

FASTING & PRAYER GUIDE



CHAMPION LIFE CENTRE

PURPOSE

The Bible teaches us to fast and pray. It gives us examples of people who committed to fast in various ways and saw powerful results. Jesus Himself fasted and prayed, and so did Christ's disciples after His resurrection.

THREE COMMON BIBLICAL REASONS FOR FASTING:

1. For spiritual renewal, direction and/or revelation
2. For healing
3. For deliverance

BIBLE VERSES ON PRAYER AND FASTING

- 2 Chronicles 7:14
- Daniel 9:3-5
- Joel 2:12
- Exodus 34:28
- Jonah 3:5-9
- Ezra 8:21-23
- Acts 13:3
- Isaiah 58:3-7
- 2 Samuel 1:12
- Daniel 10:3
- Esther 4:16
- Luke 2:37

PREPARATION

STEP 1 - SET YOUR OBJECTIVES

Write down your personal and corporate (your church/campus) main prayer points.

STEP 2 - MAKE YOUR COMMITMENT

Pray about the kind of fast you should undertake and make a commitment to do it. God's grace empowers us as we commit to obey Him in prayer and fasting.

TYPES OF FASTING

The following types of fast are commonly found in the Bible:

1. Sunrise to Sunset fast (Judges 20:26)
2. 3-Day Fasting of both food and water (Esther 4:16, Acts 9:9)
3. Water fast, no food (1 Sam. 31:13, Acts 27:33-34)
4. Daniel fast --- Fruits, vegetables, nuts, and water ONLY (Daniel 10:3) OR vegetables and water only (Daniel 1:12)

Making a commitment ahead of time will help you sustain your fast when physical temptations and pressures tempt you to abandon it.

STEP 3 - PREPARE YOURSELF SPIRITUALLY

The very foundation of prayer and fasting is repentance. Unconfessed sin will hinder your prayers. So how do we prepare spiritually?

1. Confess every sin and accept God's forgiveness and cleansing
1 John 1:9
2. Seek forgiveness from those you have offended and forgive all who have hurt you.
Luke 17:3-4
3. Ask God to fill you with His Holy Spirit according to His command and Promise.
Eph. 5:18
4. Meditate on God's attributes and allow the Father's love to increase in you while refraining from worldly pleasures.
1 John 2:15
5. Begin your time of prayer and fasting with an expectant heart.
Hebrews 11:6
6. Do not underestimate the spiritual opposition you will face as you pray and fast.
Luke 4:1-13

STEP 4 – PREPARE AND SUSTAIN YOURSELF PHYSICALLY

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should **NOT** fast without specific physical preparation. So how do we prepare and sustain our bodies to go on a fast?

1. Consult your healthcare providers before committing to fast if you have pre-existing conditions.
2. Gradually ease into your fast by eating smaller meals days before you start.
3. Avoid fatty and sugary foods.
4. Eat raw fruit and vegetables at least two (2) days before a fast.
5. Rest as much as your schedule permits during your fast.
6. Drink lots of water.
7. Avoid strong stimulants (i.e. caffeine) and sugary foods during your fast. Soy protein drinks have also been known to cause health issues during a fast.

What physical effects should you expect?

1. **Hunger Pangs:** These are greatest usually during the first three days of the fast.
2. **Headaches or stomach aches** may be a result of salt, sugar, or caffeine withdrawal. They can also be symptoms of detoxification as our body detoxifies during a fast.

STEP 5 – PUT YOURSELF ON A SCHEDULE

To get the most spiritual benefits from your time of prayer and fasting, make sure to set a definite time alone with the Lord.

Make it your “appointment with God” where you can meditate on His word, receive from His heart, and pray for all your personal and corporate prayer points.

STEP 6 – EXPECT RESULTS

Praying and fasting in the spirit and attitude of humility and brokenness will heighten your awareness of God’s presence and cause you to gain fresh spiritual insights from His word.

COMPLETION

STEP 1 – GRADUALLY END YOUR FAST

Just as it is medically wise to gradually ease into the start of your fast, you must also gradually end your fast.

- Tip # 1: Avoid feasting right after an extended fast (3 days or more)
- Tip # 2: Take smaller meals as you gradually ease back into your regular eating routine/patterns
- Tip # 3: Break extended water fasts by starting with low-acidic fruits or fruit juices and steamed vegetables

STEP 2 – RECORD TESTIMONIES & INSIGHTS FROM THE LORD

Keep a prayer journal as you pray and fast. Expect to hear from God through His Word, dreams, and visions.

Write down these impressions as well as any answered prayers or testimonies.

Keep an eye out for any specific instructions or direction the Lord is showing you and share them with your spiritual leader(s) for accountability.

REFERENCES/SOURCES

Much of the information in this guide can be found on various online resources:

1. [Greater New Hope Church & Ministries – 7 Basic Steps to Prayer & Fasting](#)
2. [Cru – Your Guide to Prayer and Fasting](#)
3. [International House of Prayer – Fasting Guidelines & Information](#)