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Fasting & Prayer Guide

Fast with purpose. Pray with power.

Teaching by Pastor Kiki Ocansey & Prophet Prince Amo David · KJV throughout

FOUNDATIONS

What is biblical fasting?

1 What fasting is

The Old Testament word for fasting, tsom, and the New Testament word, nesteuo, both mean to abstain from food (C.S. Lewis Institute — The Place of Fasting in the Christian Life). Christian fasting is voluntarily going without food for a set period for a spiritual purpose: to humble ourselves, to repent, to seek God's direction, to intercede for others, and to worship.

Prayer gives fasting its meaning. Desiring God puts it plainly: without a spiritual purpose, fasting is just going hungry (Desiring God — The Secret Benefit of Fasting).

Sources: C.S. Lewis Institute — The Place of Fasting in the Christian Life (https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life/) · Desiring God — The Secret Benefit of Fasting (https://www.desiringgod.org/articles/the-secret-benefit-of-fasting)

GOING DEEPER

2 Fasting through both testaments

Fasting runs through both testaments. On the Day of Atonement Israel was commanded to “afflict your souls” (Leviticus 16:29), and David links that language directly to fasting: “I humbled my soul with fasting” (Psalm 35:13).

Jesus assumes His people will fast. He says “when ye fast,” not “if ye fast” (Matthew 6:16), and He says that after the Bridegroom is taken away, “then shall they fast” (Matthew 9:15). The church in Acts fasted while ministering to the Lord and when sending out workers (Acts 13:2-3; 14:23).

Fasting never earns forgiveness or forces God's hand. In Isaiah 58 God rejects a fast joined to oppression and quarrelling, and in Zechariah 7:5 He asks, “did ye at all fast unto me, even to me?” Fasting expresses our dependence on God; it does not replace faith in Christ (Desiring God — Why Do Christians Fast?).

PSALM 35:13 (KJV)

“But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.”

MATTHEW 6:16-18 (KJV)

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

MATTHEW 9:14-15 (KJV)

“Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.”

Read · Pause and reflect: Read these passages slowly. Ask yourself: what is my appetite telling me, and what does my soul really need?

Sources: Desiring God — Why Do Christians Fast? (https://www.desiringgod.org/interviews/why-do-christians-fast)

ORIGINS

Where fasting comes from

Fasting runs through the whole Bible: in the Law, in times of national crisis, in the exile, in the prophets, in the life of Jesus, and in the early church.

THE WORDS THEMSELVES

1 Tsom and nesteuo

The Hebrew word tsom and the Greek word nesteuo both mean to abstain from food. In the Law, the Day of Atonement called Israel to “afflict your souls”, which Jewish and Christian readers have long understood as fasting. Through the rest of Scripture, fasting goes hand in hand with humility, repentance, mourning, seeking direction and spiritual warfare.

Sources: Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) · C.S. Lewis Institute — The Place of Fasting in the Christian Life (https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life/)

THE LAW

2 Moses on the mountain

Moses was with the LORD forty days and forty nights without bread or water while God gave the covenant. This was a supernatural fast, sustained by God, and it is not a pattern to copy in our own strength.

> **EXODUS 34:28** (KJV)
> “And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.”

> **DEUTERONOMY 9:9** (KJV)
> “When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the LORD made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water:”

THE LAW

3 The Day of Atonement

The one fast commanded in the Law of Moses. Once a year all Israel was to “afflict your souls” before the LORD as atonement was made for their sins.

LEVITICUS 16:29-31 (KJV)

"And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you: For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the LORD. It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever."

LEVITICUS 23:27-28 (KJV)

"Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD. And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God."

JUDGES

4 Israel seeks direction before battle

The people wept, sat before the LORD, and fasted until evening as they asked whether to go up to battle.

JUDGES 20:26 (KJV)

"Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD."

KINGDOM

5 Samuel gathers Israel at Mizpeh

A national fast of repentance. The people poured out water before the LORD and confessed, "We have sinned against the LORD."

1 SAMUEL 7:6 (KJV)

"And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh."

KINGDOM

6 David intercedes for his child

David fasted and lay on the earth pleading for his son. When the child died, he rose, washed, worshipped, and accepted God's answer. Fasting is humble asking, not demanding.

> **2 SAMUEL 12:16** (KJV)
> "David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth."

> **2 SAMUEL 12:22-23** (KJV)
> "And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether GOD will be gracious to me, that the child may live? But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me."

> **2 SAMUEL 12:20** (KJV)
> "Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat."

KINGDOM

7 Elijah strengthened for the journey

After eating food God provided, Elijah went in the strength of that meat forty days and forty nights to Horeb, the mount of God.

> **1 KINGS 19:8** (KJV)
> "And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God."

KINGDOM

8 Jehoshaphat proclaims a fast

Facing a great army, the king set himself to seek the LORD and proclaimed a fast throughout all Judah. The whole nation gathered to ask help of the LORD.

> **2 CHRONICLES 20:3-4** (KJV)
> "And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. And Judah gathered themselves together, to ask help of the LORD: even out of all the cities of Judah they came to seek the LORD."

EXILE & RETURN

9 Daniel's fasts

Daniel ate pulse and water rather than the king's food, sought God with fasting, sackcloth and ashes for his people, and later mourned three full weeks eating no pleasant bread, flesh, or wine. The angel told him his words were heard from the first day.

> **DANIEL 1:12** (KJV)
> "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."

> **DANIEL 9:3** (KJV)
> "And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:"

> **DANIEL 10:2-3** (KJV)
> "In those days I Daniel was mourning three full weeks. 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 10:12** (KJV)
> "Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words."

EXILE & RETURN

10 Esther's three-day fast

Before going to the king uninvited to plead for her people, Esther asked the Jews to fast for her, neither eating nor drinking for three days, night or day.

> **ESTHER 4:16** (KJV)
> "Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish."

EXILE & RETURN

11 Ezra at the river of Ahava

Ezra proclaimed a fast to seek a right way for the families and their goods on a dangerous journey. "So we fasted and besought our God for this: and he was intreated of us."

EZRA 8:21-23 (KJV)

"Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we fasted and besought our God for this: and he was intreated of us."

EXILE & RETURN

12 Nehemiah weeps for Jerusalem

Hearing that the walls of Jerusalem were broken down, Nehemiah mourned certain days, fasted, and prayed before the God of heaven.

NEHEMIAH 1:4 (KJV)

"And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,"

PROPHETS

13 Nineveh repents

At Jonah's preaching, the people of Nineveh believed God and proclaimed a fast from the greatest to the least. God saw their works, that they turned from their evil way.

JONAH 3:5-10 (KJV)

"So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not? And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not."

PROPHETS

14 Joel calls a solemn assembly

God calls His people to turn to Him with all their heart, with fasting, weeping, and mourning, and to rend their hearts and not their garments.

> **JOEL 2:12-13** (KJV)
> "Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil."

> **JOEL 2:15-16** (KJV)
> "Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet."

PROPHETS

15 The fast God chooses

God exposes fasting mixed with strife and oppression, then describes the fast He has chosen: loosing bands of wickedness, freeing the oppressed, feeding the hungry, and caring for our own flesh. Promises of light, health, guidance, and restoration follow.

> **ISAIAH 58:3-5** (KJV)
> "Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?"

> **ISAIAH 58:6-7** (KJV)
> "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

ISAIAH 58:8-9 (KJV)

“Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;”

ISAIAH 58:10-12 (KJV)

“And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.”

PROPHETS

16 Did ye fast unto me?

God asks whether years of religious fasting were truly for Him. The question still searches the heart today.

ZECHARIAH 7:5 (KJV)

“Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me?”

GOSPELS

17 Anna in the temple

A widow of about eighty-four years who served God with fastings and prayers night and day, and who saw the infant Jesus.

LUKE 2:37 (KJV)

“And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day.”

GOSPELS

18 Jesus in the wilderness

Led by the Spirit, Jesus fasted forty days and was tempted. He answered the devil with Scripture: man shall not live by bread alone. He returned in the power of the Spirit.

> **MATTHEW 4:1-4** (KJV)
> "Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

> **LUKE 4:1-2** (KJV)
> "And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered."

> **LUKE 4:14** (KJV)
> "And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about."

