility and dependence on God. Fasting is more about replacing than abstaining. It is about replacing the daily intakes of food, entertainment, and human contact with focused times of prayer, feeding on large amounts of the Word of God and spiritual listening. One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from willful selfdependency.

"Fasting, if we conceive of it truly, must not. . . be confined to the question of food and drink; fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose. There are many bodily functions which are right and normal and perfectly legitimate, but which for special peculiar reasons in certain circumstances should be controlled. That is fasting." - Martyn Lloyd-Jones



30 Day Fasting Journey

Welcome to the 30 Day Fasting Journey

Our prayer for you is that during the next 30 days you will experience a deeper craving for the beauty of the Lord and the wonder of His leading in your life as well as experiencing the fullness of the Holy Spirit and the favor of the God of Heaven. May God overwhelm you with His goodness as you see His provision in every step of your missional journey.

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Day 1

Write down some focused prayer goals that you want to bring before the Father during your fast.

Scripture: Matthew 9:14-15 *Then John's disciples came and asked him, "How is it that we and the Pharisees fast, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."*

Fasting Thought: "The birthplace of Christian fasting is homesickness for God" ~ John Piper

Prayer: Father in Heaven fill my life with a deeper awareness of Your presence and power in my life. Grant me a deeper hunger for You than for those creature comforts the world offers. Give me victory this day in the strong name of Jesus Christ my Lord.

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Day 2

Let the discomfort of your fast draw you closer to God with a deeper reliance on His power and presence.

Scripture: Ezra 8:21 – *“I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.”*

Fasting Thought: “Whenever men are to pray to God concerning any great matter it should be expedient to appoint fasting along with prayer.”
~ John Calvin

Prayer: Father in Heaven, grant me a greater awareness of your strength throughout today minute by minute. Help me to overcome the little aches and pains that are in my body and to gain victory over my sinful nature for Your honor and glory. In Jesus Name Amen.

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Day 3

Look for ways to find satisfaction in the goodness of God rather than the things of man. Throughout your day consciously choose to take refuge in Him and draw on His strength.

Scripture: Psalm 34:8 – *“Taste and see that the LORD is good; blessed is the man who takes refuge in him.”*

Fasting Thought: “Christian fasting is more about replacing than abstaining” ~ Gary Rohrmayer

Prayer: Father in Heaven, Your goodness is better than anything else in this world. Today help me see Your goodness all around me and help me experience Your goodness in the small bites of strength that only You can give. In Jesus Name Amen.

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Day 4

God chooses to see His people set free from the besetting sins that affect our relationship with Him. Today focus your prayers on those hurts, habits and hang ups that you need spiritual healing to overcome them.

Scripture: *"Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free, And break every yoke?"* Isaiah 58:6

Fasting Thought: "Fasting is a means of seeing spiritual breakthrough for a physical or emotional problem." ~ Gary Rohrmayer

Prayer: Father in Heaven, during my fast bring to light those besetting sins that hurt my relationship with You and my effectiveness in Your mission. May I experience a new level of freedom and victory as I lean into you this day during my fast. In Jesus Name Amen.

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Day 5

Press on in your fast for right around the corner is blessing and unbelievable satisfaction.

Scripture: Matthew 5:6 *"Blessed are those who hunger and thirst for righteousness, for they will be filled."*

Fasting Thought: "Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food." ~ Dallas Willard

Prayer: Father in Heaven, replace my hunger for the things of this world for a deeper spiritual craving for you. May every moment of conscience resistance and self-denial be filled with a fresh sense of your blessing and spiritual satisfaction. In the wonderful name of Jesus Christ our Lord.
Amen.

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Day 6

Remember to accompany your fast with specific prayer requests. Target your prayers with specific petitions for yourself, your family, your friends and your world.

Scripture: *"So we fasted and petitioned our God about this, and he answered our prayer."* Ezra 8:23

Fasting Thought: "Our greatest victories are won on our knees and with empty stomachs". ~ Julio C. Ruibal

Prayer: Father in Heaven, You are the one who not only hears but answers my prayers. Today I pray and I fast for...

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Day 7

Remember to accompany your fast with confession of sin. Confess your sin, your spiritual weaknesses, your lack of dependence on God; through this we can experience the cleansing forgiveness of Jesus Christ (1 John 1:9).

Scripture: *"When they had assembled at Mizpah, they drew water and poured it out before the LORD. On that day they fasted and there they confessed, 'We have sinned against the LORD.'" 1 Samuel 7:6*

Fasting Thought: "Fasting is an act of humility that spotlights our weaknesses and reveals dependence on things rather than God." ~ Gary Rohrmayer

Prayer: Father in Heaven, show me through this fast those areas of spiritual weakness and self-reliance in my life in order that I may confess them and receive your healing, cleansing and purifying forgiveness. Father, I want to experience a new level of spiritual refreshment and strength that can only come through you. In the strong name of Jesus Christ our Lord. Amen.

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Day 8

One of the focuses of fasting is for those who are suffering.

Scripture: Isaiah 58:6-7 *"Is this not the fast which I choose...is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe him, and not to turn away from your own flesh and blood?"*

Fasting Thought: "Fasting is turning your hunger pain into requests, prayers and petitions for the suffering around you. Today focus your prayers on those suffering close to you and those suffering throughout the world." ~ Gary Rohrmayer

Prayer: Father in Heaven, today I turn my prayers towards all the suffering in our world. Make a way for food, clothing, shelter and medical supplies to reach those in critical need. Send medical help to those in need. Grant the rescuers and all the workers your strength, wisdom, compassion and spiritual insight to care for those in need. In the merciful name of Jesus. Amen.

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Day 9

Are you tired of fasting? Today remind yourself why you are engaging in this sacrificial act.

Scripture: Psalm 109:24 - "My knees give way from fasting; my body is thin and gaunt."

