STUDY WORKBOOK · L137 TEACHING LIBRARY

Fasting & Prayer Guide

Fast with purpose. Pray with power.

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

LEARN

Check your understanding

Choose an answer to see the explanation. For the others, think it through, then show the answer.

QUIZ

Twelve questions

01 Multiple choice

Who asked her people to fast three days, neither eating nor drinking, before she went in to the king?

A Ruth

B Esther

C Anna

D Deborah

02 True or false

In the Bible, the Hebrew and Greek words for fasting both mean going without food.

A True

B False

03 Multiple choice

During his three-week fast, what did Daniel go without?

A Water and bread

B Pleasant bread, flesh and wine

C All food and water

D Only meat

04 Fill in the blank

Complete Isaiah 58:6: “Is not this the fast that I have _____?”

05 Multiple choice

According to Jesus, how should you look when you fast?

A Sad, so people pray for you

B Anoint your head and wash your face

C Wear sackcloth in public

D Tell your friends so they can join

06 Real-life scenario

You want to abstain from intimacy during your fast, but your spouse is not in agreement. What does 1 Corinthians 7:5 teach?

A Abstain anyway; God comes first

B Abstain only by mutual consent, for a set time, then come together again

C Married people cannot fast

D Stop the fast completely

07 True or false

If you have enough faith, an absolute fast with no water can safely last a week.

A True

B False

08 Put in order

Put these steps for breaking a longer fast in the right order.

- Small portions of soup, yogurt and soft fruit
- Small glass of diluted fruit juice
- Return to normal meals gradually
- Juices and clear broth for a day or more
- Cooked vegetables and small meals

09 Real-life scenario

A friend with diabetes who takes insulin wants to begin a 3-day water fast tomorrow. What is the wise counsel?

A Go ahead; God will protect you

B Stop insulin during the fast

C Speak to a doctor first and choose a safe fast together

D Fast only at night

10 Multiple choice

The Didache, an early Christian teaching, told believers to fast on which days?

A Monday and Thursday

B Wednesday and Friday

C Saturday and Sunday

D Every day of the week

11 Real-life scenario

On day two of your fast you have a pounding headache. You normally drink three cups of coffee a day. What is most likely happening?

A A spiritual attack only

B Caffeine withdrawal

C You must break the fast immediately

D Fasting is not for you

12 Fill in the blank

Complete Matthew 4:4: “Man shall not live by _____ alone.”

ANSWER KEY

Answers and explanations

Try the questions first, then check your answers here.

01 Multiple choice

Answer: B. Esther

Esther 4:16. Esther called an absolute fast before risking her life to plead for her people.

> **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."

02 True or false

Answer: A. True

True. Tsom (Hebrew) and nesteuo (Greek) both mean to abstain from food. Setting aside other things is a good discipline, but biblical fasting refers to food.

03 Multiple choice

Answer: B. Pleasant bread, flesh and wine

Daniel 10:3: "I ate no pleasant bread, neither came flesh nor wine in my mouth."

> **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."

04 Fill in the blank

Answer: chosen

"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?"

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?"

05 Multiple choice

Answer: B. Anoint your head and wash your face

Matthew 6:17-18. Jesus teaches us to look normal so that the fast is seen by the Father in secret.

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."

06 Real-life scenario

Answer: B. Abstain only by mutual consent, for a set time, then come together again

Paul says "except it be with consent for a time." Abstaining without your spouse's agreement is called defrauding. You can still fast from food.

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."

07 True or false

Answer: B. False

False. Moses and Elijah's forty-day fasts were supernatural. Never go without water for more than three days.

08 Put in order

Answer: Small glass of diluted fruit juice → Juices and clear broth for a day or more → Small portions of soup, yogurt and soft fruit → Cooked vegetables and small meals → Return to normal meals gradually

Break a fast gently. Cru advises continuing with juices for a day or more, then introducing small amounts of easily digested foods.

09 Real-life scenario

Answer: C. Speak to a doctor first and choose a safe fast together

People on insulin are at immediate risk of low blood sugar when fasting. Never stop medication without a doctor. A Daniel fast or setting aside a habit, with extra prayer, may be a better choice.

10 Multiple choice

Answer: B. Wednesday and Friday

Wednesday and Friday. The early church kept a weekly rhythm of fasting.

11 Real-life scenario

Answer: B. Caffeine withdrawal

Caffeine withdrawal usually starts 12 to 24 hours after the last cup and peaks within one to two days. Drink water, rest, and next time taper down before you begin. See a doctor if you are concerned.

12 Fill in the blank

Answer: bread

"...but by every word that proceedeth out of the mouth of God."

> **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.”**

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

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