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Now to Him who is *able* to do exceedingly abundantly
above all that we ask or think, according to the
power that works in us

Eph 3:20



FASTING GUIDE



FASTING BASICS

FASTING IS REFRAINING FROM FOOD OR ACTIVITIES 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?

Are you in need of healing or a miracle?

Do you need the tender touch of God in your life?

Is there a dream inside you that only He can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate and powerful relationship with the Lord?

Are you ready to have heightened sensitivity to the desires of God?

Do you need to break away from bondages that have been holding you hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

What Are The Types of Spiritual Fasting?

Types of spiritual fasting in the Bible are typically limited to abstaining from food. There is however biblical grounds for fasting or abstaining from other things beyond food. Now, while people in Biblical times didn't have Instagram or Disney+ to abstain from, areas such as these can also be very beneficial to fast in. The most important part is the focus or heart behind the fast. If the desire of a fast, whether that be from—online shopping, Facebook, Netflix, video games, etc. is to draw near to God, then you're meeting the overall goal of a fast. Taking time away from anything we invest significant time into and replacing that with a spiritual focus can strengthen our relationship with God.

Targeted Prayers

We want to encourage you to target your prayers during the fast. 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!

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HOW TO FAST

How to Begin

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

Preparing Spiritually

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

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. You may choose to go on a “social” or “entertainment” fast which would be giving up some type of social media or entertainment for a set period of time. Remember to replace that time with prayer and Bible study. The goal is not to just give something up, but to replace that time/activity by focusing on the Lord.

Deciding How Long

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

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

How to End

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

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FASTING SCRIPTURES

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!

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