Fasting Thought: "Fasting is a sacrificial act that realigns our affections from the temporal to the eternal. It turns each moment of craving into a prayer of intense dependence." ~ Gary Rohrmayer

Prayer: Father in Heaven, my flesh is tired, my spirit is weakening; grant me the mental focus, spiritual awareness and physical will to push through the quitting points as I seek to realign my desires to be within Your perfect will, Your mission and for Your glory. In Jesus Name Amen.

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Day 10

Fasting is a humbling experience that reveals who or what we really depend upon or are controlled by.

Scripture: Psalm 69:10 - *"When I wept and humbled my soul with fasting."*

Fasting Thought: "More than any other single Discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately...anger, bitterness, jealousy, strife, fear — if they are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger then we know that we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ." ~ Richard Foster

Prayer: Father in Heaven, as I move through this fast I seek the transforming work of the gospel in my life. Reveal the controlling influences in my life. Grant me the courage to face them, to renounce them, to confess them and to surrender them into Your healing hands. Draw me closer to You through this fast. In Jesus Precious Name. Amen.

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Day 11

Fasting must be accompanied with good will and good works towards others to be effective and pleasing to God.

Scripture: Isaiah 58:3-4 *“Why have we fasted,” they say, “and you have not seen it? Why have we humbled ourselves, and you have not noticed?” Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.”*

Fasting Thought: “Why is this fasting unacceptable to God? What’s wrong with it? What’s wrong with it is that it left the sin in their lives untouched. The only authentic fasting is fasting that includes a spiritual attack against our own sin. Whatever else we fast for, we must fast for our own holiness. We cannot fast for anything with authenticity while living in known sin.” ~ John Piper

Prayer: Father in Heaven, grant me the faith to move closer to the light of God’s holiness and deal with the darkness of my own soul. Grant me the courage through this fast to examine my attitudes and behaviors toward those around me and to make right any wrongs for which I am responsible. Father, I desire that my fast be acceptable to you. In Jesus Name. Amen.

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Day 12

Fasting approached properly can bring light into our darkness.

Scripture: Isaiah 58:8-10 *"Then your light will break forth like the dawn...then your light will rise in the darkness, and your night will become like the noonday."*

Fasting Thought: "By aligning our hearts with God through fasting we find ourselves consumed by His resplendent nature. This breakthrough comes as He turns the gloom and confusion of our darkness with His light of love, joy and peace." ~ Gary Rohrmayer

Prayer: Father of Light, as I fast today, blast through the darkness I am facing with the light of Your love. Transform the gloom of discouragement with the hope of your pure light. Help me see through the falsehood of darkness and see the blazing truth of your light. In Jesus Name, Amen.

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Day 13

Fasting can be a tool for experiencing victory over a negative emotional habit.

Scripture: Isaiah 58:6 *"Is not this the kind of fasting I have chosen...to break every yoke?"*

Fasting Thought: "The Elijah Fast (I Kings 19:1-18) is not a common corrective device to be used for freeing yourself from minor habits. It is called for in severely negative cases of mental and emotional response. It often works because it is a discipline that builds self-discipline and self-esteem. But more important than psychological esteem the Elijah Fast invites God into the problem. Then, in the strength of God, victory is possible." ~ Elmer Towns

Prayer: Father in Heaven, You are the great physician, You are the healer of my soul, You are one who grants victory over my emotional wounds that are the cause of my destructive thinking and debilitating habits. Through this fast bring healing to my emotional wounds and break the yoke of the destructive habit of _____. In the Precious Name of Jesus Christ my Lord. Amen

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Day 14

Fasting is a weapon used to respond to the present and future attacks of the evil one.

Scripture: Isaiah 58:6, 8 – *“Is not this the kind of fasting I have chosen...then your righteousness will go before you, and the glory of the LORD will be your rear guard.”*

Esther 4:18 - *“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”*

Fasting thought: “When the devil, the foe and the tyrant, sees a man bearing this weapon [fasting], he is straight-away frightened and he recollects and considers that defeat which he suffered in the wilderness at the hands of the Savior; at once his strength is shattered and the very sight of this weapon, given us by our Commander-in-chief, burns him.” ~ Isaac of Syria

Prayer: Father in Heaven, LORD Almighty, today through my fast I seek to be better prepared for the spiritual battles that I am engaged. I choose to stand firm in You. I choose to live my life by the truth of God and not the lies of the enemy; I choose to live righteously and not selfishly. I choose to live out the gospel of peace and to share it at a moments notice. I choose to live by faith and not by sight, extinguishing every attack from the enemy. I choose to embrace the spiritual blessings in Christ and to live by the power of the Word of God. I choose to live my life in prayerful dependence on you. Father, protect and empower me as I stand firm in Your strength.
In the Strong Name of Jesus my Lord, Amen.

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Day 15

Fasting is a struggle against the flesh and is emotionally and physically demanding; in this we discover what we really hunger.

Scripture: Deuteronomy 8:2-3 – *“Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.”*

Fasting Thought: “Do you have a hunger for God? If we don’t feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great. If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul’s appetite for God. Between the dangers of self-denial and self-indulgence is the path of pleasant pain called fasting.” ~ John Piper

Prayer: Father in Heaven, as I move forward in this fast help me to turn every hunger pain, thought or craving towards You. Today I desire to empty my stomach to make room for Your greatness and glory. Teach me to feed on Your word and to find a deep satisfaction in Your truth. Today Father I want to experience the sweetness of Your word that the Psalmist speaks of...“How sweet are Your words to my taste! Yes, sweeter than honey to my mouth” (Psalm 119:103).

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Day 16

Fasting is a tool that aids in discerning the call of God in our lives.

Scripture: Acts 9:3-9 - *As he neared Damascus on his journey, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?" "Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied. "Now get up and go into the city, and you will be told what you must do." The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. For three days he was blind, and did not eat or drink anything.*

Fasting Thought: This fast "involves focusing on our choices instead of our foods and praying our decisions through to successful conclusions...(this type of) fast helps us receive God's wisdom to make our decisions, its purpose is not to help us make insignificant decisions for us. This fast is not for every minor decision in life, such as where to go for lunch or what minor purchase to make. (This fast) offers help in weighty decisions such as choosing a mate, resigning a job and other life changing choices." ~ Elmer Towns

Prayer: Father in Heaven, You are the God of all wisdom. Today in my fast I yield to You and seek Your wisdom in my life. Through this fast today grant me a bigger perspective on those decisions before me both minor and major. I want Your best in my life, protect me from being impulsive and rash and guide me in Your perfect ways. In Jesus Name Amen.