GOSPELS

19 Jesus teaches on fasting

Jesus teaches us to fast in secret, says His disciples will fast after He is taken away, and links prayer and fasting with casting out a stubborn spirit.

> **MATTHEW 6:16-18** (KJV)
> "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

> **MATTHEW 9:14-15** (KJV)
> "Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast."

MATTHEW 17:19-21 (KJV)

"Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting."

MARK 9:29 (KJV)

"And he said unto them, This kind can come forth by nothing, but by prayer and fasting."

EARLY CHURCH

20 Saul of Tarsus after Damascus

After meeting the risen Christ, Saul was three days without sight, and neither did eat nor drink.

ACTS 9:9 (KJV)

"And he was three days without sight, and neither did eat nor drink."

EARLY CHURCH

21 The church at Antioch

While the leaders ministered to the Lord and fasted, the Holy Ghost spoke. Fasting accompanied the sending of Barnabas and Saul and the appointing of elders.

ACTS 13:2-3 (KJV)

"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away."

ACTS 14:23 (KJV)

"And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed."

EARLY CHURCH

22 Paul in fastings often

Paul lists fasting among the marks of his ministry, alongside weariness, watching, hunger and thirst.

> **2 CORINTHIANS 11:27** (KJV)
> **"In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness."**

CHURCH HISTORY

23 The Didache: Wednesday and Friday

The Didache, an early Christian teaching manual, instructed believers to fast on Wednesdays and Fridays, and to fast before baptism (Ligonier Ministries — The Didache). Regular weekly fasting has been part of Christian practice since the earliest centuries.

Sources: Ligonier Ministries — The Didache (https://learn.ligonier.org/articles/didache)

BENEFITS

What fasting does

The Bible presents fasting first as a spiritual discipline. Here is what Scripture says it produces, followed by what medical research says about the body, and what fasting is not.

SPIRITUAL BENEFIT

1 It humbles the heart

Fasting is one of the clearest ways Scripture shows a person humbling himself before God.

> **PSALM 35:13** (KJV)
> "But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom."

> **EZRA 8:21-23** (KJV)
> "Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we fasted and besought our God for this: and he was intreated of us."

SPIRITUAL BENEFIT

2 It turns us back to God

Fasting has always gone with repentance: turning from sin and returning to the Lord with the whole heart.

> **JOEL 2:12-13** (KJV)
> "Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil."

> **1 SAMUEL 7:6** (KJV)
> "And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh."

JONAH 3:5-10 (KJV)

"So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not? And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not."

SPIRITUAL BENEFIT

3 It strengthens prayer and intercession

Fasting adds earnestness to prayer. Ezra, Esther and Daniel all fasted when the need was great.

ESTHER 4:16 (KJV)

"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish."

DANIEL 9:3 (KJV)

"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:"

SPIRITUAL BENEFIT

4 It opens us to God's direction

The church at Antioch received direction from the Holy Ghost while ministering to the Lord and fasting.

ACTS 13:2-3 (KJV)

"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away."

ACTS 14:23 (KJV)
"And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed."

JUDGES 20:26 (KJV)
"Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD."

SPIRITUAL BENEFIT

5 It strengthens us against temptation

Jesus fasted and overcame the devil with the Word. Fasting trains the body to follow the spirit.

MATTHEW 4:1-4 (KJV)
"Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

1 CORINTHIANS 9:27 (KJV)
"But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway."

SPIRITUAL BENEFIT

6 It joins prayer that breaks yokes

God's chosen fast looses the bands of wickedness and lets the oppressed go free. Jesus spoke of prayer and fasting when a stubborn spirit would not leave.

ISAIAH 58:6-7 (KJV)
"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

MATTHEW 17:19-21 (KJV)

"Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting."

MARK 9:29 (KJV)

"And he said unto them, This kind can come forth by nothing, but by prayer and fasting."

SPIRITUAL BENEFIT

7 Light, health and guidance follow

God attaches promises to the fast He chooses: light breaking forth, health springing up, answered prayer, continual guidance, and rebuilding of old waste places.

ISAIAH 58:8-9 (KJV)

"Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;"

ISAIAH 58:10-12 (KJV)

"And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in."

SPIRITUAL BENEFIT

8 It shows us what controls us

When the comfort of food is removed, what is in the heart rises to the surface. Desiring God describes fasting as a way of exposing hidden idols (Desiring God — What Is the Purpose of Fasting?).

1 CORINTHIANS 6:12 (KJV)

"All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any."

Sources: Desiring God — What Is the Purpose of Fasting? (https://www.desiringgod.org/interviews/what-is-the-purpose-of-fasting)

SPIRITUAL BENEFIT

9 It deepens hunger for God

Physical hunger becomes a picture of a deeper hunger: for God Himself, His Word, and the coming of His Son.

PSALM 63:1 (KJV)

"O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;"

JOHN 4:32-34 (KJV)

"But he said unto them, I have meat to eat that ye know not of. Therefore said the disciples one to another, Hath any man brought him ought to eat? Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work."

DEUTERONOMY 8:3 (KJV)

"And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live."

SPIRITUAL BENEFIT

10 The Father rewards it

Jesus promises that the Father who sees in secret will reward openly. The reward begins with God Himself.

MATTHEW 6:16-18 (KJV)

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

HEBREWS 11:6 (KJV)

“But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.”

SPIRITUAL BENEFIT

11 It unites God's people

When a church or family fasts together, they seek God with one heart for one purpose.

JOEL 2:15-16 (KJV)

“Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet.”

2 CHRONICLES 20:3-4 (KJV)

“And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. And Judah gathered themselves together, to ask help of the LORD: even out of all the cities of Judah they came to seek the LORD.”

WHAT RESEARCH SHOWS

12 Metabolic switching

Researchers describe a “metabolic switch” during fasting, when the body moves from burning glucose to burning ketones from fat. Studies link this with better blood sugar regulation, greater stress resistance and reduced inflammation (National Institute on Aging (NIH) — Research on Intermittent Fasting).

Sources: National Institute on Aging (NIH) — Research on Intermittent Fasting (https://www.nia.nih.gov/news/research-intermittent-fasting-shows-health-benefits)

WHAT RESEARCH SHOWS

13 Heart and blood measures

A body of research led by Johns Hopkins neuroscientist Mark Mattson suggests intermittent fasting may help lower blood pressure and cholesterol, though the research is still in its early stages (Johns Hopkins Medicine — Intermittent Fasting: Is It for You?).

Sources: Johns Hopkins Medicine — Intermittent Fasting: Is It for You? (https://www.hopkinsmedicine.org/news/articles/2020/01/intermittent-fasting-is-it-for-you)

WHAT RESEARCH SHOWS

14 Breaking a habit's hold

Many people discover how dependent they are on caffeine and sugar. Cru notes that withdrawal from caffeine and sugar may cause headaches, and that the first two or three days are usually the hardest (Cru — Put Yourself on a Schedule).

Sources: Cru — Put Yourself on a Schedule (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.3.html)

WHAT RESEARCH SHOWS

15 An honest word

Physical results are not the main reason Christians fast. A 2024 Johns Hopkins trial found that time-restricted eating produced about the same weight loss as a usual eating pattern when calories were kept equal (Johns Hopkins Hub — Study Challenges Benefits of Intermittent Fasting (2024)). The NIH also notes that more research is needed on long-term fasting (National Institute on Aging (NIH) — Research on Intermittent Fasting).

Sources: Johns Hopkins Hub — Study Challenges Benefits of Intermittent Fasting (2024) (https://hub.jhu.edu/2024/04/22/study-challenges-intermittent-fasting/) · National Institute on Aging (NIH) — Research on Intermittent Fasting (https://www.nia.nih.gov/news/research-intermittent-fasting-shows-health-benefits)

WHAT FASTING IS NOT

16 Not a hunger strike against God

Fasting does not force God to act. Israel complained, "Wherefore have we fasted... and thou seest not?" God answered by pointing to their conduct.

> **ISAIAH 58:3-5** (KJV)
> **"Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?"**

WHAT FASTING IS NOT

17 Not a performance

Jesus warns against a sad face and a disfigured appearance meant to show people we are fasting.

MATTHEW 6:16-18 (KJV)

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

WHAT FASTING IS NOT

18 Not a way to earn righteousness

The Pharisee boasted, “I fast twice in the week.” The humble tax collector went home justified instead.

