



CONNECTION POINT CHURCH

# FASTING GUIDE



*But the days will come when the  
Bridegroom will be taken away from them,  
and then they will fast.*

MATTHEW 9:15

God created our physical bodies to need fuel in order to operate and He gave us hunger to show us when our body needs this fuel. So why would we choose to go without food for a fast?

In fasting, we take away one of the things that we think are our strength. In a fast, our bodies are weak and hungry, but our spirit is more sensitive to the Holy Spirit. As we experience weakness in our flesh, we are strengthened in our spirit.

God invites us to fast because He wants us to want more of Him. We can still be saved and go to Heaven without ever fasting, but when we say yes to this weakness, God uses our response as a doorway to bring us into greater measures of encountering His heart.

Often a fear of what fasting will entail is worse than fasting itself. Fasting is more than gritting our teeth and deciding we are going to do something. We must have grace from the Lord to endure fasting.

Jesus taught on the blessedness of hungering to walk in more of what He has for us. He calls us to press into God for the release of righteousness in our personal lives, for others, and

in society. Hunger is one of the most important signs of life - both physically and spiritually.. When someone experiences a lack of hunger for days, doctors begin to question what is wrong in the body. In the same way, lack of hunger is a serious sign of sickness in the spirit. When there is no hunger for more of what God has for us over a sustained period, then there is no life in our spirit.

Many believers live without hunger in their spiritual lives. They do not hunger for the Lord - to be with Him in prayer, to learn from Him in His Word, or to contend for the fullness of His promises. This is a sign of sickness in our spirits.

Fasting allows for us to open the door to hunger. We feel hunger physically, which serves as a reminder to press into the Lord and His fullness for our lives.

*Blessed are those who  
mourn, for they shall be  
comforted...Blessed are  
those who hunger and  
thirst for righteousness, for  
they shall be filled.*

**MATTHEW 5:4, 6**



In Matthew 5 Jesus teaches us how to walk by faith as we pursue loving God with all of our heart and contend for His prophetic promises on the earth. We mourn and hunger for the gap between what is available to us right now in the Spirit and what we are experiencing in our personal life. We also mourn for the fulfillment of God's promises long-term.

In our humanity, we hold the truths of mourning and joy in tension. We rejoice in who we are in Christ and what we are experiencing in God, while we are also aware of how much more there is to experience. We are grateful for all that we experience, but continually seek the Lord for a great measure of what He has for us. We are never content without pressing in with confidence for the fullness of all that He promised. This mourning is a gift to us from the Lord. When we feel the pain of this godly desperation, it causes us to be extreme in reordering our life in how we spend our strength, time, and money - so that we use them to seek God for all that He is willing to give to us.



Only weak people fast and pray. Only those who recognize their need for more of God fast. When we fast, we say to the Lord that we need Him. In this hour of human history, where both darkness and light are rapidly escalating, the prophet Daniel shows us an example of how to respond. The Lord uses prayer and fasting in a catalytic way to shift things in the Spirit - personally and corporately.

Fasting increases our experience of God, allows us to encounter Jesus in our weakness, and helps us to walk in step with the Spirit so that we can move in His leadership during these pressing times. The Lord gives us grace to fast when we do it from a position of seeking His fullness. It is our choice to press into this grace and accept all that He has for us through meeting Him in a fast.

*Not that I have already attained...I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me [the fullness of his calling]...I press toward the goal for the prize of the upward call [the fullness of his calling] of God in Christ Jesus.*

PHILIPPIANS 3:12-14

# WHY FAST?

*Fasting opens the way for the*  
**OUTPOURING OF THE SPIRIT**

*and the*  
**RESTORATION OF GOD'S HOUSE.**

*Fasting in this age of the absent Bridegroom is in*  
**EXPECTATION OF HIS RETURN.**

*Soon there will be the midnight cry,  
'Behold, the Bridegroom! Come out to meet him.'  
It will be too late then to fast and pray.*

