

**THE YEAR OF ABIDING 2023**

# **Fasting Guide**

# WHAT IS PRAYER WITH FASTING?

Prayer with fasting is a biblical discipline that produces change within us, brings miraculous breakthroughs and increases our awareness of the presence of God in our everyday lives.

## WHY SHOULD YOU ENGAGE IN PRAYER WITH FASTING?

There are several benefits to prayer with fasting:

### BY SUBDUING OUR PHYSICAL DESIRES, FASTING CAN HELP US OVERCOME TEMPTATION AND THE ATTACKS OF THE DEVIL.

Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry.

**LUKE 4:1-2 (NASB95)**

### FASTING IS AN ACT OF HUMILITY, AND HUMILITY IS ESSENTIAL IN PRAYER.

Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God to seek from Him a safe journey for us, our little ones, and all our possessions.

**EZRA 8:21 (NASB95)**

### FASTING IS A WAY OF INCREASING THE INTENSITY OF OUR SEEKING AFTER GOD THROUGH PRAYER.

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes.

**DANIEL 9:3 (NASB95)**

### BY ELEVATING OUR AWARENESS OF THE SPIRITUAL, PRAYER WITH FASTING HELPS US WALK IN THE POWER OF THE HOLY SPIRIT.

And Jesus returned to Galilee in the power of the Spirit, and news about Him spread through all the surrounding district.

**LUKE 4:14 (NASB95)**

### FASTING HELPS US HEAR FROM GOD.

While they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them." Then, when they had fasted and prayed and laid their hands on them, they sent them away.

**ACTS 13:2-3 (NASB95)**

# HOW SHOULD YOU FAST?

**Before you fast, decide the following:**

- How long you will fast—one meal, one day, etc.
- The type of fast God wants you to undertake—such as water only or water, juices and other liquids, as well as what kinds of liquids 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.

**AT THE BEGINNING OF YOUR FAST, TAKE TIME TO REPENT OF ANY SIN. FASTING WITHOUT REPENTANCE IS INEFFECTIVE.**

'Why have we fasted and You do not see? Why have we humbled ourselves and You do not notice?' Behold, on the day of your fast you find your desire, And drive hard all your workers. "Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high.

**ISAIAH 58:3-4 (NASB95)**

**REMEMBER, FASTING IS BETWEEN YOU AND GOD. JESUS COMMANDS US NOT TO IMPRESS PEOPLE THROUGH FASTING.**

"Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you."

**MATTHEW 6:16-18 (NASB95)**

## TYPES OF FASTING

**LIQUID ONLY** This involves drinking only liquids such as water, coffee, tea, juice, or broth for the duration of the fast.

**ONE MEAL ONLY** This involves skipping breakfast and lunch, and only eating supper or one meal of your choosing each day for the duration of the fast.

**DANIEL FAST** The Daniel fast involves eating plant-based only meals for the duration of the fast such as; vegetables, whole grains, nuts and seeds, fruits, and beans and legumes. Only drinking water, coffee, or herbal tea without dairy or sugar.

**SOCIAL MEDIA/ENTERTAINMENT** This is an option for people who are unable to fast from food due to health reasons. This involves spending no time on social media or other forms of entertainment but instead spending that time in prayer, God's Word, and worship.

## WHILE FASTING

**FOCUS ON THE WORD** Set aside time to read and study God's Word. Be ready to respond to God's Word and the leading of the Holy Spirit. Plan to limit time on social media and other forms of entertainment, and replace that time with prayer and reading the Bible.

**PRAY AND WORSHIP** Schedule time to engage in intentional and focused times of prayer and worship.

**JOURNAL** Document the impressions, experiences and leadings of the Spirit you receive while fasting. These will encourage you long after your fast is done.