LUKE 18:12 (KJV)

“I fast twice in the week, I give tithes of all that I possess.”

COLOSSIANS 2:20-23 (KJV)

“Wherefore if ye be dead with Christ from the rudiments of the world, why, as though living in the world, are ye subject to ordinances, (Touch not; taste not; handle not; Which all are to perish with the using;) after the commandments and doctrines of men? Which things have indeed a shew of wisdom in will worship, and humility, and neglecting of the body; not in any honour to the satisfying of the flesh.”

WHAT FASTING IS NOT

19 Not a cover for sin or strife

God asks whether our fasting is truly unto Him. Fasting while quarrelling or oppressing others is not the fast He chooses.

ZECHARIAH 7:5 (KJV)

“Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me?”

ISAIAH 58:3-5 (KJV)

“Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?”

WHAT FASTING IS NOT

20 Not just a diet

Fasting may affect the body, but its aim is the Lord. Without prayer and a spiritual purpose, it is only going hungry.

MATTHEW 4:1-4 (KJV)

“Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

TYPES

Different kinds of fasts

Scripture shows several ways God's people fasted. Each card shows what is allowed, what is set aside, and which stage it suits.

WATER ONLY · SUITS INTERMEDIATE, ADVANCED

1 Normal fast

No food of any kind. You drink water, and plenty of it. This is the fast Jesus kept in the wilderness: He “did eat nothing” and “afterward hungered” (Luke 4:2). Scripture mentions His hunger, not thirst.

ALLOWED

- Water

SET ASIDE

- All food
- Juice, coffee, tea and sweetened drinks

CAUTION

Cru advises consulting your physician before any fast lasting longer than three days (Cru — What Is Biblical Fasting?). Water-only fasts lasting more than several days need complete rest and medical supervision (Cru — What Length and Type of Fast Are Right for You).

LUKE 4:2 (KJV)

“Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.”

Sources: Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) · Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html)

WATER, JUICE, CLEAR BROTH · SUITS BEGINNER, INTERMEDIATE, ADVANCED

2 Liquid fast (full fast)

No solid food. Water, 100% fruit or vegetable juice, and clear broth are taken to keep up strength. Jentezen Franklin calls this a full fast (Jentezen Franklin — Fasting Tips), and Bill

Bright recommended water and juice for extended fasts because it provides more energy while still denying the desire for solid food (Cru — What Length and Type of Fast Are Right for You).

ALLOWED

- Water
- 100% fruit or vegetable juice (diluted if acidic)
- Clear vegetable broth
- Caffeine-free herbal tea

SET ASIDE

- Solid food
- Coffee and caffeinated tea
- Soft drinks and energy drinks

CAUTION

Consult your doctor first if you take medication or have a health condition, and for any fast longer than three days.

Sources: Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips) · Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html)

NO FOOD, NO WATER · SUITS ADVANCED

3 Absolute fast

Nothing at all is taken, solid or liquid. Esther called a three-day absolute fast, and Saul neither ate nor drank for three days after meeting Christ.

ALLOWED

- Nothing

SET ASIDE

- All food
- All drink, including water

CAUTION

Never go beyond three days. If you are new to fasting, Cru says never to undertake an absolute fast without first consulting both a spiritual mentor and a medical professional (Cru — What Length and Type of Fast Are Right for You).

ESTHER 4:16 (KJV)

“Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.”

ACTS 9:9 (KJV)

“And he was three days without sight, and neither did eat nor drink.”

Sources: Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html)

FORTY DAYS, NO FOOD OR WATER · NOT FOR IMITATION

4 Supernatural absolute fast

Moses and Elijah were sustained by God for forty days. Moses “did neither eat bread, nor drink water.” This was a miracle of God's sustaining power.

CAUTION

This is recorded so we may see God's power, not so we may attempt it. Do not try to go without water beyond three days.

EXODUS 34:28 (KJV)

“And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.”

DEUTERONOMY 9:9 (KJV)

“When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the LORD made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water:”

1 KINGS 19:8 (KJV)

“And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.”

VEGETABLES, FRUIT, GRAINS, WATER · SUITS BEGINNER, INTERMEDIATE, ADVANCED

5 Daniel fast (partial fast)

A partial fast based on Daniel, who ate pulse and water (Daniel 1:12) and later ate “no pleasant bread, neither came flesh nor wine” in his mouth for three full weeks (Daniel 10:2-3). Today it

usually means no meat, no sweets and no bread, with fruits, vegetables and water (Jentezen Franklin — Fasting Tips). Commonly kept for 10 or 21 days.

ALLOWED

- All fruits and vegetables
- Whole grains such as brown rice, oats and quinoa
- Beans, lentils and other legumes
- Nuts and seeds
- Water

SET ASIDE

- Meat, poultry and fish
- Sweets and sugar
- Bread and baked goods
- Wine and alcohol
- Coffee, soft drinks and energy drinks
- Fried and heavily processed foods

CAUTION

Check with your doctor first if you have a medical condition, are pregnant, or take medication.

DANIEL 1:12 (KJV)
“Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.”

DANIEL 1:15 (KJV)
“And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat.”

DANIEL 10:2-3 (KJV)
“In those days I Daniel was mourning three full weeks. 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.”

Sources: Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

E.G. 6 A.M. TO 12, 3 OR 6 P.M. · SUITS BEGINNER, INTERMEDIATE

6 Set-hours fast

No food from a set hour in the morning until a set hour later in the day, often 6 a.m. to noon, 6 a.m. to 3 p.m., or sunrise to sunset (Jentezen Franklin — Fasting Tips). Israel at Bethel “fasted

that day until even." Jentezen Franklin notes that hours spent sleeping do not count toward the fast (Jentezen Franklin — Three Types of Fasts in Scripture (Charisma)).

ALLOWED

- Water during fasting hours
- A simple, modest meal when the fast ends for the day

SET ASIDE

- Food during the fasting hours
- Feasting when the hours end

CAUTION

A good first fast for most healthy adults. Consult your doctor if you take medication that must be taken with food.

> **JUDGES 20:26** (KJV)
> **"Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD."**

Sources: Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips) · Jentezen Franklin — Three Types of Fasts in Scripture (Charisma) (https://mycharisma.com/culture/jentezen-franklin-3-different-types-of-fasts-in-scripture/)

A CHURCH OR FAMILY TOGETHER · SUITS BEGINNER, INTERMEDIATE, ADVANCED

7 Corporate fast

A fast proclaimed for a whole body of believers, for one purpose, at the same time. Each person chooses a type of fast that is safe for them, and the group prays together.

ALLOWED

- Whatever type of fast each person can safely keep

SET ASIDE

- Pressuring others beyond what they can safely do

CAUTION

Leaders should give people options, including partial fasts for those with health limitations.

JOEL 2:15-16 (KJV)
"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet."

2 CHRONICLES 20:3-4 (KJV)
"And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. And Judah gathered themselves together, to ask help of the LORD: even out of all the cities of Judah they came to seek the LORD."

JONAH 3:5-10 (KJV)
"So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not? And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not."

ACTS 13:2-3 (KJV)
"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away."

BETWEEN YOU AND THE FATHER · SUITS BEGINNER, INTERMEDIATE, ADVANCED

8 Private fast

A personal fast for a personal purpose, kept quietly. Jesus says to wash your face and anoint your head so that you do not appear to people to fast.

SET ASIDE

- Announcing or posting about your fast
- Complaining about hunger

CAUTION

Tell those who need to know: your spouse or household, someone who holds you accountable, and your doctor if needed.

MATTHEW 6:16-18 (KJV)

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

A WEEKLY OR MONTHLY RHYTHM · SUITS BEGINNER, INTERMEDIATE, ADVANCED

9 Regular fast

A planned rhythm such as one meal a day, one day a week, or one week a month, as Cru suggests for building up gradually (Cru — What Length and Type of Fast Are Right for You). The early church fasted on Wednesdays and Fridays (Ligonier Ministries — The Didache).

ALLOWED

- Depends on the type of fast chosen for that day

SET ASIDE

- Letting the rhythm become a ritual without prayer

CAUTION

Keep the purpose fresh. A regular fast is for seeking God, not ticking a box.