**THE TIME IS NOW.**

---

GOD'S CHOSEN FAST, ARTHUR WALLIS



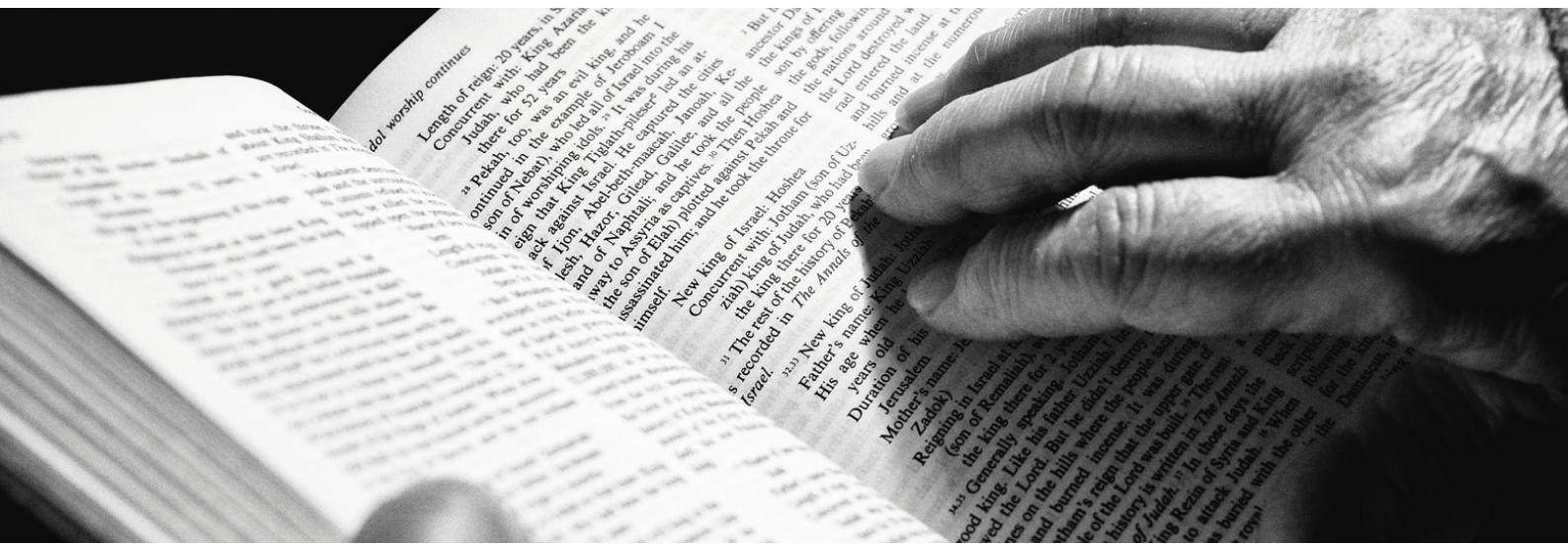


# Fasting is always **VOLUNTARY**

Though spiritual leaders may invite others to join in corporate fasting with a specific goal in mind, and usually for a specific time, fasting can never be forced or made compulsory. In light of this, fasting is not a mandatory requirement to be a Christian, but we do promote and encourage it as a biblically and historically proven means of obtaining God's grace in the context of commitment to prayer and the Word (Joel 2:15).

The level at which a person engages in fasting (particularly food) should be determined according to age, and with regard to any physical limitations. Those with a known or suspected physical disability or illness, or those with any history of an eating disorder, should never fast, except in consultation with, and under the supervision of, a qualified doctor. Pregnant or nursing mothers should not fast food or drink as it could negatively affect the health and development of their baby and their own personal health. Minors are discouraged from fasting food and should never engage in fasting without parental consent and oversight. Minors who desire to fast are encouraged to consider non-food abstentions (e.g., TV, movies, internet surfing, video games, social media, other entertainment) or specific types of food like candy.

While abstaining from all food for extended periods of time is biblical, it was rare and unusual in Scripture (Exodus 34:28; 1 Kings 19:5-8; Luke 4:2). As such, this type of fast should only be undertaken with counsel and supervision. The same standard applies to an absolute fast (Esther fast - no food or water for three days) of any duration (Esther 4:16). The maximum length of an adult fast that is biblically supported is forty days without food, for a male adult in good health, and three days without water. The Bible does not speak of children engaging in fasting food.



# TYPES OF FASTS

## DANIEL FAST

Fasting from rich foods - this fast allows for vegetables, fruits, plant-based fats, whole grains, beans, nuts, seed, and water.

*(Daniel 1:12; Daniel 10:3)*

## SUNRISE TO SUNSET FAST

Fasting all foods from sunrise to sunset - this fast allows for water, juice, or broth during the day.

