



# **PRAYER & FASTING**

# THE ATTITUDE OF FASTING

Fasting is to be done in a spirit of humility and joyful attitude. Read Matthew 6: 16 – 18

Don't appear downcast when you fast or boast about how long the fast has been. Fasting is not for show but to suppress your flesh and build your inner man.

Spend as much time in prayer, reading the Word and meditation as possible. It is important to draw greatly on the strength of the Lord during your fast.

- Let the scripture speak – give adequate time to reading and meditating on the scriptures.
- Make time – set aside time to be still and quiet, unhurried by busy schedules.
- Write it down – learn to journal what you read, what you hear, what you think, what you feel.
- Praise God – use this time to sing or listen to praise and worship music to set your heart on God.
- Give specific time to pray. Fasting alone can be a diet – fasting and prayer brings God into the equation.

## WHY SHOULD WE FAST?

- The purpose of fasting should be to take your eyes off the things of this world, and instead focus on God.
- Fasting is a way to demonstrate to God, and to yourself, that you are serious about your relationship with Him.
- Fasting helps you to gain a new perspective and a renewed reliance upon God.

## FASTING ALSO ALLOWS FOR:

- Our (personal and congregational) season of GROWTH
- To grow DEEPER in God
- To grow HIGHER in stature and visibility
- To grow WIDER in influence and ministry
- To grow STRONGER in Jesus Christ
- To HONOUR AND SERVE GOD with prayer and fasting (Luke 2:37; Acts 13:1-3)
- Fasting with the right attitude – Mourn and repent over the state or our country and nation (Is 58:3-12; 2 Chron 7:14; Neh 1:4; Ps 69:11)
- Emphasize our plea and seriousness for revival before the Lord for myself and the congregation (Dan 9:20; Ezra 8:23; Judges 20; Neh 1:4-11)

*“The tendency of fire is to go out; watch the fire on the altar of your heart. Anyone who has tended a fireplace knows that it needs to be stirred up occasionally.” ~*

*William Booth*

## WHAT DO I HAVE TO FAST FROM?

Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Example: Follow the Daniel Fast. Anything you can temporarily give up in order to better focus on God can be considered a fast. Read 1 Corinthians 7:1-5

Some may not be able to fast from food (diabetics for example), but everyone can temporarily give up something in order to focus on God. Example: Follow the Daniel Fast.

## WHAT IS A DANIEL'S FAST?

The concept of a Daniel fast comes from Daniel 1: 8-14. A Daniel fast, with vegetables and water, is good for those carrying a heavy workload.

- Daniel fast is eating only fruits and vegetables for a certain amount of time, abstaining from meat products - sugar, fatty foods, white flour and products containing any of the above.
- We read of Daniel's fast of twenty-one days in Daniel 10: 2 - 3 "I ate no pleasant bread; neither came flesh nor wine in my mouth...."
- Then in the twelfth verse we read of an angel saying this about Daniel: "...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."
- Daniel's prayer, backed up by the power of fasting, was answered.

## FOODS TO EAT:

Include fruits and vegetables, Brown Rice, Oats, Barley, Dried Beans, Pinto Beans, Split Beans, Lentils, Peas, Seeds like nuts, Sprouts, Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All-Natural Vegetable Juices.

# WHAT IS A WATER FAST?

A water fast is when the believer only consumes water for the duration of the fast. It is important that you consume plenty of water as you will experience a drop in stamina and energy so it is important that you do not over exert yourself. Water fasts are recommended if the believer does not carry a heavy workload and can spend enough time in prayer and resting in God's presence.

## GUIDELINES FOR FULFILLING A SUCCESSFUL FAST:

- As a precautionary measure, if you take medication or have a health condition, check with your doctor before beginning your first fast.
- Eat mainly raw foods and drink plenty of water for a few meals before you begin your fast. Decrease the size and frequency of meals before beginning your fast, especially a prolonged fast.
- Determine in advance what kind of fast you will undertake, e.g., water only, water and juice, Daniel fast or total abstinence etc.
- Water-and-juice fasts can help you accomplish the spiritual and physical purposes of the fast, while at the same time they help you to maintain your energy level and your health.
- Avoid chewing gum during the fast. Chewing activates the digestive processes.
- Days two through four of the fast are often the most challenging.
- When drinking juice on a fast, non-sweetened and non-acidic juices seem best. Tomato and orange juice are hard on the stomach, unless greatly diluted.
- You may need to restrict some of your physical activity during the fast, especially rigorous exercise.

*We pray that God may reveal and resurrect the dreams and plans He has for you over this special time of Fasting & Prayer.*