LUKE 2:37 (KJV)

"And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day."

2 CORINTHIANS 11:27 (KJV)

"In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness."

Sources: Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html) · Ligonier Ministries — The Didache (https://learn.ligonier.org/articles/didache)

MARRIED COUPLES ONLY · SUITS BEGINNER, INTERMEDIATE, ADVANCED

10 Marital abstinence by consent

A husband and wife may agree to set aside intimacy for a limited time to give themselves to fasting and prayer, and then come together again.

SET ASIDE

- One spouse deciding alone
- An open-ended period with no end date

CAUTION

Both must agree, it must be for a set time, and it must be for prayer. See the Questions section for more.

1 CORINTHIANS 7:5 (KJV)

"Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency."

EXODUS 19:15 (KJV)

"And he said unto the people, Be ready against the third day: come not at your wives."

JOEL 2:15-16 (KJV)

"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet."

MEDIA, ENTERTAINMENT, HABITS · SUITS BEGINNER, INTERMEDIATE, ADVANCED

11 Setting aside other things

In the Bible, fasting refers to food. Setting aside things like social media, TV or video games is better described as abstaining from something that competes for your heart (C.S. Lewis Institute — The Place of Fasting in the Christian Life). It is a valuable discipline alongside a food fast. If your health prevents fasting from food, Jentezen Franklin suggests fasting something else and concentrating on prayer and Bible study (Jentezen Franklin — Fasting Tips).

SET ASIDE

- Whatever you have chosen to set aside: TikTok, scrolling, TV, movies, games, shopping

CAUTION

Replace the time with prayer and the Word, or the empty space will simply fill with something else.

> **1 CORINTHIANS 6:12** (KJV)
> **“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”**

> **PSALM 119:37** (KJV)
> **“Turn away mine eyes from beholding vanity; and quicken thou me in thy way.”**

Sources: C.S. Lewis Institute — The Place of Fasting in the Christian Life (https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life/) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

STAGES

Beginner, intermediate, advanced

Grow into fasting the way you grow in prayer: step by step.

BEGINNER · FIRST STEPS

1 Beginner: who this stage is for

You have never fasted, or only a few times. The goal at this stage is to learn to turn hunger into prayer and to build a habit of meeting with God.

Typical length: 1 to 3 days, or a 7-day partial fast

FASTS TO PRACTISE

- Skip one meal and spend that time in prayer and the Word
- A set-hours fast: no food from 6 a.m. to 12 noon, then 6 a.m. to 3 p.m.
- One day from sunrise to sunset with water
- A Daniel fast for 3 to 7 days
- Give up one item (coffee, sweets or soft drinks) plus one distraction such as TikTok

A DAY IN THIS STAGE

- Morning: 15 to 20 minutes: praise, read the day's Scripture, pray your purpose.
- Mealtime: Use the time you would eat for prayer. Drink water.
- Evening: Thank God, write one thing He showed you, pray for your family.

YOUR FIRST 7 DAYS

1. Purpose. Why am I fasting? Write it down. (Matthew 6:16-18)
2. Repentance. Let the Holy Spirit search your heart. (Joel 2:12-13)
3. Hunger for God. Turn every hunger pang into prayer. (Matthew 4:1-4)
4. Forgiveness. Release anyone who has hurt you. (Mark 11:25)
5. Direction. Ask God for a right way for you and your family. (Ezra 8:21-23)
6. Compassion. Do one practical act of kindness today. (Isaiah 58:6-7)
7. Thanksgiving. Thank God for what He has done this week. (Psalm 100:4)

WHAT TO EXPECT

Hunger pangs, some irritability, and possibly a headache if you normally drink coffee. This is normal. Drink water and rest.

BREAKING THE FAST

End with a small glass of juice or a piece of fruit, then a light meal. Do not feast.

MATTHEW 6:16-18 (KJV)

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

JOEL 2:12-13 (KJV)

"Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil."

PSALM 63:1 (KJV)

"O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;"

INTERMEDIATE · BUILDING STRENGTH

2 Intermediate: who this stage is for

You have completed several short fasts and want to go deeper and longer, with more structure in prayer and study.

Typical length: 1 to 3 day full fasts, or 10 to 21 day partial fasts

Schedule adapted from Cru's sample fasting schedule.

FASTS TO PRACTISE

- A 21-day Daniel fast
- A 24-hour fast (evening meal to evening meal)
- A 1 to 3 day liquid or water fast
- A weekly fast day, such as Wednesday or Friday
- A family or church corporate fast

A DAY IN THIS STAGE

- Morning: Praise and worship, Bible reading, and prayer for God's will and your purpose.
- Noon: Return to prayer and the Word. Take a short prayer walk.

- Evening: Unhurried time seeking God's face. Pray with others who are fasting. Avoid television and distractions.

WHAT TO EXPECT

The first two or three days are usually the hardest. You may feel weak, tired or irritable. Many then experience a sense of well-being physically and spiritually.

BREAKING THE FAST

Break with juice or fruit, then small portions of soup, yogurt, cooked vegetables, and fruit over a day or two. Chew well and stop at the first sign of fullness.

DANIEL 10:2-3 (KJV)

"In those days I Daniel was mourning three full weeks. 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 10:12 (KJV)

"Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words."

ACTS 13:2-3 (KJV)

"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away."

ADVANCED · SEASONS OF CONSECRATION

3 Advanced: who this stage is for

You are mature in prayer, experienced in fasting, medically cleared, and walking under pastoral oversight. God has placed a specific burden on you.

Typical length: 3 to 40 days, with medical advice for anything over 3 days

Safety guidance from Cru and the BMJ review on refeeding syndrome.

FASTS TO PRACTISE

- A 3-day absolute fast, only if clearly led, healthy, and never longer than three days
- A 7 to 21 day liquid fast
- A 40-day fast combining liquid days and Daniel-fast days, only under medical supervision

- Extended seasons of intercession for family, church and nation

A DAY IN THIS STAGE

- Before dawn: Extended worship and intercession. Pray through a long passage such as Isaiah 58 or Daniel 9.
- Daytime: Rest as much as possible. Moderate walking only. Drink plenty of liquids.
- Evening: Corporate prayer if fasting with others. Journal what God is saying. Pray for leaders and nations.

WHAT TO EXPECT

Weakness and dizziness are possible. Limit physical activity. Watch carefully for warning signs and stop if you become unwell.

BREAKING THE FAST

Take several days. Continue with juices for a day or more, then broth and soft foods, then small meals. After many days with little or no food, the body is at risk of refeeding problems, so plan how to break the fast with your doctor.

ESTHER 4:16 (KJV)

"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish."

DANIEL 9:3 (KJV)

"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:"

ISAIAH 58:8-9 (KJV)

"Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;"

HEALTH AND SAFETY

4 Fast safely

Based on Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting and Cru — What Is Biblical Fasting?.

CHECK WITH YOUR DOCTOR FIRST IF YOU ARE

- Pregnant or breastfeeding women
- People with type 1 diabetes, or anyone taking insulin or other blood-sugar-lowering medication
- Anyone with a current or past eating disorder
- Young children
- Frail older adults
- People with anemia, heart, kidney or liver disease, or another chronic illness
- Anyone taking prescription medication

STOP FASTING AND GET HELP IF YOU HAVE

- Fainting, or feeling you are about to faint
- Chest pain or a racing, irregular heartbeat
- Confusion or severe dizziness
- Vomiting or being unable to keep water down
- Any symptom that worries you

RULES THAT ALWAYS APPLY

Never stop prescribed medication without your doctor. Never go without water for more than three days. See your doctor before any fast longer than three days. Build up slowly. Start small and grow.

Sources: Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting (https://hopkinsdiabetesinfo.org/an-overview-of-intermittent-fasting/) · Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html)

QUESTIONS

Your questions answered

Honest answers to the questions people ask most, each with the scriptures in full.

FOOD & DRINK

1 Muslims eat a big meal before they fast. Should I eat heavily before I fast?

During Ramadan, Muslims eat suhoor, a meal before dawn, and then fast from dawn to sunset. Even Muslim organisations recommend that it be balanced and nutritious, with slow-release foods and water, rather than a feast (Islamic Relief — What Is Suhoor?). Jewish families also eat a pre-fast meal before Yom Kippur, made of easily digested foods (Chabad.org — Seudah Hamafseket, the Pre-Fast Meal).