*(Judges 20:26)*

## JUICE FAST

Fasting from all foods - this fast allows for fruit or vegetable juices. If you have sugar sensitivities or problems (e.g., diabetes), consult your doctor before attempting this (or any) fast.

## WATER-ONLY FAST

A water-only fast - this fast should be undertaken with advice from your medical practitioner.

*(Matthew 4:2-4)*

## TOTAL FAST

A total fast of all food and water - this fast should be discussed with your doctor, church leaders, and trusted family. We do not encourage this fast without specific confirmation from the Lord through your church leadership or family.

*(1 Kings 19:8)*

## ALTERNATIVE FAST

While biblical fasting is going without food, other things (such as media) have become such an all-consuming part of life. In the event that going without food is dangerous or unwise, we can still consecrate ourselves in such a way that abstains from distractions and presses into the Lord.



FASTING IS  
ESSENTIAL  
BECAUSE IT  
ANSWERS  
OUR CRY  
FOR MORE  
OF GOD.

*Dana Candler*

## HOW TO GET YOUR **BODY** READY FOR A FAST

**Any time you drastically change your diet, your body will respond. It's important to prepare your body for the fast to help reduce any ill-effects.**

**You should seek medical advice before a fast if you have any existing medical conditions or concerns. If you are under eighteen years of age, discuss your desire to fast with your parents/guardians as spiritual covering, submission, and unity are important factors when fasting.**

In the days leading into your fast, consuming fresh fruit and raw vegetables, fruit or vegetable juices, and oatmeal can help prevent constipation during and after a fast.

Eat smaller meals a few days prior to the fast.

Avoid high-fat and sugary foods before the fast.

Drink plenty of water. Drinking at least half of your body weight in ounces of water per day is a good rule of thumb, whether you are fasting or not.

It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks.

If you are on a juice fast, drink raw fruit juices such as apple, grape, and pineapple, which are excellent sources of natural sugar to help stabilize blood sugar and keep energy levels up. Monitor juice acidity carefully as it can cause canker sores in the mouth. Raw vegetable juices such as carrot, celery, beet, or green vegetable combinations are excellent as well. Be sure to use juices without added sugar.

Expect some physical discomforts because of the detoxification process, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches, but these are a part of the detoxification process. Physical annoyances may also include weariness, tiredness, nausea, sleepiness, and mood disruptions. Use these as a reminder to press in to the Lord and hear His voice.

# PREPARING FOR FASTING



# HOW TO GET YOUR **HEART** READY FOR A FAST

**We fast and pray in order to humble ourselves and purify our worship. In fasting we are not trying to get something from God, but seeking to realign our hearts' affections with His. Fasting enables us to cleanse the sanctuary of our hearts from every other rival seeking attention aside from God.**

Don't boast about your fast. Only let people know you won't be eating, as necessary (Matthew 6:16-18).

Do the fast with someone else. Two are better than one! We encourage parents and kids to consider fasting together. Several generations fasting together has a powerful impact.

Have a clear target as your prayer focus. Without a vision (a clear, prophetic goal), the people perish. Write down your vision so you can run with it (Habakkuk 2:2).

Take time to pray and read the Word. This may seem obvious, but busyness and distractions can keep you from devotions. Reading books with testimonies of victories gained through fasting will encourage you, too. We have included a list of resources on the back page for you.

Expect to hear God's voice in the Word, dreams, visions, and revelations. Daniel prepared himself to receive revelation through fasting (Daniel 10:1-2). There is biblical evidence of a fasting reward (Matthew 6:18).

Prepare for opposition. On the day of your fast, you can bet that donuts will be at the office. Your spouse or mom will be inspired to cook your favorite meal. Press through. Many times you may feel more tension build in your home. Satan tempted Jesus on the fast (Mark 1:12-13), and we must expect the same. Discouragement may come, but recognize the source and take your stand on the victory of Christ.

If you fail, don't give in to condemnation. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast.

**BREAKTHROUGHS OFTEN COME  
AFTER A FAST, NOT DURING IT.**

*Do not listen to the lie that nothing is happening.*



# WHAT TO DO

Fasting must be more than simply going without food. If we do not engage in Bible reading, prayer, journaling, worship, or other spiritually enriching activities, it is simply starvation and not a pathway for spiritual growth. However, it can be hard to know what to do when all you can think about is food and the lack of it. It is important to go into your fast with a plan, including a Bible reading plan and a prayer focus. This isn't to say that the Holy Spirit will not lead you in a different direction during your fast, you are simply setting your heart before the Lord and being intentional about meeting with Him throughout your fast.

