

A GUIDE TO

Fasting + Prayer



KINGDOM CITY

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Part 1: Fasting Guide

What is fasting?

To fast is to voluntarily reduce or eliminate your intake of food and/or drink for a specific time and purpose.

Why should I fast?

- Fasting is a powerful spiritual tool! The Bible shows many examples of how people fasted before experiencing major victory, a miracle, or answered prayer. Fasting releases God's supernatural power.
- Fasting is a spiritual discipline that Jesus practiced and God rewards (Matthew 6:18).
- Fasting demonstrates the depth of your need, your humility, and your dependence on God. It's an indication that you are serious enough about your prayer request to pay a personal price. It is *not* about "earning" an answer to prayer. God honors deep desire and faith and will answer out of grace; He cannot be blackmailed by human effort.
- In the Bible, fasting is always connected with prayer. Fasting provides opportunity for focused prayer.

How do I fast?

USE WISDOM

- Drink water often and limit physical exercise.
- Try to seek God's face continually, even when you're tempted to focus on physical discomforts that come with fasting.
- *If you have any health issues or are pregnant or nursing, seek a doctor's advice before beginning any fast. In these cases, you should fast only if your health practitioner recommends it.*

PARTIAL FAST

A partial fast is a good way to start if you've never fasted before. Partial fasts include:

- **24-hour fast**

Abstain from meals and drink only water, fruit juice, or vegetable juice.

- **One meal fast**

Abstain from one meal for one or more days a week.

- **Daniel Fast (based on Daniel 1)**

Consume only foods such as vegetables, fruit, and nuts and drink only water.

FULL FAST

A full fast (for three or more days) is only recommended for those who have experience with fasting and are familiar with how fasting impacts their bodies. Full fasts include:

- **24-hour fast**

Abstain from meals & drink only clear juices or water, one day/week

- **3- to 7-day fast**

Abstain from meals and drink only clear juices or water. It's wise to have lighter meals before you start and after you end the fast to allow your stomach to adjust.

- **14- or 21-day fast**

This length of fast is for those experienced in fasting. Be sure to sincerely seek God's guidance, and if He directs you to proceed, follow the same food and drink guidelines as for the 3- to 7-day fast.

How should I prepare to fast?

- Think and pray about your reason to fast. What are you seeking God for: Guidance? Physical or spiritual health? Relationship healing? Repentance? Salvation for someone specific? Revival? Another reason?
- Pray about the type and length of your fast, and then commit to doing it.
- Think through normal activities you will restrict during your fast.
- Plan out the times you will read Scripture and pray during your fast. If there are opportunities for worship and prayer in the church or in your Community, join in.

- If you would like to receive special prayer from the Ministry Team, come forward after a Sunday service.
- Deal with sin in your life. Confess it, seek forgiveness, and/or forgive others.
- For a longer fast, prepare yourself physically by limiting food intake a few days before and after the fast. Remember to consult your doctor first.
- Decrease or refrain from social media, if possible.
- Start your fast expecting God to work and answer your prayers!

What happens to my body when I fast?

Your personal experience may vary depending on the length of fast, and your age and overall health.

These are some things that may happen to your body at each stage of fasting:

DAYS 1 TO 3

You'll feel hungry. Your body will begin to get rid of toxins so you may notice a white coating on your tongue, and you may have bad breath or body odour. You may get headaches, feel tired, weak or dizzy, or have trouble sleeping. You may feel cranky, impatient or anxious.

DAY 4 OR 5

Hunger pains may subside. You may still feel weak or dizzy, so don't overexert yourself and rest if possible.

DAY 6 OR 7

Your body will be rid of most toxins and you will begin to feel stronger and have more energy.

DAY 9 OR 10

You'll likely be back to feeling good and your concentration will be better.

DAY 21

Hunger pains will return, the first sign of starvation—it's time to break the fast.

AFTER FASTING

Your body must *gradually* readjust to eating. How you end your fast is very important. Start slowly with juices, and then move to cooked vegetables and broths. Suddenly reintroducing solid food can have negative or even dangerous consequences, so take this recommendation seriously.

Resources

To Prepare this *Fasting Guide*:

"40 Days' of Community" Resource by Rick Warren (2002)

"7 Steps to Successful Fasting & Prayer" by Bill Bright

Other Resources:

"God's Chosen Fast," Arthur Wallis (1968)

"A Hunger For God - Desiring God Through Fasting and Prayer," John Piper (2013)

Part 2: Prayer Guide

HUNGER + HUMILITY

Prayer points to guide you...

Pray these things for yourself and our whole church body.

Oh, God...

Give me/us a posture of humility before You during this time of fasting and prayer. God humble me/us!

Give me/us a growing hunger and thirst for You and Your presence. Holy Spirit, increase my/our desire and affection for the Father.

Help me/us to hear Your voice and sense Your leading. Please reveal Yourself to me/us.

Search my/our heart and see if there is any offensive way in me/us. Lead me/us to freedom and forgiveness.

Purge any area of my/our life where I/we are not living in victory over sin.

- Speak to me/us through dreams, visions, the Bible, and prophetic words. Help me/us to receive them well.
- Deepen me/our compassion and love for the lost of the world, awaken me/us to Your mercy, and move me/us into greater mission advance.
- Grant me/us Your protection, power and presence, and remove the enemy in every way.
- "Your Kingdom come, Your will be done on earth, just as it is in Heaven."
- *Fully surrender:* I offer my life to You, Jesus, and dedicate myself to You. You are my King and Lord.

Finally, pray for anyone the Lord puts on your heart.

Scripture to guide you...

Read and pray through these Scriptures.

MATTHEW 5:6

"Blessed are those who hunger and thirst for righteousness, for they will be filled."

ISAIAH 55:1-3a

"Come, all you who are thirsty,
come to the waters;
and you who have no money
come, buy and eat!
Come, buy wine and milk
without money and without cost.
Why spend money on what is not bread,
and your labor on what does not satisfy?
Listen, listen to me, and eat what is good,
and you will delight in the richest of fare.
Give ear and come to me;
listen, that you may live."

2 CHRONICLES 7:14

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

JAMES 4:7-8 a

Therefore submit to God, resist the devil and he will flee from you. Draw near to God and He will draw near to you.

1 PETER 5:5b-6

All of you, clothe yourselves with humility toward one another, because,

"God opposes the proud
but shows favor to the humble."

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

PSALM 139:23-24

Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

MATTHEW 6:10

"...your Kingdom come,
your will be done,
on earth as it is in heaven.' "

JEREMIAH 33:3

" 'Call to me, and I will answer you, and show you
great and mighty things that you do not know.' "

1 JOHN 1:9

If we confess our sins, he is faithful and just and
will forgive us our sins, and cleanse us from all
unrighteousness.

ISAIAH 58:6

“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?”

1 CORINTHIANS 2:2

For I determined not to know anything among you
except Jesus Christ and Him crucified.

PSALM 34:8

Oh taste and see that the Lord is good;
blessed is the man who trusts in Him!

November 2018 Edition
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