

Fasting Guidance

For those led to Fast

We proclaim a fast from food to prepare our hearts before the Lord; the journey we are partaking is very important to the Kingdom of God. Please encourage each other during this fast as the Holy Spirit leads you. Your input helps others and keeps the body united in faith. I have listed several items below to help you as you partake this fast.

God Bless you in advance for your willingness to be used by Him. Both the Old Testament and New Testament teach the value of fasting, which is abstaining from food or drink to focus on prayer and seeking God's Will. Through many examples of people in the Bible who fasted, we can know that God grants supernatural revelation and wisdom through this practice. Scripture tells us that fasting will help us grow a more intimate relationship with Christ and will open our eyes to what He wants to teach us.

If you are wondering how to fast such as for how long, what to abstain from, and what to pray, these **Bible verses about fasting** will help guide you on your journey!

Joel 2:12-13 – ¹²“Now, therefore,” says the Lord, “Turn to Me with all your heart, With fasting, with weeping, and with mourning.” ¹³So rend your heart, and not your garments; Return to the Lord your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm.

Acts 13:2 – ²As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.”

Esther 4:16 – ¹⁶“Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”

Matthew 6:16-18 – ¹⁶“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Isaiah 58: 3-7 – ³“Why have we fasted,’ they say, ‘and You have not seen? Why have we afflicted our souls, and You take no notice? “In fact, in the day of your fast you find pleasure, And exploit all your laborers. ⁴Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. ⁵Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the Lord? ⁶“Is this not the fast that I

Fasting Guidance

have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? ⁷Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?

“Without a purpose and plan, it’s not Christian fasting; it’s just going hungry.”

Christian Fasting - What is it?

What is Christian fasting? Biblically, fasting is abstaining from food, drink, sleep, sex, or something that your flesh desires to focus on a period of spiritual growth. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life.

FASTING KEYS:

Pray - This is the #1 thing to help your fast. You can do much more with God than without Him. Jesus can give you POWER and Strength to help you have a successful fast. [Philippians 4:13](#) says, “I can do all things through Christ which strengthened me.”

Read the Bible – Start by reading the Gospels - Matthew, Mark, Luke, and John. You will really be encouraged and inspired. The New Testament has so many practical and encouraging verses to apply to your life. The Bible is your “spiritual food” during fasting. As you read and “feed” on God’s word, revelation from the Holy Spirit will begin to flood your mind. [Psalms 119:103](#) says, “How sweet are Your words to my taste, Sweeter than honey to my mouth!” Your life will totally change if you read through the entire Bible. It only takes 20 minutes per day to do this.

Associate with positive, faith-filled people - who will encourage you during your fast. Do not associate with people or in places that will drag you down, take away your faith, or tempt you with eating. It is wise to stay away from things like church dinners or restaurants. If some friends or church members are fasting with you, support and encourage them. However, you must determine that you will succeed with your fast whether anyone else does or not. Jesus will strengthen you!

Yield your will to God’s Will – God will be speaking to you throughout your fast. It is important to lay aside anything that God reveals to you that is separating you from His will. Give all to God - Your time, money, goals, dreams, vision, and purpose. Get in unity with God! Be empowered and guided by Holy Spirit. Do not grieve Holy Spirit. [Matthew 6:33](#) says, “But seek first the kingdom of God and his righteousness, and all these things shall be added to you.”

Fasting Guidance

Expect Blessings – Keep a PEN AND PAPER both with you and by your bed. Write down the revelations and dreams that God gives you. Remember, one good revelation from God can change your life forever. God wants to bless you. Have Faith & Belief for Miracles! Keep a great positive Attitude! When you crucify your flesh with fasting, spiritual blessings will overflow in your life!!

Receive Your Blessings – Open up and receive the many ways that God wants to bless you and give you Favor! During Your Fast, God will begin pouring out many blessings in all areas of your life.

Speak Victory – Affirm and Confess God's Words, over all other opinions or circumstances! Speak and Believe God's many Bible Promises to bless your life!

PREPARATION - A few days before your fast, and at least a few days after your fast, eat and drink very healthy.

DRINK WATER - Take your weight and divide by 2. This is the absolute minimum # of ounces of liquid you should drink every day. Purified water is the most cleansing of all drinks. Have a definite plan to keep track of the ounces you drink. If you are doing a juice fast, you can also supplement your water with 100% pure vegetable or fruit juice (freshly squeezed is best), herbal tea, vegetable broth, and 100% pure.

RELAX AND LISTEN TO GOD – Get plenty of rest and sleep – Do not overdue yourself physically. Get away from the hustle and rat race of life and get alone with God. Go for walks, take a relaxing bath, relax in a swimming pool, go fishing, etc. Get quiet so you can listen to God.

INCREASE POSITIVE OR SPIRITUAL INPUT – Listen to Positive Prayer CD's, Christian Affirmations, and Verses of Victory. Listen and sing Praise and Worship Music. Read the Bible, watch Christian TV, etc.). Your spirit becomes extremely open during your fast. Strengthening your Spirit will allow you to hear God's voice clearer.

DECREASE NEGATIVE OR WORLDLY INPUT - (secular movies, video games, secular TV or radio, negative association, etc.). Worldly input especially weakens you when fasting. Feeding your flesh makes your flesh stronger. A strong flesh could cause you to quit your fast. Deny your fleshly desires and shut off worldly distractions. Your victories will come as your spirit is stronger than your flesh!

ELIMINATION - The Standard American Diet (SAD) is filled with processed food, chemicals, and toxins. These toxins lead to heart disease, cancer, premature aging, and many other diseases and sicknesses. During your fast, your body will begin to totally cleanse itself of these poisonous toxins and bad cells. Bad breath, headaches, and tiredness are all signs that your body is cleansing and healing itself. It is important to expedite this elimination with a daily shower or bath, a dry brush massage, and

Fasting Guidance

regularly going to the bathroom. As the poison and other bad cells leave your body, you will feel better, feel younger, and look better than ever!

FAST IN SECRET - Jesus said in [Matthew 6:18](#), "so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret, will reward you openly." Your fast is mostly between you and God, so you should tell very few or no people (unless you are doing a corporate fast with other faith filled Christians). You can encourage more people and give your testimony of what Jesus did for you AFTER you break your fast. It is especially important to not tell people who have low faith and high negativity that you are fasting. They will likely discourage you. If you hear too much negativity and discouragement, it will increase your chances of quitting your fast. Always keep a positive environment during your fast.

GIVE ALL THE GLORY TO GOD! - Never become proud because you are fasting. Always give all the Praise, honor and glory to Jesus in all that you do!