

# FASTING GUIDE

## WHAT IS FASTING?

**Biblical fasting is refraining from food for a spiritual purpose.**

It is a powerful spiritual discipline that requires strength and reliance on God. Jesus taught in Matthew 6 that fasting, done in private, stores up eternal rewards. By dedicating the first part of the year to fasting, prayer, and giving, you can set the course for blessings and spiritual growth.

## WHY FAST?

Fasting helps align your heart with God and creates space for His power to work in your life. It can:

- Draw you closer to God.
- Deepen your relationship with the Lord.
- Break free from sin or spiritual strongholds.
- Provide clarity for decisions.
- Intercede for loved ones' salvation.
- Bring healing, miracles, or financial breakthroughs.

**When you fast, you prioritize God's kingdom** (Matthew 6:33) and invite His presence into every area of your life.

## WHY THE START OF THE YEAR?

Dedicating 21 days at the start of the year to fasting and prayer is a way of giving God your **first** and trusting Him to bless the rest of your year (Isaiah 58:6-14). Fasting is not a one-time event but a lifestyle that invites God's hand into every part of your life.

## BIBLICAL FOCUS AREAS

Scripture provides guidance for key areas to focus on during fasting:

- **Leadership:** Pray for wisdom and righteousness in leaders across government, community, and spiritual spheres (1 Timothy 2:1-2).
- **Personal Devotion:** Offer yourself as a living sacrifice in worship to God (Romans 12:1).
- **God's Kingdom:** Seek His righteousness and trust Him to provide (Matthew 6:33).
- **Spiritual Breakthroughs:** Pray for freedom from burdens, strongholds, and oppression (Isaiah 58:6).

## TYPES OF FASTING

Choose the type of fast that works for you:

- **Full Fast:** Liquids only, such as water or juice.
- **Daniel Fast:** Avoid meat, sweets, and bread; focus on fruits, vegetables, and whole grains.
- **Partial Fast:** Abstain from food for specific hours (e.g., sunrise to sunset).
- **Specific Fast:** Eliminate one category of food, such as sweets or caffeine.

## PREPARING TO FAST

### 1. Pray and Seek Guidance

- Ask God to show you the type of fast to undertake.
- Identify specific areas to target in prayer.
- Ask for strength and resolve for the journey.

### 2. Set Clear Goals

- Write down spiritual goals like drawing closer to God, breaking strongholds, or seeking clarity for decisions.

### 3. Stay Spiritually Focused

- Replace time spent eating with prayer, worship, and Bible reading.
- Make this a season of spiritual renewal.

## TIPS FOR FASTING

- **Start with a Clear Goal:** Know why you are fasting (e.g., direction, healing, or intercession).
- **Prepare Spiritually:** Confess sins, forgive others, and fully surrender to God.
- **Decide the Duration:** Begin with 1-3 days if new to fasting; extend as you grow in discipline.
- **Expect Challenges:** Physical discomfort like headaches or fatigue may occur; use these moments to depend on God.
- **End Gradually:** Reintroduce foods slowly with small portions.

## SCRIPTURE REFERENCES

- **Fasting in General:** Matthew 6:16-18; Matthew 9:14-15; Luke 18:9-14.
- **Prayer and the Word:** 1 Samuel 1:6-8; Nehemiah 1:4; Daniel 9:3; Joel 2:12; Acts 13:2.
- **Corporate Fasting:** Ezra 8:21-23; Nehemiah 9:1-3; Jonah 3:5-10.

## THE DANIEL FAST

A 21-day fast inspired by Daniel's commitment to honor God (Daniel 1:8). Focus on simple, whole foods:

- **What to Eat:** Fruits, vegetables, whole grains, nuts, seeds, legumes, water, and herbal teas.
- **What to Avoid:** Meat, dairy, sugar, caffeine, processed foods, and sweetened beverages.

### Steps to Follow:

1. Be specific about what foods you'll avoid.
2. Commit to the fast as an act of devotion.
3. Use the fast to grow spiritually and honor God's provision.

## RECOMMENDED RESOURCE

***"Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God"*** by Jentezen Franklin.

This book offers practical guidance and inspiration for fasting as a way to deepen your connection with God.

May this FASTING GUIDE inspire and equip you for a season of breakthroughs, blessings, and a deeper relationship with the Lord! Let your fast be marked by intentionality and faith, trusting God to work in extraordinary ways.