What does the Bible say? Scripture does not command a meal before a fast, and it does not forbid one. Eating a normal, sensible meal before you begin is fine.

What Scripture warns against is overindulging. Jesus warns against hearts "overcharged with surfeiting" (overeating), and Proverbs warns against being among "riotous eaters of flesh." Loading up so that you will not feel hungry misses the point. Biblical fasting is "afflicting the soul" and humbling yourself. The hunger is part of what reminds you to pray.

Practical help: Cru advises eating smaller meals before a fast, avoiding high-fat and sugary foods, and eating raw fruits and vegetables for two days beforehand (Cru — How to Begin Your Fast).

Remember also that Christian fasting is different in purpose. We do not fast to earn merit or acceptance. We fast as people already accepted through Jesus Christ, seeking more of Him.

> **LUKE 21:34** (KJV)
> "And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares."

> **PROVERBS 23:20-21** (KJV)
> "Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags."

LEVITICUS 16:29-31 (KJV)

"And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you: For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the LORD. It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever."

PSALM 35:13 (KJV)

"But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom."

Sources: Islamic Relief — What Is Suhoor? (https://islamic-relief.org/giving/islamic-giving/ramadan/suhoor/) · Chabad.org — Seudah Hamafseket, the Pre-Fast Meal (https://www.chabad.org/library/article_cdo/aid/5238268/jewish/Seudah-Hamafseket.htm) · Cru — How to Begin Your Fast (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html)

FOOD & DRINK

2 Can I drink coffee during a fast?

It depends on the fast you have chosen.

- Water fast or Daniel fast: no coffee. Cru notes that water is best, and that coffee and tea stimulate the nervous system (Cru — What Is Biblical Fasting?).
- Liquid fast: choose water, juice, broth, and caffeine-free herbal tea instead.
- "Give up one item" fast: coffee is often exactly what people give up (Jentezen Franklin — Fasting Tips).

Expect withdrawal. Johns Hopkins researchers found that stopping caffeine can cause headache, fatigue and difficulty concentrating, usually starting 12 to 24 hours after the last cup, peaking within one to two days and lasting two to nine days, even for people who drink only about one cup a day (Johns Hopkins Gazette — Caffeine Withdrawal Recognized as a Disorder). The same researchers recommend cutting down gradually.

So taper first. Reduce your coffee over the week before your fast.

If you find you cannot go one morning without it, that itself is worth bringing to God. Paul said he would not be brought under the power of anything, even lawful things.

1 CORINTHIANS 6:12 (KJV)

"All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any."

Sources: Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips) · Johns Hopkins Gazette — Caffeine Withdrawal Recognized as a Disorder (https://pages.jh.edu/gazette/2004/04oct04/04cafein.html)

MARRIAGE

3 We are married. Should we stop having sex while we fast?

Scripture allows a married couple to abstain for a time of fasting and prayer, but only under the conditions in 1 Corinthians 7:5:

1. "With consent": both husband and wife agree. One spouse may not impose it on the other. Paul calls withholding without agreement "defrauding."
2. "For a time": agree on a start and an end.
3. "That ye may give yourselves to fasting and prayer": the purpose is to seek God.
4. "Come together again": when the time ends, resume your normal married life so that Satan does not tempt you.

GotQuestions summarises it well: abstinence must be by mutual consent, for a spiritual purpose, and only for a determined amount of time (GotQuestions — Mutual Consent in 1 Corinthians 7:5). There is Old Testament precedent too: before God came down on Sinai, the people were told "come not at your wives," and Joel called even the bridegroom and bride out of their chamber for the solemn assembly.

Practical: pray and talk together before the fast and agree on the days. If one of you is not ready, the other can still fast from food and keep the marriage bed. Honouring your spouse also honours God.

> **1 CORINTHIANS 7:5** (KJV)
> "Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency."

> **EXODUS 19:15** (KJV)
> "And he said unto the people, Be ready against the third day: come not at your wives."

> **JOEL 2:15-16** (KJV)
> "Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet."

Sources: GotQuestions — Mutual Consent in 1 Corinthians 7:5 (https://www.gotquestions.org/mutual-consent.html)

PHONE & MEDIA

4 Should I stop taking phone calls while fasting?

There is no rule in Scripture against phone calls. Fasting does not mean cutting off your family, your job, or people who need you. Jesus taught that we should look normal while fasting, so

ordinary life carries on.

But a fast is a good time to guard your mouth and your time:

- Put your phone on do-not-disturb during your set prayer times, and return calls afterwards.
- Avoid long idle conversations, gossip and arguments. Isaiah 58 rebukes those who "fast for strife and debate."
- Do not use calls to complain about being hungry.
- Use calls to encourage someone, or to pray with a fasting partner.

> **MATTHEW 6:16-18** (KJV)
> "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

> **PROVERBS 10:19** (KJV)
> "In the multitude of words there wanteth not sin: but he that refraineth his lips is wise."

> **JAMES 1:19** (KJV)
> "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:"

> **PSALM 141:3** (KJV)
> "Set a watch, O LORD, before my mouth; keep the door of my lips."

> **ISAIAH 58:3-5** (KJV)
> "Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?"

PHONE & MEDIA

5 Can I give up TikTok or scrolling instead of food? Does that count as fasting?

An honest answer: in the Bible, the words for fasting mean going without food. Setting aside social media is better described as abstaining from something that competes for your heart (C.S. Lewis Institute — The Place of Fasting in the Christian Life).

That does not make it less valuable. Paul said, “I will not be brought under the power of any.” If scrolling has a hold on you, laying it down is a real act of obedience.

The best approach is both: fast from food and fast from scrolling, and give the time to prayer and the Word.

If your health does not allow you to fast from food, Jentezen Franklin suggests fasting something else and concentrating on prayer and Bible study (Jentezen Franklin — Fasting Tips). God sees the heart.

Practical: delete the app for the length of your fast, or set a strict screen-time limit. Do not post about your fast.

> **1 CORINTHIANS 6:12** (KJV)
> **“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”**

> **PSALM 119:37** (KJV)
> **“Turn away mine eyes from beholding vanity; and quicken thou me in thy way.”**

> **MATTHEW 6:16-18** (KJV)
> **“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”**

Sources: C.S. Lewis Institute — The Place of Fasting in the Christian Life (https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life/) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

PHONE & MEDIA

6 Should I watch movies or TV while I am fasting?

Cru's fasting schedule advises avoiding television or any other distraction that may dampen your spiritual focus (Cru — Put Yourself on a Schedule). The time freed up by not eating is meant to be given to God.

Scripture does not set a rule about screens, but it gives clear principles: set no wicked thing before your eyes, think on things that are true, honest, just, pure and lovely, and redeem the time.

If you need something to watch or listen to, choose worship, Bible teaching, sermons and testimonies. Jentezen Franklin encourages spending time listening to praise and worship during a fast (Jentezen Franklin — Fasting Tips).

PSALM 101:3 (KJV)
"I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me."

PHILIPPIANS 4:8 (KJV)
"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

EPHESIANS 5:15-16 (KJV)
"See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil."

COLOSSIANS 3:2 (KJV)
"Set your affection on things above, not on things on the earth."

Sources: Cru — Put Yourself on a Schedule (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.3.html) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

PHONE & MEDIA

7 Can I listen to music during a fast?

Yes, worship music is a great help during a fast. For other music, ask a simple question: does this draw my heart to God, or away from Him? Many people set aside secular music for the length of the fast to keep their focus.

COLOSSIANS 3:2 (KJV)
"Set your affection on things above, not on things on the earth."

PHILIPPIANS 4:8 (KJV)
"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

DAILY LIFE

8 Can I go to work, school or the gym while fasting?

Yes, you can work and study. Jesus' instruction to wash your face and look normal assumes ordinary life continues.

Cru advises limiting physical activity, exercising only moderately (walking one to three miles if comfortable), and resting as much as your schedule allows (Cru — Put Yourself on a Schedule).

Avoid heavy exercise on a water or absolute fast. When choosing set fasting hours, think about your work and sleep schedule (Jentezen Franklin — Fasting Tips).

