



Fasting & Prayer Guidelines

According to the Bible, there are three duties of every Christian: give, pray and fast. **Biblical fasting** takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

WHAT AM I EXPECTING FROM GOD DURING THIS TIME?



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BIBLICAL FASTING FOCUS

1 TIMOTHY 2:1-2 *"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."*

MATTHEW 6:33 *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*

ISAIAH 58:6 *"[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?"*

Be Specific: We want to encourage you to target your prayers during the fast. The specific areas we will be focusing on together are leadership, a deeper level of devotion to God and wisdom. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation. We need God's direction concerning the ministry and our location and we certainly desire to have a deeper level of commitment to God and the advancement of His Kingdom.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer.

Be Committed: Remember that it is the attitude of a heart sincerely seeking God to which He responds with a blessing. (Dan. 1:8, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!



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Types of Fasts:

Most Common:

Full Fast or Total Fast (Matthew 4:2) Drink only liquids (you establish the number of days). Before embarking on His ministry, Jesus went without food for forty days and forty nights. The Bible specifies that His fast was day and night to differentiate between those in Middle Eastern culture who fast during the day but feast at night.

A Total Fast is one way to seek God's face.

The Daniel Fast (Daniel 1) Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

When Daniel and his three friends were taken as captives to Babylon, they chose a vegetarian diet rather than to eat unclean meats. God gave all four of these young men knowledge and understanding. Daniel, however, was gifted with the ability to understand visions and dreams.

A Daniel Fast is for those who crave skill, wisdom and are making a spiritual commitment to God.

3-Day Fast This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting — a Full Fast, Daniel Fast or give up at least one item of food.

Other Types of Fasts:

Adam and Eve Fast (Genesis 2 and 3)

Perfect world, perfect man, perfect woman, perfect communication with God — everything was perfect — yet they were put on a diet! As a test of their obedience and love for God, they were told to refrain from eating the fruit of one tree. They didn't.

An Adam and Eve Fast is giving up one craved item of food — perhaps chocolate — out of a desire for closer communion with God.

Manna Fast (Exodus 16)

In the wilderness, the Israelites were sent manna (literally translated: "What is it?") or a bread from heaven that is described as tasting like honey flavored with coriander, sort of like vanilla wafers. The Lord was testing to see if the Israelites would follow His instructions — an important lesson to learn if they planned to conquer the Promised Land. The Israelites griped a lot about the manna. It seems they had a taste for something meaty with garlic and onions (Numbers 11:5).

A Manna Fast is giving up all foods except one — perhaps brown rice — to break with your past and hear His direction for your future.



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Kosher Fast (**Leviticus 11**)

There are many regulations associated with a kosher diet, much of which has to do with clean and unclean animals, food combinations, and how animals are slaughtered. God said He proscribed the kosher diet to set the Jews apart “to be holy because I am holy” (vs. 44).

A Kosher Fast is one way to demonstrate that an individual is set apart and belongs to God.

Scripture References for Fasting:

1 Kings 28:9	Isaiah 58:4	Matthew 6:16-18
Nehemiah 9:1	Isaiah 58:6	Matthew 6:1
Esther 4:3	Jeremiah 36:6	Mark 2:18
Esther 9:3	Jeremiah 36:9	Mark 2:18
Psalms 35:13	Daniel 10:2-3	Luke 2:37
Psalms 109:24	Joel 2:12	Acts 13:2
Isaiah 58:3	Matthew 4:2	Acts 14:23

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18	Nehemiah 1:4	Luke 2:37
Isaiah 41:10	Daniel 9:1-23	Joel 2:12
Acts 10:30, 13:2	Galatians 2:30	Ephesians 5:18
1 Corinthians 12:4-6	Galatians 5:22-23	Ephesians 6:10-11

Corporate Fasting:

1 Samuel 7:5-6	Ezra 8:21-23	Nehemiah 9:1-3
Joel 2:15-16	Jonah 3:5-10	Acts 27:33-37



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

Preparing Spiritually Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires and bad habits that try to hinder you (Romans 12:1-2, 1 Cor. 6:19-20). Children, make a commitment to honor, respect, and obey your parents (Eph. 6:1-3).

Deciding What to Fast The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. ***Remember to replace that time with prayer and Bible study.***

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

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

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



Fasting & Prayer Guidelines

Foods to include in your diet during the Daniel Fast

Special Note: if you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of this page.

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils, including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.



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Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** and **avoid sugars and chemicals** as much as possible!

Keep a personal journal to capture what God is revealing to you during this time and track the prayers that are answered. It will be a blessing to you now and in the future.