

A close-up photograph of a person's hands holding an open, thick, brown leather-bound Bible. The Bible is resting on a rustic, weathered wooden surface. The person is wearing a light blue button-down shirt. The background is softly blurred, showing the person's torso and arms. The overall mood is serene and focused.

GUIDE TO FASTING

Seeking the heart of God

TABLE OF CONTENTS

What is Fasting? // p. 2

Fasting's Purpose // p. 3

How to Fast & How to Pray // p. 4

Types of Fasting // p. 5

How to Begin Your Fast // p. 6-7



A GUIDE TO FASTING

How good and how pleasant it is for brothers and sisters to come together in unity. When we get together in community and synergize, God will bring His blessing. As we enter this time of consecration, fasting and praying for the will of God to be done, we can expect to reap the benefits and promises that our obedience to His Word produces. Such as doors opening, miraculous provision, favour, healing and supernatural breakthrough. Let's shift into High gear and let us pursue our amazing Saviour Jesus. And let's see Center Point move through PEI square by square.

WHAT IS FASTING?

Fasting is intentionally abstaining from food (not fluids) for spiritual purposes; it is humbling your soul (Reference- Psalm 35:13, Matthew 23:12). Fasting brings you into a deeper, more intimate and powerful relationship with Jesus.

Fasting is an act of humility before God to seek His divine intervention in the events of our physical world.

It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a most unusual, powerful way.

It transforms prayer into a richer, more personal experience and draws you closer to God (James 4:8).



FASTING'S PURPOSE

TO SEEK ANSWERS FROM GOD

Ezra 8:21 & 23 NLT "21 And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. 23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer"

TO PRAY ON BEHALF OF OTHERS

Ezekiel 22:30 NLT "30 I looked for someone who might rebuild the wall of righteousness that guards the land. I searched for someone to stand in the gap in the wall so I wouldn't have to destroy the land, but I found no one."

TO BREAKTHROUGH IN DIFFICULT SITUATIONS

Isaiah 58:6-8 NLT "6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the lord will protect you from behind."

HOW TO FAST

DISCREETLY

(Matthew 6:17-18 NLT) "17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

WITH FAITH

(Hebrews 11:6 NLT) "6 And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

HOW TO PRAY

BY FAITH WITH EXPECTATION

(Mark 11:22-24)

USING THE WORD

(Isaiah 55:6-11, Hebrews 4:12)

IN THE SPIRIT

(Romans 8:26-27)

IN AGREEMENT

(Matthew 18:19)

CONTINUOUSLY

(1 Thessalonians 5:17)

PRAY WITH POWER AND AUTHORITY

(Matthew 10:1, Luke 10:19, Ephesians 2:6, Matthew 16:19)



TYPES OF FASTING

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.



COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, or have health issues. An example of a soul fast, could be that you might choose to stop using social media or watch television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

How to Begin Your Fast: Steps 1-4

Dr. Bill Bright

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

Step 1: Set an Objective for Your Fast

Why are you fasting? Is it for spiritual renewal? For guidance? For healing? For the resolution of problems? For special grace to handle a difficult situation? Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Step 2: Commit to Your Fast

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14-15). For Him, it was a matter of when, not if, believers would fast. Before you fast, decide the following:

- How long you will fast — one meal, one day, a week, several weeks, forty days? (Start slowly and build up to longer fasts.)
- The type of fast God wants you to undertake, such as water only or water and juices, as well as what kinds of juices you will drink and how often.
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God's Word.

Making these commitments ahead of time, write them down and share them with someone you trust. This helps you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

Step 3: Prepare Yourself Spiritually

The foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit reminds you of and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from anyone you have offended and forgive anyone who has hurt you (Mark 11:25; Luke 11:4; 17:3-4).
- Make amends with people as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord and Master and refuse to obey your worldly nature (Romans 12:1-2).
- Meditate on the attributes of God — His love, sovereignty, power, wisdom, faithfulness, grace, compassion and other qualities (Psalm 48:9-10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16-17).

Step 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so you can turn your full attention to the Lord in prayer. Remember the following:

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruits and vegetables for two days before starting a fast.