> **MATTHEW 6:16-18** (KJV)
> **"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."**

Sources: Cru — Put Yourself on a Schedule (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.3.html) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

DAILY LIFE

9 Should I tell people that I am fasting?

Jesus taught us not to advertise our fasting. Do not post about it or make a show of it.

But some people do need to know: your spouse and household, a pastor or trusted person who can pray with you and hold you accountable, and your doctor if you have health concerns. Cru recommends writing down your commitments and sharing them with someone you trust (Cru — How to Begin Your Fast). In a corporate fast, of course, everyone knows, because the fast is proclaimed to all.

> **MATTHEW 6:16-18** (KJV)
> **"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."**

> **JOEL 2:15-16** (KJV)
> **"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet."**

Sources: Cru — How to Begin Your Fast (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html)

DAILY LIFE

10 Can I brush my teeth, shower and dress normally?

Yes. Jesus said, "anoint thine head, and wash thy face." Take care of yourself as normal so that your fast stays between you and your Father.

> **MATTHEW 6:16-18** (KJV)
> "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."

DAILY LIFE

11 What should I do with the time I would normally spend eating?

Give it to God. Pray, read the Bible, worship, and listen. Cru suggests a simple rhythm: begin the day in praise and the Word, return to prayer at noon, and spend an unhurried time seeking God's face in the evening (Cru — Put Yourself on a Schedule).

Isaiah 58 also points outward: share your bread with the hungry. Consider giving the money you save on meals to feed someone in need.

> **ISAIAH 58:6-7** (KJV)
> "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

> **MARK 1:35** (KJV)
> "And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."

> **PSALM 55:17** (KJV)
> "Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice."

Sources: Cru — Put Yourself on a Schedule (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.3.html)

HEALTH

12 I take medication. Can I fast?

Never stop prescribed medication without your doctor. Cru says medication should be withdrawn only under a physician's supervision (Cru — How to Begin Your Fast).

This matters most for diabetes: people taking insulin or sulfonylureas are at immediate risk of low blood sugar when fasting (Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting). Talk to your doctor and choose a fast together, such as a Daniel fast or setting aside a habit, with extra time in prayer.

Seeking wise counsel is biblical, not a lack of faith.

> **PROVERBS 11:14** (KJV)
> **"Where no counsel is, the people fall: but in the multitude of counsellors there is safety."**

> **1 CORINTHIANS 6:19-20** (KJV)
> **"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."**

Sources: Cru — How to Begin Your Fast (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html) · Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting (https://hopkinsdiabetesinfo.org/an-overview-of-intermittent-fasting/)

HEALTH

13 Who should not fast from food?

Johns Hopkins diabetes educators list women who are pregnant or breastfeeding, frail older adults, young children, people with eating disorders, and people with type 1 diabetes among those who should not follow fasting regimens (Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting). Cru adds that anyone with pregnancy, anemia or other chronic health problems should never fast without consulting a physician (Cru — What Is Biblical Fasting?).

If that is you, you can still seek God with your whole heart: set aside a habit or form of entertainment, give extra time to prayer and Scripture, and practise the outward fast of Isaiah 58 by caring for others. The LORD looks on the heart.

> **1 SAMUEL 16:7** (KJV)
> **"But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart."**

> **ISAIAH 58:6-7** (KJV)
> **"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"**

> **1 CORINTHIANS 6:19-20** (KJV)
> **“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”**

Sources: Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting (https://hopkinsdiabetesinfo.org/an-overview-of-intermittent-fasting/) · Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html)

HEALTH

14 Can children fast?

Young children should not do food fasts (Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting). They can take part in age-appropriate ways: giving up sweets, video games or cartoons for a day, and praying with the family at mealtimes. Joel called the children to the solemn assembly too.

Teenagers, with a parent's permission, may skip one meal or keep a set-hours fast. Keep it joyful and focused on God, never frightening.

> **JOEL 2:15-16** (KJV)
> **“Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet.”**

Sources: Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting (https://hopkinsdiabetesinfo.org/an-overview-of-intermittent-fasting/)

HEALTH

15 How do I handle hunger and headaches?

Cru notes that the first two or three days are usually the hardest. Expect passing hunger pangs or dizziness, and headaches from caffeine and sugar withdrawal. If you feel hunger pangs, increase your liquids (Cru — Put Yourself on a Schedule). Sleep early and rest (Cru — What Is Biblical Fasting?).

Turn each hunger pang into a prayer. Jesus answered hunger with the Word: “Man shall not live by bread alone.” Consult your doctor if you are unsure about any headache or bodily reaction.

MATTHEW 4:1-4 (KJV)

“Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

DEUTERONOMY 8:3 (KJV)

“And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.”

ISAIAH 40:31 (KJV)

“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Sources: Cru — Put Yourself on a Schedule (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.3.html) · Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html)

HEALTH

16 Can I drink water on a fast?

Yes, on every type of fast except an absolute fast, and you should drink plenty. Cru strongly advises drinking plenty of liquids (Cru — What Length and Type of Fast Are Right for You).

An absolute fast (no water) appears in Scripture for three days, as with Esther and Saul. Never go beyond three days without water, and do not attempt it as a beginner.

ESTHER 4:16 (KJV)

“Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.”

ACTS 9:9 (KJV)

“And he was three days without sight, and neither did eat nor drink.”

Sources: Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html)

BEFORE & AFTER

17 How long should I fast?

Start slowly: one meal a day, one day a week, or one week a month, then build up (Cru — What Length and Type of Fast Are Right for You). Jentezen Franklin notes that most people can fast one to three days, and some feel grace to go 21 to 40 days, but beginners should start slow (Jentezen Franklin — Fasting Tips).

As Bill Bright wrote, fasting is about the condition of the heart, not the number of days (Cru — What Length and Type of Fast Are Right for You).

> **MATTHEW 6:16-18** (KJV)
> **"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly."**

Sources: Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

BEFORE & AFTER

18 How do I break my fast?

Gently. For a fast of a day or two, Cru suggests starting with a small glass of fruit juice, then small amounts of easily digested foods such as yogurt, soup, fresh fruit and cooked vegetables. For longer fasts, continue with juices for a day or more before adding more substantial food. Chew well and stop at the first sense of fullness (Cru — What Is Biblical Fasting?).

After long fasts, be careful. A BMJ review notes that anyone who has had little or no food for more than five days is at risk of refeeding problems, which are dangerous shifts in body salts when food is restarted (BMJ (via NIH PubMed Central) — Refeeding Syndrome: What It Is and How to Prevent It). Plan the end of any long fast with your doctor.

And end with thanksgiving. Keep the new habits of prayer, and keep obeying what God showed you.

> **PSALM 100:4** (KJV)
> **"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."**

> **GALATIANS 6:9** (KJV)
> **"And let us not be weary in well doing: for in due season we shall reap, if we faint not."**

Sources: Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) · BMJ (via NIH PubMed Central) — Refeeding Syndrome: What It Is and How to Prevent It (https://pmc.ncbi.nlm.nih.gov/articles/PMC2440847/)

BEFORE & AFTER

19 I broke my fast early, or ate without thinking. Have I failed?

No. God's mercies are new every morning. Confess it if needed, receive His forgiveness, and continue from where you are.

Two lessons: be careful what you vow, because Scripture says it is better not to vow than to vow and not pay; and start with a fast you can complete. Jentezen Franklin puts it simply: it is better to do what you can and not break it than to aim too high and break the whole fast (The Christian Post — Jentezen Franklin on 21 Days of Fasting).

> **LAMENTATIONS 3:22-23** (KJV)
> "It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

> **1 JOHN 1:9** (KJV)
> "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

> **ECCLESIASTES 5:4-5** (KJV)
> "When thou vowest a vow unto God, defer not to pay it; for he hath no pleasure in fools: pay that which thou hast vowed. Better is it that thou shouldest not vow, than that thou shouldest vow and not pay."

> **HEBREWS 4:16** (KJV)
> "Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

Sources: The Christian Post — Jentezen Franklin on 21 Days of Fasting (https://www.christianpost.com/news/pastor-jentezen-franklin-calls-for-21-days-of-fasting-and-prayer-turn-back-to-god.html)

UNDERSTANDING

20 Will fasting make God do what I want?

No. Fasting humbles us before God; it does not twist His arm. In Isaiah 58 the people asked why God did not respond to their fasting, and He pointed to their behaviour. David fasted for his child, and when the child died he rose, washed, and worshipped.

