

# Fast<sup>and</sup> Pray

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First, decide what you want to fast from and for how long. Some tips on how to do that are included below. Then, use this booklet for your daily devotions for 21 days, beginning January 5th. Consider journaling each day as well.

## About Fasting

There are examples of fasting throughout Scripture. Anna fasted and prayed at the temple and discerned the identity of Jesus when He was presented by Mary and Joseph (Luke 2:36-38). The Book of Acts records disciples fasting as a means of receiving direction from the Holy Spirit (Acts 13:1-3). Paul and Barnabas also employed prayer and fasting when they appointed elders for the churches in their care (Acts 14:23).

Fasting is meant to sharpen our spiritual sensitivity. It should never be a means of drawing attention to ourselves, or a way to manipulate God. A fast should always be done with a sincere heart, so that the time we gain by not eating a meal, or by giving something else up, can then be devoted to prayer.

## A Practical Approach

Most people will fast from foods or liquids other than water for a given period of time. However, you can also abstain from something else, like social media. Other options might include streaming shows, podcasts, watching sports, or playing video games. If you want to fast from eating but have a medical condition that could make that unsafe, check with your healthcare provider before starting. Here's how to start: decide what you're abstaining from, and make a note of it below if you like. Also, commit to the length of time for your fast.

I've decided to fast from \_\_\_\_\_

\_\_\_\_\_

for \_\_\_\_\_ days.

## Diving Deeper

Check out the [links here](#) if you want to [dive deeper into prayer and fasting](#), as well as [how the Holy Spirit helps us pray](#). Want more? Find other helpful resources on [prayer, fasting and the Holy Spirit](#), including [resources for kids](#).