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Day 17

Fasting is more about replacing than it is about abstaining. Replacing normal daily activities with focused times of prayer, confession, feeding on the Word and worshiping the Lord.

Scripture: Nehemiah 9:1-3 – *“On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads. Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the wickedness of their fathers. They stood where they were and read from the Book of the Law of the LORD their God for a quarter of the day, and spent another quarter in confession and in worshiping the LORD their God.”*

Fasting Thought: “We tend to think of fasting as going without food. But we can fast from anything. If we love music and decide to miss a concert in order to spend time with God, that is fasting. It is helpful to think of the parallel of human friendship. When friends need to be together, they will cancel all other activities in order to make that possible. There’s nothing magical about fasting. It’s just one way of telling God that your priority at that moment is to be alone with him, sorting out whatever is necessary, and you have cancelled the meal, party, concert, or whatever else you had planned to do in order to fulfill that priority.” ~ J. I. Packer

Prayer: Father in Heaven, as I fast today, I desire to seek Your face through earnest prayer, honest confession, feeding on large portions of Your Word and responsive praise. In the wonderful name of Jesus Christ. Amen.

Triumphant Worship Center 

Day 18

Today let your hunger drive you to God, the ultimate satisfier of our souls.

Scripture: Psalm 63:1 - *"O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water."*

Fasting Thought: "Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God." ~ Andrew Murray

Prayer: Father in Heaven, I reach out to You, the only one who can satisfy the hunger in my heart and the thirst within my soul. Through this fast may I crave You and Your Kingdom more and more. In Jesus' Name, Amen.

Triumphant Worship Center 

Day 19

Fasting is a tool to move attention off ourselves and more attention towards the glory of God's son.

Scripture: John 30:30 – *"He must increase, but I must decrease."*

Fasting Thought: "Perhaps the greatest hindrance to our work is our own imagined strength; and in fasting we learn what poor, weak creatures we are - dependent on a meal of meat for the little strength which we are so apt to lean upon." ~ James Hudson Taylor

Prayer: Father, may You receive all the glory and honor this day as I continue in my fast. May the influence of Your Son rule my life and may His fame be spread throughout my daily activities. In Jesus Name, Amen.

Triumphant Worship Center 

Day 20

Fasting is a way of restricting our diet for the purpose of bringing more focused attention to our evangelistic thrusts within God's mission.

Scripture: Matthew 3:4-6: *"John's clothes were made of camel's hair, and he had a leather belt around his waist. His food was locusts and wild honey. People went out to him from Jerusalem and all Judea and the whole region of the Jordan. Confessing their sins, they were baptized by him in the Jordan River."*

Fasting Thought: "Although John the Baptist maintained his strict diet throughout his entire lifetime, there were times when he entered a fast-event. He and his followers fasted 'often' (see Matthew 9:14). This meant that on certain occasions they fasted for a specific purpose. Similarly, you should enter a John the Baptist fast on certain occasions for your testimony/influence. When an issue concerning your Christian influence distresses you, you should fast immediately and specially for the issue." ~ Elmer Towns

Prayer: Father in Heaven, You are the light of the world and you have graciously poured Your light into my life through Your Son Jesus Christ. Today through this fast reveal in my life that which is restricting Your light to shine more brightly through me. Show me what is hindering my testimony and harming the influence of the gospel. Father, I want Your light to shine brightly through my life for Your honor and glory. In Jesus Name, Amen.

Triumphant Worship Center 

Day 21

One of the rewards of fasting is experiencing the satisfying presence of God.

Scripture: Isaiah 58:6, 11 - *"Is not this the kind of fasting I have chosen"... "he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well watered garden, like a spring whose waters never fail."*

Fasting Thought: "The rewards of fasting are not often instantaneous but are experienced over time. They come as surprises, like in the midst of a worship service when my soul is stirred and strangely satisfied. Or when I am reading the Word and my inner being is lifted beyond this world with a fresh perspective. Or when I am in prayer and the groanings of my heart experiences a peace that is unexplainable. I have found the rewards ultimately lead to a more intimate and satisfying experience with the God who made me."
~ Gary Rohrmayer

Prayer: Father in Heaven, today during my fast may I experience the sweet satisfying nature of Your presence and may I experience the refreshing power of Your abiding strength. Father, I want to be like a well watered garden, like a spring that never runs dry for Your honor and glory. In Jesus Name, Amen.

Triumphant Worship Center 

Day 22

Fasting has a way of revealing what our hearts really crave.

Scripture: Matthew 4:2-4 – “After fasting forty days and forty nights, he was hungry. The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’”

Fasting Thought: “Fasting can be an expression of finding your greatest pleasure and enjoyment in life from God. That’s the case when disciplining yourself to fast means that you love God more than food, that seeking Him is more important to you than eating. This honors God and is a means of worshiping Him as God.” ~ Donald Whitney

Prayer: Father in Heaven, You are the one who meets my deepest needs. Today grant me that ability to turn my hunger pains into moments of worship and praise as I focus on the beauty and splendor of your holiness and revel in your infinite mercy. Father in Heaven, may You receive all the honor and praise as I come to You in the name of Jesus Christ our Lord, Amen.

Triumphant Worship Center 

Day 23

One of the rewards of fasting is experiencing the guiding hand of God in our lives.

Scripture: Isaiah 58:11 "The LORD will guide you always."