*Christian fasting, at its root,  
is the hunger of a homesickness for God.*

JOHN PIPER

# FEED ON GOD'S WORD

There are many different Bible reading plans that can help you to focus during your fast. Several suggestions are below:

## YOUVERSION READING PLAN

There are many, thematic Bible reading plans on the app, YouVersion (free in your device's app store). You can choose one that fits the focus on your fast or something you are seeking to learn from the Lord during Your fast.

## READ A BOOK OF THE BIBLE

You can choose a book, or a specific passage, in the Bible to focus on. Ask the Lord to open up your eyes to see the wonderful truths and instructions that He has for you in His Word (Psalm 119:18) and to give you new revelation into who He is (Ephesians 1:16-18).

## FIND A BIBLE READING PLAN

There are many focused Bible reading plans that you can find online. These can easily be adapted to fit the length of your fast or help you to develop a daily rhythm of being in the Word.



SO WE  
FASTED AND  
EARNESTLY  
PRAYED THAT  
OUR GOD  
WOULD TAKE  
CARE OF US,  
AND HE  
HEARD OUR  
PRAYER.

*Ezra 8:23*

AS YOU FAST, REMEMBER TO  
REPLACE YOUR NORMAL EATING TIME  
WITH CONNECTING TO GOD.  
THIS IS WHAT MAKES A FAST  
SPIRITUAL AND NOT SIMPLY A DIET.

# PRAYERS THAT STRENGTHEN

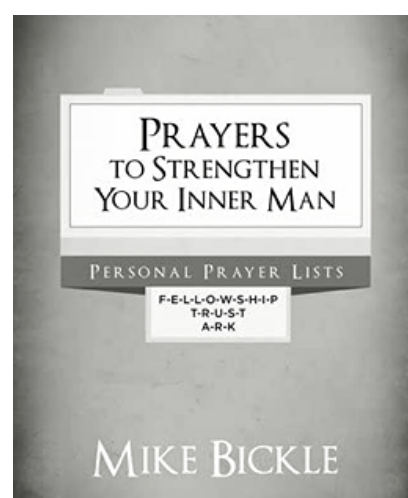
The most important part of our life is our inner man; therefore it really should be our main focus when praying for our personal life. God longs to bless our inner man with strength and might, but He is waiting for us to ask Him. This strength is essential for our hearts - it will help us to walk uprightly before the Lord and to stand against compromise. On the next pages are three prayer lists that will serve as practical tools to help you pray during the fast.

The first prayer list (F-E-L-L-O-W-S-H-I-P) covers ten prayers to receive strength in our inner man; the second list (T-R-U-S-T) offers five small phrases that help when talking with the Spirit. The third list (A-R-K) is to be used when you encounter the descriptions of Jesus that you find in the Bible.

The Bible makes it clear that we must actually speak our request to God. Philippians 4:6 commands us, "In everything by prayer . . . let your requests be made known to God." You can whisper your request, mutter it, or even groan it, but it is not enough to simply think about it without asking.

Many fret and complain about their needs and even talk to others about them, but they don't actually speak them out to the Lord. He is waiting for us to approach Him. He longs to hear our requests and then answer us.

Whether you follow this prayer list to focus on what to pray or not, you still need to establish a schedule that designates when to pray. Scheduling prayer times is essential for establishing a consistent prayer life. Of course, we will not keep our schedule 100 percent of the time, nor are we limited to praying only when we schedule prayer. However, by making prayer part of our planned routine of life, we will pray far more consistently. This prayer list is simply a road map to get you started in your prayer time. Feel free to start with these lists and change it up as the Lord touches you and leads you in different ways.



# PRAYER



## F - E - L - L - O - W - S - H - I - P

The F-E-L-L-O-W-S-H-I-P prayer list is based on Ephesians 3:16, where Paul prayed that the Spirit would strengthen believers with might on the inside. The ten requests in this acronym are based on promises or prayers found in Scripture.

## T - R - U - S - T

The T-R-U-S-T prayer list is an aid in talking to the Holy Spirit. When we talk to Him, He will talk back to us. Often when He “talks,” He does not use words, but gives us impressions and sensitizes our emotions so we can feel His nearness. As we engage in a two-way dialogue with the Spirit, it is essential that we quiet our soul (Psalm 131:2). Our soul is by nature active and turbulent, so it takes effort to quiet ourselves.