God does reward those who diligently seek Him, but He answers in His wisdom: yes, no, or wait. Desiring God reminds us that the greatest reward of fasting is God Himself (Desiring God — The

Secret Benefit of Fasting).

> **ISAIAH 58:3-5** (KJV)
> **"Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?"**

> **2 SAMUEL 12:20** (KJV)
> **"Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat."**

> **HEBREWS 11:6** (KJV)
> **"But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him."**

Sources: Desiring God — The Secret Benefit of Fasting (https://www.desiringgod.org/articles/the-secret-benefit-of-fasting)

UNDERSTANDING

21 Is the Daniel fast a real fast?

Yes. It is a partial fast drawn from Daniel 10:2-3, where Daniel ate no pleasant bread, meat or wine for three weeks. Bill Bright describes it as a partial fast in Scripture (Cru — What Length and Type of Fast Are Right for You). Today it usually means fruits, vegetables, grains, legumes and water, without meat, sweets or bread (Jentezen Franklin — Fasting Tips).

> **DANIEL 10:2-3** (KJV)
> **"In those days I Daniel was mourning three full weeks. 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 1:12** (KJV)
> **"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."**

Sources: Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips)

UNDERSTANDING

22 Does fasting help in deliverance and spiritual warfare?

Jesus linked prayer and fasting with casting out a spirit His disciples could not move, and Isaiah 58 describes the fast God chooses as loosing the bands of wickedness and breaking every yoke.

Notice that Jesus first named the root as unbelief. Fasting has no power of its own. All authority is in the name of Jesus Christ and His finished work. Fasting humbles us, strengthens faith, and sharpens prayer, so that we stand in the victory Christ has already won.

> **MATTHEW 17:19-21** (KJV)
> "Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting."

> **MARK 9:29** (KJV)
> "And he said unto them, This kind can come forth by nothing, but by prayer and fasting."

> **ISAIAH 58:6-7** (KJV)
> "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"

> **REVELATION 12:11** (KJV)
> "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."

UNDERSTANDING

23 Is Christian fasting the same as Ramadan or Lent?

No. Ramadan is a month of dawn-to-sunset fasting required in Islam. Lent is a season observed in many church traditions. Neither is commanded in the New Testament.

Christian fasting, as Jesus taught it, is voluntary, done in secret before the Father, and rooted in a relationship with God through Christ, not in earning favour. Believers are free to fast in seasons, and many churches set times of corporate fasting, but no one should judge another over days.

MATTHEW 6:16-18 (KJV)

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

ROMANS 14:5-6 (KJV)

“One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind. He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks.”

COLOSSIANS 2:20-23 (KJV)

“Wherefore if ye be dead with Christ from the rudiments of the world, why, as though living in the world, are ye subject to ordinances, (Touch not; taste not; handle not; Which all are to perish with the using;) after the commandments and doctrines of men? Which things have indeed a shew of wisdom in will worship, and humility, and neglecting of the body; not in any honour to the satisfying of the flesh.”

PRAY

Prayers & declarations

Use this flow each day of your fast. Pray aloud. Tap Listen beside any prayer to hear it read, then pray it after in your own voice.

DAILY PRAYER FLOW · STEP 1

1 Praise and worship

> **PSALM 100:4** (KJV)
> "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."

SAY

- "Lord, You are holy and worthy of all praise. I come into Your gates with thanksgiving and into Your courts with praise."

DAILY PRAYER FLOW · STEP 2

2 Thanksgiving

> **LAMENTATIONS 3:22-23** (KJV)
> "It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

SAY

- "Father, thank You for Your mercy, Your provision, and the gift of salvation through Jesus Christ. Thank You for this time set apart to seek You."

DAILY PRAYER FLOW · STEP 3

3 Confession of sins

> **1 JOHN 1:9** (KJV)
> "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

JOEL 2:12-13 (KJV)
"Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil."

SAY

- "Lord, search my heart. I confess my sins to You and turn from them. Thank You that You are faithful and just to forgive me and cleanse me."

DAILY PRAYER FLOW · STEP 4

4 Forgive others

MARK 11:25 (KJV)
"And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses."

MATTHEW 6:14-15 (KJV)
"For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

SAY

- "Father, I choose to forgive those who have hurt me. I release them to You. Lead me away from bitterness, strife and revenge."

DAILY PRAYER FLOW · STEP 5

5 Invite the Holy Spirit

ROMANS 8:26 (KJV)
"Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered."

JOHN 16:13 (KJV)
"Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come."

SAY

- “Holy Spirit, I welcome You. Help me to pray as I ought, guide me into all truth, and help me to hear and obey.”

DAILY PRAYER FLOW · STEP 6

6 The Word

> **MATTHEW 4:4** (KJV)
> “But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

SAY

- “Read the Scripture for today slowly, out loud if you can. Ask: what is God saying to me here? Write it down.”

DAILY PRAYER FLOW · STEP 7

7 Prayer points and declarations

> **ISAIAH 58:6-7** (KJV)
> “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?”

> **JEREMIAH 29:13** (KJV)
> “And ye shall seek me, and find me, when ye shall search for me with all your heart.”

SAY

- “Pray through your purpose for this fast and the prayer points below. Then speak the declarations aloud.”

DAILY PRAYER FLOW · STEP 8

8 Sealing

> **REVELATION 12:11** (KJV)
> “And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.”

SAY

- “Lord Jesus, I cover this time of prayer, my family, and everything I have prayed for with Your precious blood. I overcome by the blood of the Lamb and the word of my testimony. In Jesus' name, amen.”

DAILY PRAYER FLOW

9 Pause and reflect

After you pray, stay quiet for a few minutes. Write down any scripture, impression or instruction the Holy Spirit brings to mind, and test it by the Word.

PRAYER POINTS

10 Consecration

> **ROMANS 12:1-2** (KJV)
> “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

PRAY · REPEAT

- “Lord, I present my body as a living sacrifice. Set me apart for You.”
- “Renew my mind so that I may prove Your good, acceptable and perfect will.”

PRAYER POINTS

11 Repentance

> **JOEL 2:12-13** (KJV)
> “Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.”

> **1 JOHN 1:9** (KJV)
> “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”

PRAY · REPEAT

- “Lord, turn me back to You with all my heart.”

- “Show me any sin I have excused, and give me grace to turn from it.”

PRAYER POINTS

12 Direction

> **EZRA 8:21-23** (KJV)
> “Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we fasted and besought our God for this: and he was intreated of us.”

> **ACTS 13:2-3** (KJV)
> “As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away.”

PRAY · REPEAT

- “Father, show me a right way for me, for my little ones, and for all my substance.”
- “Holy Spirit, speak clearly as I minister to You.”

PRAYER POINTS

13 Freedom and deliverance

> **ISAIAH 58:6-7** (KJV)
> “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?”

> **MARK 9:29** (KJV)
> “And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

PRAY · REPEAT

- “In the name of Jesus, let every band of wickedness be loosed and every heavy burden be undone.”
- “Let the oppressed in my family go free, and let every yoke be broken.”

PRAYER POINTS

14 Healing and restoration

> **ISAIAH 58:8-9** (KJV)
> "Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;"

> **ISAIAH 58:10-12** (KJV)
> "And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in."

PRAY · REPEAT

- "Lord, let my light break forth as the morning and my health spring forth speedily."
- "Build again the old waste places in my life and family."

PRAYER POINTS

15 Family

> **JOEL 2:15-16** (KJV)
> "Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet."

PRAY · REPEAT

- "Lord, I bring my household before You. Save, heal and keep each one."
- "Let our home be a place of prayer."

PRAYER POINTS

16 Leaders and ministry

> **ACTS 13:2-3** (KJV)
> "As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away."

> **EPHESIANS 6:18** (KJV)
> "Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;"

PRAY · REPEAT

- "Lord, strengthen Pastor Kiki Ocansey and Prophet Prince Amo David. Guide L137 Deliverance Ministry and Dominion Hour."
- "Bring freedom to the oppressed, comfort to the afflicted, and lead many to salvation in Jesus Christ."