Fasting Thought: "Every time I have fasted I have found my worship experience sweeter. The illumination of God's Spirit brighter and the hunger for God's word stronger. Though my fasting God has guided me, comforted me, challenged me and corrected me. It is not that I have bent God towards me through fasting, but that I, though fasting, have bent my heart towards Him." ~ Gary Rohrmayer

Prayer: Father in Heaven, I want to experience Your guiding and empowering hand on my life and ministry. There is nothing like knowing that the hand of the Lord is on my life. Today through my fasting I bend my heart and my will towards You and Your ways. In Jesus Name, Amen.

Triumphant Worship Center 

Day 24

Fasting is rewarded because it is a cry from the heart of one who finds their ultimate satisfaction in God and God alone.

Scripture: Psalm 73:23-24 – *“Whom have I in heaven but Thee? And besides Thee I desire nothing on earth. My heart and my flesh may fall. But God is the strength of my heart and my portion forever.”*

Fasting Thought: “When God sees the confession of need and this expression of trust, he acts, because the glory of his all-sufficient grace is at stake. The final answer is that God rewards fasting because fasting expresses the cry of the heart that nothing on earth can satisfy our souls besides God. God must reward this cry because God is most glorified in us when we are most satisfied in him.” ~ John Piper

Prayer: Father, whom have I in heaven but You? And besides You I desire nothing on earth. My heart and my flesh may fall. But You are the strength of my heart and my portion forever and ever. I declare this in the precious name of Jesus, Amen.

Triumphant Worship Center 

Day 25

Another reward for true fasting is experiencing the spiritual and physical refreshment.

Scripture: Isaiah 58:8 “and your healing will quickly appear”...“and will strengthen your frame.”

Fasting Thought: “Of fasting I say this: It is right to fast frequently in order to subdue and control the body. For when the stomach is full, the body does not serve for preaching, for praying, or studying, or for doing anything else that is good. Under such circumstances God’s Word cannot remain. But one should not fast with a view to meriting something by it as by a good work.”
~Martin Luther

Prayer: Father in Heaven, as I subdue my flesh and control my appetite today refresh my spirit, replenish my soul, heal my wounds and strengthen my will to carry out Your desires this day. I ask this in the strong name of Jesus Christ my Lord, Amen.

Triumphant Worship Center 

Day 26

Fasting is a holy and legitimate pursuit of a Holy God. It can be of great use in conducting a rigorous spiritual inventory of one's soul and spiritual fruitfulness.

Scripture: Psalm 35:13 – *"I put on sackcloth and humbled myself with fasting... when my prayers returned to me unanswered."*

Fasting Thought: "Let us say something about fasting, because many, for want of knowing its usefulness, undervalue its necessity, and some reject it as almost superfluous; while, on the other hand where the use of it is not well understood, it easily degenerates into superstition. Holy and legitimate fasting is directed to three ends; for we practice it either as a restraint on the flesh, to preserve it from licentiousness, or as a preparation for prayers and pious meditations, or as a testimony of our humiliation in the presence of God when we are desirous of confessing our guilt before him."

~ John Calvin

Prayer: Father in Heaven, through Your probing eyes search my heart and reveal to me the areas of my life that are hindering fellowship with You. Expose those areas of my life that are interfering with my spiritual fruitfulness. Grant me the courage to face them with faith and confess them fully and humbly before You. Father I want more of You, I want to be fully engaged in the mission of Jesus. It is in the wonderful name of Jesus that I pray. Amen.

Triumphant Worship Center 

Day 27

Fasting is not an option but it is an assumption for the serious minded follower of Jesus.

Scripture: Matthew 6:16-18 - *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*

Fasting Thought: "Jesus takes it for granted that his disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian's life. Such customs have only one purpose – to make the disciples more ready and cheerful to accomplish those things which God would have done." ~ Dietrich Bonhoeffer

Prayer: Father in Heaven, as I subdue the impulses of the flesh this day, I do so not to achieve anything, not to use it as a bargaining chip, or as a manipulative ploy to get your attention but as an act of worship to make myself ready and resolute to do your will with a cheerful heart. In Jesus Name Amen.

Triumphant Worship Center 

Day 28

In fasting it is virtuous to conceal our suffering and discomfort.

Scripture: Matthew 6:16-18 - *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*

Fasting Thought: "Fasting is a virtue that restrains desire; for sin occurs more readily by excess in delights, and so it is virtuous to restrain the bodily appetites." ~ Thomas Aquinas

Prayer: Father in Heaven, let me finish this fast with joy and cheerfulness as I feed on Your beauty, truth and goodness. May every growl of my stomach, every internal complaint and headache be turned into moments of dependence on You and delight in every spiritual blessing I have in Christ. In the precious name of Jesus, Amen.

Triumphant Worship Center 

Day 29

The rewards of fasting are mysterious.

Scripture: Matthew 6:16-18 - *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."*

Fasting Thought: "Christian fasting moves from broken and contrite poverty of spirit to sweet satisfaction in the free mercy of Christ to ever greater desires and enjoyments of God's inexhaustible grace." ~ John Piper

Prayer: Father in Heaven, I come to you in faith out of a sincere desire to know and experience You more. Thank you for carrying me through this fast; being with me in the ups and downs, the deep struggles as well as the unexplainable joys. Father, I don't fully know what You are going to do with this fast or how You are going to use it to ignite Your church but I do know this, that I am different, that I will not be the same because I have tasted the goodness of the Lord which is the truest reward. In the wonderful name of Jesus I pray, Amen.

Triumphant Worship Center 

Day 30

Fasting is a discipline that should be turned into a habit.

Scripture: Matthew 9:14-15 *Then John's disciples came and asked him, "How is it that we and the Pharisees fast, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."*

Fasting Thought: "For the serious minded follower of Jesus, fasting is a consistent habit. In a world filled with indulgences we need, on a routine basis, to consciously lay aside our freedoms in Christ for the purpose of seeking the face of God, intimacy with the Son of God and fullness of the Holy Spirit."
~ Gary Rohrmayer

Prayer: Father in Heaven, thank you for all You have done in my life over the last 30 days. My heart longs for You. My soul craves Your presence. I need You. I worship You. I love You. Help me to make fasting a habit in my life. In the precious name of Jesus, Amen.

