



# GUIDE TO FASTING

**T**he word of God says, “If my people who are called by my name, would humble themselves and prayer and seek my face and turn from their wicked ways, then will I hear from heaven, forgive their sin, and heal their land.” As we enter this time of consecration, fasting and praying for the will of God to be done, interrupting the dulling effects of life’s routines, we can expect great change in our lives. (Isaiah 43:18-19) God will do a new thing in us, for us and through us. If we will slow down, seek His face and take the time to regain a sharpness in the Spirit, it will prepare the way for us to accomplish His will through the power of the Holy Spirit.

## I. WHAT IS FASTING?

- A.** 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 the Lord.
- B.** Fasting is an act of humility before God to seek His divine intervention in the events of our physical world.
- C.** 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.
- D.** It transforms prayer into a richer, more personal experience and draws you closer to God (*Reference James 4:8*)

## II. PURPOSE FOR FASTING (*Ezra 8:21 & 23*)

### 1. TO SEEK ANSWERS FROM GOD

#### **A.** 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”

#### **B.** 1 John 5:14-15 NIV

“**14** This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. **15** And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

### 2. TO PRAY ON BEHALF OF OTHERS

#### **A.** Ezekiel 22:30 NLT

“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.”

#### **B.** Philippians 2:4 NLT

Don’t look out only for your own interests, but take an interest in others, too.

### 3. TO BREAKTHROUGH IN DIFFICULT SITUATIONS

#### **A.** Isaiah 58:6-8 NLT

“No, this is the kind of fasting I want:

Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. 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. 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.”

**B. Matthew 17:21 KJV**

“Howbeit this kind goeth not out but by prayer and fasting.”

### III. DANIEL'S FAST

#### 1. FOODS TO EAT

All Fruits (*fresh/raw, frozen, dried, juiced or canned in their own juice, not syrup!*)

All Veggies (*Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc.*) (*fresh/raw, frozen, dried or canned*)

Whole Grains (*Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.*)

Other Natural Foods (*Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar*)

Sweeteners (*Stevia, Equal, Splenda, Agave Nectar*)

#### 1. FOODS TO AVOID!

Meat (*including poultry & seafood*)

White Rice/White Flour (*No Bread*)

Fried Foods

Caffeine & Caffeinated Beverages

Sugar & Artificial Sweeteners

Dairy Products (*butter, milk, eggs, etc*)

### IV. HOW TO FAST

#### 1. DISCREETLY (*Matthew 6:17-18 NLT*)

*“But when you fast, comb your hair and wash your face. 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.”*

#### 2. WITH FAITH (*Hebrews 11:6 NLT*)

*“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.”*

### V. HOW TO PRAY

**A.** By faith with expectation (*Mark 11:22-24*)

**B.** Using the Word (*Isaiah 55:6-11, Hebrews 4:12*)

**C.** In the Spirit (*Romans 8:26-27*)

**D.** In Agreement (*Matthew 18:19*)

**E.** Continuously (*1 Thessalonians 5:17*)

**F.** Pray with power and authority (*Matthew 10:1, Luke 10:19, Ephesians 2:6, Matthew 16:19*)

## VI. PRAYER FOCUS

### **MONDAY, JANUARY 8**

Guidance, wisdom, pure motivation, & strength for 2018

### **TUESDAY, JANUARY 9**

Fresh revelation from God's Word

### **WEDNESDAY, JANUARY 10**

Revival & an awakening

### **THURSDAY, JANUARY 11**

Direction & order in our lives

### **FRIDAY, JANUARY 12**

1. Wisdom for parents to teach & train children
2. The next generation
3. Education

### **SATURDAY, JANUARY 13**

TC pastors, staff, volunteers & partners' families

### **SUNDAY, JANUARY 14**

Miracles, signs, & wonders

### **MONDAY, JANUARY 15**

1. Peace in Jerusalem & Middle East
2. Divine protection
3. Our nation & government leaders

### **TUESDAY, JANUARY 16**

1. Financial favor
2. Economic development in our community
3. Heart for the Kingdom
4. The Spirit of Generosity

### **WEDNESDAY, JANUARY 17**

Spiritual Warfare

### **THURSDAY, JANUARY 18**

To embrace & operate in the gifts/talents

### **FRIDAY, JANUARY 19**

1. Salvation of the Lost
2. Community outreach

### **SATURDAY, JANUARY 20**

Healing & restoration  
(physical, emotional, relational, etc.)

### **SUNDAY, JANUARY 21**

Unity (church, community, city, etc.)

### **MONDAY, JANUARY 22**

Fruits of the Spirit manifested

### **TUESDAY, JANUARY 23**

Healthy & happy marriages

### **WEDNESDAY, JANUARY 24**

Spiritual sensitivity & discernment

### **THURSDAY, JANUARY 25**

Political leaders (city, state, & national)

### **FRIDAY, JANUARY 26**

Singles (Contentment / Purity)

### **SATURDAY, JANUARY 27**

Success of businesses

### **SUNDAY, JANUARY 28**

1. Vision of TC
2. Riverside Campus

If you have further questions regarding prayer and fasting, please contact our Prayer Pastors, Tommy & Brenda Todd at **918-582-3580 (ext. 202.)**