PRAYER POINTS

17 Nations

> **2 CHRONICLES 7:14** (KJV)
> "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

PRAY · REPEAT

- "Lord, as Your people humble themselves and pray, hear from heaven, forgive, and heal the land."

PRAYER POINTS

18 Ending the fast

> **GALATIANS 6:9** (KJV)
> "And let us not be weary in well doing: for in due season we shall reap, if we faint not."

> **MATTHEW 6:10** (KJV)
> "Thy kingdom come. Thy will be done in earth, as it is in heaven."

PRAY · REPEAT

- “Father, thank You for meeting with me. Help me continue in prayer, compassion and obedience after this fast.”

DECLARE

19 Declarations

Speak these out loud, with faith, every day of your fast.

DECLARE

- “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. I live by the Word of God.”
- “I loose the bands of wickedness. I undo the heavy burdens. I declare that the oppressed go free and every yoke is broken, in the name of Jesus.”
- “My light shall break forth as the morning, and my health shall spring forth speedily. My righteousness goes before me, and the glory of the LORD is my rereward.”
- “When I call, the LORD shall answer. When I cry, He shall say, Here I am.”
- “The LORD shall guide me continually and satisfy my soul in drought. I shall be like a watered garden, like a spring of water whose waters fail not.”
- “I wait upon the LORD. I renew my strength. I mount up with wings as eagles. I run and am not weary; I walk and do not faint.”
- “My Father, which seeth in secret, shall reward me openly.”
- “I keep under my body and bring it into subjection. My appetite does not rule me; the Spirit of God leads me.”
- “I overcome by the blood of the Lamb and by the word of my testimony.”
- “For with God nothing shall be impossible.”

Scriptures: Matthew 4:4 · Isaiah 58:6-7 · Isaiah 58:8-9 · Isaiah 58:8-9 · Isaiah 58:10-12 · Isaiah 40:31 · Matthew 6:16-18 · 1 Corinthians 9:27 · Revelation 12:11 · Luke 1:37

GO DEEPER

Further reading

Books and teachings for continued study.

JOHN PIPER

1 A Hunger for God: Desiring God through Fasting and Prayer

Fasting as an expression of longing for God, and how ordinary appetites can compete with that desire.

Reflect: What is drawing my attention away from God?

Sources: John Piper — A Hunger for God (free PDF) (https://www.desiringgod.org/books/a-hunger-for-god)

DEREK PRINCE

2 Shaping History Through Prayer and Fasting

Prayer and fasting in intercession for families, churches and nations, drawing on Scripture and history.

Reflect: How can my prayers reach beyond my own needs?

Sources: Derek Prince — Shaping History Through Prayer and Fasting (https://www.derekprince.com/books/shaping-history-through-prayer-and-fasting)

JENTEZEN FRANKLIN

3 Fasting

Fasting joined with prayer, the biblical types of fasts, and practical preparation, with an emphasis on relationship with God.

Reflect: How will I make room for prayer during this fast?

Sources: Jentezen Franklin — Fasting Resources (https://jentezenfranklin.org/fastingpdf)

BILL BRIGHT (CRU)

4 7 Basic Steps to Successful Fasting and Prayer

Setting an objective, preparing spiritually and physically, keeping a schedule, and ending a fast safely.

Reflect: What is my objective for this fast?

Sources: Cru — How to Begin Your Fast (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html)

SOURCES

5 References used in this guide

Every article, study and book cited in this guide.

Sources: Cru — How to Begin Your Fast (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html) · Cru — Put Yourself on a Schedule (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.3.html) · Cru — What Length and Type of Fast Are Right for You (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.4.html) · Cru — What Is Biblical Fasting? (https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/biblical-fasting.html) · Desiring God — The Secret Benefit of Fasting (https://www.desiringgod.org/articles/the-secret-benefit-of-fasting) · Desiring God — Why Do Christians Fast? (https://www.desiringgod.org/interviews/why-do-christians-fast) · Desiring God — What Is the Purpose of Fasting? (https://www.desiringgod.org/interviews/what-is-the-purpose-of-fasting) · C.S. Lewis Institute — The Place of Fasting in the Christian Life (https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life/) · Ligonier Ministries — The Didache (https://learn.ligonier.org/articles/didache) · Jentezen Franklin — Fasting Tips (https://jentezenfranklin.org/fastingtips) · Jentezen Franklin — Three Types of Fasts in Scripture (Charisma) (https://mycharisma.com/culture/jentezen-franklin-3-different-types-of-fasts-in-scripture/) · The Christian Post — Jentezen Franklin on 21 Days of Fasting (https://www.christianpost.com/news/pastor-jentezen-franklin-calls-for-21-days-of-fasting-and-prayer-turn-back-to-god.html) · GotQuestions — Mutual Consent in 1 Corinthians 7:5 (https://www.gotquestions.org/mutual-consent.html) · National Institute on Aging (NIH) — Research on Intermittent Fasting (https://www.nia.nih.gov/news/research-intermittent-fasting-shows-health-benefits) · Johns Hopkins Medicine — Intermittent Fasting: Is It for You? (https://www.hopkinsmedicine.org/news/articles/2020/01/intermittent-fasting-is-it-for-you) · Johns Hopkins Diabetes Info — An Overview of Intermittent Fasting (https://hopkinsdiabetesinfo.org/an-overview-of-intermittent-fasting/) · Johns Hopkins Hub — Study Challenges Benefits of Intermittent Fasting (2024) (https://hub.jhu.edu/2024/04/22/study-challenges-intermittent-fasting/) · Johns Hopkins Gazette — Caffeine Withdrawal Recognized as a Disorder (https://pages.jh.edu/gazette/2004/04oct04/04cafein.html) · BMJ (via NIH PubMed Central) — Refeeding Syndrome: What It Is and How to Prevent It (https://pmc.ncbi.nlm.nih.gov/articles/PMC2440847/) · Islamic Relief — What Is Suhoor? (https://islamic-relief.org/giving/islamic-giving/ramadan/suhoor/) · Chabad.org — Seudah Hamafseket, the Pre-Fast Meal (https://www.chabad.org/library/article_cdo/aid/5238268/jewish/Seudah-Hamafseket.htm) · John Piper — A Hunger for God (free PDF) (https://www.desiringgod.org/books/a-hunger-for-god) · Derek Prince — Shaping History Through Prayer and Fasting (https://www.derekprince.com/books/shaping-history-through-prayer-and-fasting) · Jentezen Franklin — Fasting Resources (https://jentezenfranklin.org/fastingpdf) · Bible Gateway — King James Version (https://www.biblegateway.com/versions/King-James-Version-KJV-Bible/)

NEW LIFE

Salvation & rededication

Fasting begins with a relationship with God through Jesus Christ. If you have never given your life to Him, or you have drifted away, you can come to Him today.

PRAYER OF SALVATION

1 Come to Jesus

> **JOHN 3:16** (KJV)
> "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

> **ROMANS 10:9-10** (KJV)
> "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation."

> **2 CORINTHIANS 5:17** (KJV)
> "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

SAY

- "Lord Jesus, I come to You as I am. I confess that I have sinned, and I ask You to forgive me. I believe You died for me and that God raised You from the dead. I confess You as my Lord and Saviour. Come into my heart, wash me in Your precious blood, and make me a new creature. Fill me with Your Holy Spirit. Thank You for saving me. In Jesus' name, amen."

PRAYER OF REDEDICATION

2 Return with all your heart

> NEXT STEP
> If you prayed this prayer, tell a pastor or a believer you trust, find a Bible-believing church, and begin reading the Gospel of John.

SAY

- "Father, I have wandered from You, and I return to You with all my heart. Forgive me for every way I have grown cold. I give You my life again, my body, my time and my desires.

Renew a right spirit within me. Draw me close as I fast and pray, and keep me faithful to the end. In Jesus' name, amen.”

Teaching by Pastor Kiki Ocansey & Prophet Prince Amo David. Shared by L137 Deliverance Ministry International · l137ministry.org/teachings/fasting-prayer-guide

L137 Deliverance Ministry International with Pastor Kiki Ocansey, and Dominion Hour with Prophet Prince Amo David. Every scripture is printed in full from the King James Version. This guide is not medical advice: speak to your doctor before fasting if you have a health condition or take medication.