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Conclusion

IN THE LAST 30 DAYS HAS GOD GIVEN YOU A FASTING TESTIMONY?

Experiencing the sweetness of His presence. Enjoying the wonders of His grace. Discovering His guiding hand in a major decision. Finding a new sense of freedom and healing from the hurts of the past. Realizing a victory over a nagging area of sin in your life. Embracing a spiritual breakthrough in your ministry.

How has God shown up in your life in the last 30 days of fasting? If he has write it down, share it with a friend and reflect upon it with a thankful heart.

If He hasn't keep fasting until He does. Be determined like Jacob who wrestled with God and would not let Him go until He blessed him. In this, Jacob experienced the transformational power of God that marked not only his life in that moment but also his decedents for eternity.

May we experience what Jesus taught his disciples, *"Blessed are those who hunger and thirst for righteousness, for they will be filled."* (Matthew 5:6)

"The purpose of fasting is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things." O. Hallesby

Note: *You should always drink water while fasting.*



Day of Fasting & Prayer

A Guide to Fasting By Pastor Rick Warren

WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

There are many types of fasts:

- A Normal Fast – means to abstain from all food
- A Partial Fast – means to eliminate certain foods or specific meals
- A “Juice” Fast – means to drink only fruit or vegetable juices during meal times

“When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you.” Matthew 6:16-18

WHY FAST?

There are many good reasons, and even health benefits, for fasting. However, our ALL-CHURCH UNITED DAY OF FASTING will be to seek God's will in our lives and prepare us for the new year and our Year of HOPE emphasis. But why fast?

1. Fasting gives you more time for prayer. You can use the time you'd normally spend eating in prayer for what God wants to do among us during this Campaign. In the Bible, fasting is always connected with prayer.

As the king's order reached every area, there was great sadness and loud crying among the Jewish people. They gave up eating and cried out loud, and many of them lay down on rough cloth and ashes to show how sad they were.” Esther 4:3



Day of Fasting & Prayer

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WHY FAST?

2. Fasting demonstrates the depth of your desire when praying for something. It shows you mean business with God – you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith.

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.” Joel 1:14

“Even now,” declares the Lord, “return to Me with all your heart, with fasting and weeping and mourning.” Joel 2:12

3. Fasting releases God’s supernatural power. It is a tool we can use when there is opposition to God’s will. Satan would like nothing better than to cause division, discouragement, defeat, depression and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy!

“So we fasted and prayed to God about this, and He answered our prayer.” Ezra 8:23

God says, *“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” Isaiah 58:6*



Day of Fasting & Prayer

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THE IMPORTANCE OF FASTING:

Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!

- Moses fasted before he received the Ten Commandments.
 - *"Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments."* Exodus 34:28
- The Israelites fasted before a miraculous victory.
 - *"Some men came and told Jehoshaphat, 'A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah.'" 2 Chronicles 20:2-3*
- Daniel fasted in order to receive guidance from God.
 - *"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes."* Daniel 9:3
 - *"While I was still in prayer, Gabriel, the man I had seen in the earlier vision, came to me in swift flight about the time of the evening sacrifice. He instructed me and said to me, 'Daniel, I have now come to give you insight and understanding.'" Daniel 21-22*



Day of Fasting & Prayer

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THE IMPORTANCE OF FASTING (cont.):

- Nehemiah fasted before beginning a major building project.
 - *"When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven."* Nehemiah 1:4
- Jesus fasted during His victory over temptation.
 - *"For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry."* Luke 4:2
- The first Christians fasted during decision-making times. "
 - *"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off."* Acts 13:2-3

TWO CAUTIONS:

1. Remember that fasting is not "earning" an answer to prayer. God cannot be blackmailed by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God's answer.
2. Fast only if your health allows it at this time. If you are able only to do a partial fast - do it in faith and God will honor your intentions.



Day of Fasting & Prayer

A Guide to Fasting By Pastor Rick Warren

"When the Philistines learned that David had been made king of Israel, they mobilized all of their forces against him to attack and enslave him, but David heard the news and moved to his fortified place. Then the Philistine army moved in and spread out across the entire valley. So David sought the Lord in prayer. He asked 'Should I go fight these Philistines? Will you give them over to me?' The Lord replied, 'Yes, go ahead! You can certainly count on me to give you the victory!' So David went out and defeated them. Then David said, 'I watched the Lord break through my enemies like a mighty flood.' So he named the place 'The Lord Broke Through!'" 1 Chronicles 14:8-11

"After this, 3 enemies joined forces against Judah. Messengers told the king 'A vast army is coming against you!' Alarmed and afraid, King Jehoshaphat resolved to seek the Lord. Then he proclaimed a FAST for everyone. So ALL of people came together to seek help from the Lord. They came from everywhere to seek God." 2 Chronicles 20:1-4

HOW DO YOU SEEK GOD? [PHILIPPIANS 4:6-8](#)

1. DON'T WORRY ABOUT ANYTHING:

- *"Do not worry about anything!"* Philippians 4:6a (NLT)
- *"Don't fret or fear or have ANY anxiety. . ."* Philippians 4:6a (Amp)
- WORRY is focusing on my fears instead of God.

"Thinking that is controlled by my sinful nature leads to death, but thinking controlled by the Spirit, leads to life and peace." Romans 8:6

- How do I switch my focus? By fasting and praying.

"I turned to the Lord and pleaded with him in prayer and fasting." Daniel 9:3

"We fasted and earnestly prayed that our God would take care of us, and he heard our prayer." Ezra 8:23 (NLT)

ACTION PLAN: If you did not get the chance to fast today, choose a day this week to do so. Also, make a commitment to pray three-times a day for the next 34 days.



