

PRAYER SEVEN DAYS OF FASTING

Fasting Guide

Why Fast?

- Fasting is a biblical way to honor and humble yourself before God (Ps. 35:13).
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and life transformation (Joel 2:12-13).
- Fasting allows the Holy Spirit to quicken the Word of God in your heart, and His truths and promises to become realities in your life (Isaiah 58:6-9).
- Fasting transforms your prayer life into a richer and more personal experience, resulting in personal revival (Rev 3:20-21).
- Fasting expresses sacrificial devotion and reminds us God is the source of our strength (Isaiah 40:29).

Types of Fasts

- Complete food fast – no food
- Partial food fast- refraining from select foods (ex. Liquids only, fasting certain types of foods, fasting certain times throughout the day, etc.)
- Meal Fast- fasting certain meals each day
- Non-food fasts- fasting social media, TV, phones, news, tech, etc....

How to Fast

- Ask God about the sacrificial type and duration of your fast.
- Spend time with God in place of meals, media, tech, etc....
- Use the time to pray, read God's Word, worship, journal, serving others, etc.
- Seek God's face

- Intentionally commune with God each day and enjoy His presence during your weakness
- Reflect on Jesus and converse with Him each day as a friend