Day of Fasting & Prayer

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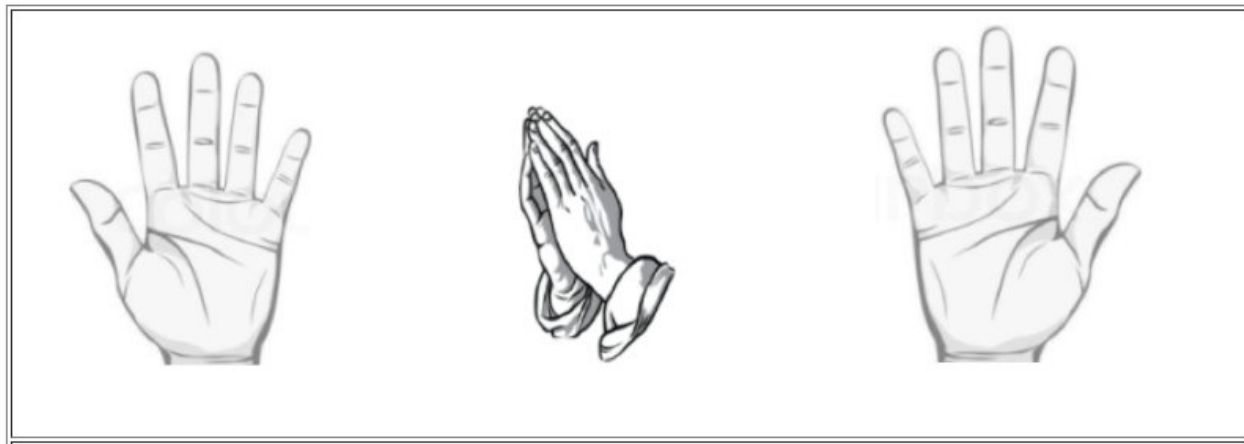
2. PRAY ABOUT EVERYTHING:

"Don't worry about anything; instead, pray about everything. Tell God what you need. . ." Philipians 4:6b (NLT)

"Give all your worries and cares to God, for he cares about what happens to you." 1 Peter 5:7 (NLT)

"Every day Lord, I lift my hands to you in prayer and I call to you." Psalm 88:9

ACTION PLAN: Make a list for each finger on your left hand and one for each finger on your right hand to start the practice of how to pray each time, three times a day. This list is just to get you started, see what else God may bring up during your prayer time.



LEFT HAND - WHO to pray for:

THUMB - Family & Friends (closest to your heart)

INDEX - Teachers & Leaders (those that help point guide the way in your life)

TALLEST - Influencers (those that influence the world in a good/bad way)

RING - The Sick, Poor, Handicapped Young & Elderly (weakest finger reminding you to pray for the weak)

SMALL - Myself (pray for yourself last, don't start praying selfishly)

RIGHT HAND - WHAT to pray for:

THUMB - My Heart (closest to your heart, all about love)

INDEX - Priorities & Schedule (God what should be first in my life every day)

TALLEST - My Influence & Example (what will people see first in me)

RING - Relationships (all those around you)

SMALL - Material Blessings (scripture commands to ask God for your needs. Not the most important prayer which is why it's last)



Day of Fasting & Prayer

A Guide to Fasting By Pastor Rick Warren

3. THANK GOD IN EVERYTHING:

"... ask God for whatever you need, but always do it with thanksgiving, asking him with a thankful heart for all he's done." Philippians 4:6c

"Give thanks IN all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18 (NIV)

"I will offer you my sacrifice of thanksgiving. . ." Psalm 116:17a (NLT)

HOW?

- By writing out a thank you list

"Tell the Lord how thankful you are. . ." Psalm 118:1 (CEV)

- By giving God a Thanksgiving offering

"Celebrate the Harvest Festival, to honor the Lord your God, by bringing him a thanksgiving offering in proportion to the blessing he has given you." Deuteronomy 16:10 (TEV)

ACTION PLAN: Write out your list of things you want to thank God for. Pray about giving a Thanksgiving Offering and make a commitment to give this week.



Day of Fasting & Prayer

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4. STAY FOCUSED ON TRUE THINGS:

"Fix your thoughts on things that are TRUE and honorable and right. Think about things that are pure and lovely and admirable, and fill your mind with thoughts that are excellent and worthy of praise." Philippians 4:8 (NLT)

"If you do this you'll experience God's peace, which is far more powerful than we can understand. His peace will keep your thoughts and emotions at rest as you trust in Christ Jesus." Philippians 4:7

ACTION PLAN: *Spend time with daily biblical devotions everyday and share anything that you are learning with somebody else.*



How to Fast

By Bill Bright - <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting.html>

MAKING YOUR SPIRITUAL EXPERIENCE THE BEST IT CAN BE:

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.



How to Fast

By Bill Bright

MAKING YOUR SPIRITUAL EXPERIENCE THE BEST IT CAN BE (cont.):

Do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him, your attitudes, actions, motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of your attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience," as some do. Many people who have successfully completed extended fasts tell of feeling a nearness to God that they have never before known, but others who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship. God honored that commitment.

Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.



How to Fast

By Bill Bright

MAINTAINING NUTRITIONAL BALANCE:

There are many types of fasts, and the option you choose depends upon your health, the desired length of your fast, and your preference:

- **A Water Fast** - means to abstain from all food and juices
- **A Partial Fast** - means to eliminate certain foods or specific meals
- **A "Juice" Fast** - means to drink only fruit or vegetable juices during meal times

I know the prospect of going without food for an extended period of time may be of concern to some. But there are ways to ensure that your body is getting the nutrients it needs, so you can remain safe and healthy during your fast.

If you are beginning a juice fast, there are certain juices you may wish to avoid and certain ones that are especially beneficial. You may find the following daily schedule helpful during your fast.

- **5:00 a.m. - 8:00 a.m.:** Fruit juices, preferably freshly squeezed or blended, diluted in 50 percent distilled water if the fruit is acid. Orange, apple, pear, grapefruit, papaya, grape, peach or other fruits are good.
- **10:30 a.m. - noon:** Vegetable juice made from lettuce, celery, and carrots in three equal parts.
- **2:30 p.m. - 4:00 p.m.** - Herb tea with a drop of honey. Make sure that it is not black tea or tea with a stimulant.
- **6:00 p.m. - 8:30 p.m.** - Broth from boiled potatoes, celery, and carrots (no salt).



How to Fast

By Bill Bright

MAINTAINING NUTRITIONAL BALANCE (cont.):

I suggest that you do not drink milk because it is a pure food and therefore a violation of the fast. Any product containing protein or fat, such as milk or soy-based drinks, should be avoided. These products will restart the digestion cycle and you will again feel hunger pangs. Also, for health reasons, stay away from caffeinated beverages such as coffee, tea, or cola. Because caffeine is a stimulant, it has a more powerful effect on your nervous system when you abstain from food. This works both against the physical and spiritual aspects of the fast.

Another key factor in maintaining optimum health during a fast is to limit your physical activity. Exercise only moderately, and rest as much as your schedule will permit (this especially applies to extended fasts). Short naps are helpful as well. Walking a mile or two each day at a moderate pace is acceptable for a person in good health, and on a juice fast. However, no one on a water fast should exercise without the supervision of a fasting specialist.

HOW TO FINISH YOUR FAST IN A HEALTHY WAY:

Most experts agree that breaking a fast with vegetables, either steamed or raw, is best. Your stomach is smaller at this point, so eat lightly. Stop before you feel full. Stay away from starches like pastas, potatoes, rice, or bread (except for "Melba toast"). Also avoid meats, dairy products, and any fats or oils. Introduce them slowly and in small amounts.

Extended fasts are not the only fasts which need to be ended with caution. Even a 3-day fast requires reasonable precautions. It is wise to start with a little soup - something thin and nourishing such as vegetable broth made from onion, celery, potatoes, and carrots - and fresh fruits such as watermelon and cantaloupe.

In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regime.



The Daniel Fast Starter Kit

By Susan Gregory - <https://www.daniel-fast.com/>

Welcome!

You are about to enter a powerful and life-changing experience as you begin your time of extended prayer and fasting.

In 2007 the Lord spoke to my spirit and give me what I thought was a one-time assignment. He said, "Write about the Daniel Fast." I am honored and humbled for this call as I've been able to assist hundreds of thousands of men and women for all over the world as they seek information about this method of fasting.

The teaching started as a simple blog and that turned into a ministry to the Body of Christ as well as the best-selling book about the Daniel Fast published by Tyndale House Publishers, one the of most successful Christian publishing houses in the United States and the world.

I've had the great pleasure of personally interacting with men and women who are seeking God and growing in the love and knowledge of Jesus Christ.

The blog now has nearly 8 million visits and our growing community of brothers and sisters in Christ continues to expand.

My greatest reward is knowing that I have been able serve God by serving His people . . . and I've been able to help churches, Bible study groups, men, women and young people experience God in a way that brings them joy, comfort, security and direction.

My prayer for you is that you will grow in Christ as you experience this powerful spiritual discipline and that you experience God's great love for you in a deep and convincing way.

Be blessed on your fast,
Susan Gregory
Author, Christian Life Coach and Teacher

If you have more questions about the Daniel Fast, please direct them to our blog.
The Daniel Fast Blog: <http://DanielFast.wordpress.com>



Susan Gregory
Author, *The Daniel Fast*



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WHAT IS THE DANIEL FAST?

The Daniel Fast is a method of fasting. It's a partial fast, meaning that some foods are eaten and others are restricted. I encourage you to read the Book of Daniel to gain a glimpse of this devoted servant of God.

The Daniel Fast is based on the fasting experiences of the Old Testament Prophet Daniel when he and his companions were captured in Israel by the Babylonians under the rule of King Nebuchadnezzar. These young and very intelligent men were to be groomed to take some of the administrative positions of the growing Babylonian empire. So while they were captives, they were still treated very well.

Daniel was a man of deep faith and devoted to the God of Abraham, Isaac and Jacob. When served the food and wine of the king, Daniel didn't want to defile his body and so requested a different meal: *"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."* Daniel 1:12 KJV

Pulse is food grown from seed, so the Daniel Fast is a plant-based way of eating and consists of fruits, vegetables, whole grains, legumes, nuts, seeds, health oils, herbs and spices. You will also see from the verse that the only beverage on the Daniel Fast is water.

Many years later, Daniel was mourning over Israel and its long captivity. From this experience we gain another set of guidelines for the Daniel Fast: *"I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."* Daniel 10:3 KJV

From this passage, and using various translations, the standards of sweeteners (including artificial varieties), leavening agents, deep fried foods, solid fats and sweet desserts are not allowed on the Daniel Fast. It is also from this verse that we the 21-day period is set, however many people use the Daniel Fast for as few as seven days and for as many as 50 days.

Please refer to the Daniel Fast book for more detailed information about the Daniel Fast.



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TENS OF THOUSANDS USING THE DANIEL FAST

When I first started using the Daniel Fast for my own spiritual growth, I knew of no others using this method of fasting. I had read about the fast in a book about Christian Fasting and so I used it for 21 days. Later I found many people using the fast at the beginning of the New Year, and so I started consecrating the first part of the New Year with a period of prayer and fasting using the Daniel Fast as my preferred method of fasting.

I started writing about the Daniel Fast in 2007 and soon realized people from all over the world wanted to experience fasting. The Daniel Fast, being a partial fast, allows many people to participate in the discipline.

Over the years, more and more people are using the Daniel Fast, most at the beginning of the year. A growing number of Christians use the fast for their Lenten devotion and of course many individuals use the Daniel Fast when they sense God's call for them to fast for a specific purpose.

The Daniel Fast website and blog have received almost 8 million visits and the best-selling Daniel Fast book is considered the "go to book" to prepare men, women and young people for the fast.

"Here's some encouragement. Four years ago this coming January I started the Daniel Fast with my church. I [focused] in prayer for healing for obesity. I was so tired of fighting this battle all my life. Through the fast the Lord led me to eating healthy the rest of my life and here I am 4 years later. I have lost 147 pounds and feel wonderful. Praise the Lord for my breakthrough. I have been healed!" - Cindy C.



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A LIFE-CHANGING EXPERIENCE

Entering a consecrated period of extended prayer and fasting is a life-changing experience as you focus more of your time and thoughts on God and His ways.

Think of the Daniel Fast as a journey. If you were embarking on a long back-packing hike, you would be sure to prepare for your experience. And the more you engage in all the hike has to offer, the more you will gain from the event. The same is true for your fast, which is a spiritual journey. The more you prepare and engage in the experience, the more you will gain by this powerful discipline.

Closer Walk with God: During your fast you will want to focus more of your attention on God and your life with Him. The greatest blessing people share with me is their improved relationship with the Lord. You will want to plan one or more times each day to meet with your Father for prayer and communion with Him.

Focused Prayer: During your fast, you will have a more focused time of prayer. This is at the heart of your fast where you will concentrate on one or two specific areas for prayer, study and contemplation.

Improved Health: The Daniel Fast is a very healthy way of eating. You may experience some uncomfortable feelings on the first few days of your fast as your body goes through a detox. This can be avoided by proper preparation undertaken prior to your fasting start date. Many people experience significant improvements to their health including lower cholesterol, reduction in pain, balanced blood sugar levels, weight loss and much more. You will also notice a surge in energy and a sense of greater well-being.

A New Start: God's mercy is everlasting and opening your heart to Him and seeking His wisdom and direction can result in massive changes in your life. Many people use the Daniel Fast at the New Year as they purpose to draw closer to God and experience growth and change.



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THE DANIEL FAST FOOD LIST

Remember, the Daniel Fast is a method of spiritual fasting. While we change the way we eat, having food at the center of the fast is missing the point. This is a fast. We want to be wise, prudent and simple in our eating habits. And while doing, we stick to the guidelines developed from the Scriptures.

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. Look at the list of ingredients on the label. The contents should be free of all sweeteners and free of all man-made chemicals. Keep this in mind as you review this list of acceptable foods listed in the contents.

This label is for Newman's Own Oil and Vinegar Salad Dressing. It's one of the few bottled dressings that includes only acceptable ingredients.

You want to study the list of ingredients to make sure they all comply with the allowable foods for the Daniel Fast.

Many foods will list "sugar" in the Nutritional Facts, however practically all foods include sugar and this is naturally derived from the ingredients and therefore acceptable for the Daniel Fast.



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THE DANIEL FAST FOOD LIST

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST:

ALL FRUITS. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

ALL VEGETABLES. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

ALL NUTS AND SEEDS, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.



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THE DANIEL FAST FOOD LIST (cont.)

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST (CONT.):

ALL LEGUMES. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS including but not limited to olive, canola, grape seed, peanut, and sesame.

BEVERAGES: spring water, distilled water or other pure waters.

OTHER: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

FOODS TO AVOID ON THE DANIEL FAST:

ALL MEAT AND ANIMAL PRODUCTS including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREAD including Ezekiel Bread (it contains yeast and honey) and baked goods.



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THE DANIEL FAST FOOD LIST (cont.)

FOODS TO AVOID ON THE DANIEL FAST (cont.):

ALL REFINED AND PROCESSED FOODS PRODUCTS including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP FRIED FOODS including but not limited to potato chips, French fries, corn chips.

ALL SOLID FATS including shortening, margarine, lard and foods high in fat.

BEVERAGES including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS so you know the ingredients included in any prepared food.



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MEAL PLANNING FOR THE DANIEL FAST:

Food manufacturers are now providing more prepared foods that are free of sugar, processed ingredients and man-made chemicals. However, you will find you need to prepare most of your meals at home if you want a reasonable variety of meal choices. Invest a little time one day a week and plan your menus and your shopping list.

- 1.** Create a weekly meal plan. Print out a few pages to keep on hand.
- 2.** Review the foods you have on hand, first checking your perishables and then cupboard and pantry items.
- 3.** Review your schedule for the week to make allowances for time away from home, meals out or other engagements that will impact the meals you will prepare during the week.
- 4.** Consider foods that may be on sale by checking the weekly shopper and coupons you may have on hand.
- 5.** Choose recipes from <https://www.daniel-fast.com/daniel-fast-recipes/> or those you like. Adjust recipes to make sure they comply with the Daniel Fast and will be enjoyed by you and your family members.
- 6.** Fill in your meal plan and make your grocery list at the same time. Try to plan times when you can cook once and eat twice or prepare lunch meals while cooking breakfast or dinner.
- 7.** Print the recipe sheets you will use for the week and place them in a folder or notebook for easy access during the week.
- 8.** Now work your plan! Go to the grocery store for your weekly shopping trip; post your meal plan in the kitchen where you can access it easily. Each evening or morning (whichever works best for you) review the recipes you will use so you can plan for thawing time and preparation.
- 9.** Use the time you prepare the meals to listen to teaching CDs, visit with family members, memorize Scripture, pray, listen to praise and worship music or whatever you like to make the time enjoyable and pleasant.
- 10.** At the end of the week review how your meal plan worked for you and your family and make adjustments. Give thanks for the order in your life, for the improving health of you and your family, and for the money you've saved by planning meals. Then repeat the process!



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FIVE STEPS TO YOUR SUCCESSFUL FAST:

1. PRAY – before you fast, seek the Lord through prayer and ask Him to show you the purpose for your fast. Dedicate this time to Him and invite Him to lead and direct you during your fast.

2. PLAN – you will want to select your start date, establish the purpose for your fast and clear your calendar of as many obligations as possible.

3. PREPARE – taper off caffeine, sugar and processed foods to avoid withdrawals when you begin your fast. Gather study materials, create a daily schedule, collect recipes and plan one week's menus before you begin your fast.

4. PARTICIPATE – this is where it all begins . . . you participate in the fast. Examine yourself as you fast and use this valuable experience as a time of learning and growth.

5. PRAISE AND PROCESS – You will gain valuable lessons on the fast that you will want to carry forward into your everyday life. Thank God for the good things you've received during your fast and evaluate your experience so you can grow from this amazing experience.

Pastor C.L. & Lady Joyce Willis 