## A - R - K

The A-R-K prayer list is an aid in processing the descriptions of Jesus as you come across them. This list was developed as a result of the 30 different descriptions of Jesus in Revelation 1-3. It is not enough to study these descriptions - we must talk to Jesus as we read them. Bible study is most effective when it creates a dialogue between us and the Holy Spirit. In this way, the Spirit will reveal more to us about Jesus. Keeping a journal helps us to capture the truths the Spirit gives us, so it is helpful to write down our thoughts during the dialogue.

*We do not fast to convince the Lord to give us something. We fast to allow our hearts to partake in what the Lord has already made available to us.*

**BENJI NUÑEZ**



# F - E - L - L - O - W - S - H - I - P

## F - FEAR OF GOD

Jeremiah 32:40; Psalm 86:11; Isaiah 11:3; Isaiah 8:13

*Father, release the spirit of the fear of God into my heart. Strike my heart with revelation of Your majesty, that I might live in awe before You. Release Your presence with holy dread that causes my spirit to tremble before Your glorious majesty. Unite my heart to Your heart and Word, and cause me to delight in the fear of God.*

## E - ENDURANCE

Colossians 1:11; 2 Thessalonians 3:5; John 2:17

*Father, strengthen my inner man with endurance, that I may do Your will with zeal and diligence, and not quit pursuing the deep things of Your heart. Impart endurance to me for fasting. Direct my heart into the patience and endurance in which Jesus walked. Give me strength to follow through in my commitments to You and to fulfill my ministry calling when it is difficult.*

## L - LOVE

Philippians 1:9; Romans 5:5; 1 Thessalonians 3:12; 2 Thessalonians 3:5; Psalm 139:13-15; Mark 12:30; John 15:9; John 17:26; Ephesians 3:17-19

*Father, pour out Your love into my inner man by the Holy Spirit, that my heart may overflow in love back to You and to others (Romans 5:5). I also ask that You impart Your love for Jesus into my heart (John 17:26). I ask for grace to love God with all my heart, soul, mind, and strength (Mark 12:30). Allow me to comprehend Jesus' love for me and to abide in it—stay connected to it (John 15:9). Let me see myself through Your eyes and love who You created me to be (Psalm 139:13-15).*

## L - LIGHT OF GLORY

Acts 22:6, 11; Exodus 33:18; John 1:51; 2 Kings 6:17; Psalm 4:6; Revelation 1:16; Psalm 43:3  
*Father, let me see the light of Your glory. Give me Holy Spirit en- counters—dreams, visions, angelic visitations, manifestations of Your light, fire, and wind—as You gave to Moses, Isaiah, Ezekiel, the disciples on the day of Pentecost, and John on the island of Patmos (Exodus 33-34; Isaiah 6; Ezekiel 1; Acts 2; Revelation 1).*

## O - ONE THING

Psalm 27:4; Luke 10:42; Philippians 3:13-14; Psalm 16:8

*Father, I commit to live as a person of one thing. Help me to regularly sit at Your feet as Mary of Bethany did. Strengthen me to desire and maintain a lifestyle that has regular times before You in Your Word. When I lose this focus, send Your Word to de- liver me, as You did for the saints in the early church (Revelation 2:4-5, 3:1-3, 15-20).*

# F - E - L - L - O - W - S - H - I - P

## W - WORTHY

2 Thessalonians 1:11; Luke 21:36; 1 Thessalonians 5:23; Psalm 51:10; Psalm 139:23; Job 31:1  
*Father, strengthen my inner man to walk in faith and obedience that is worthy to escape all compromise and to prepare me for the highest things that You have called me to. Help me to live free of compromise, that I would walk blamelessly in body, soul, and spirit, and be able to stand before You victorious, in full obedience.*

## S - SPEECH

James 3:2; Ephesians 4:29-30, 5:3-4; Psalm 19:14; Psalm 141:3; Psalm 39:1  
*Father, set a guard over my lips and help me to speak only words that are pleasing to You. Free me from defensive, angry, and foolish speech. Keep me from quenching the Spirit with my words. I set my heart not to sin with my speech, that I could sustain unbroken communion with You.*

## H - HUMILITY

Matthew 11:29; Philippians 2:3-5  
*Jesus, teach me how to walk in Your yoke of humility and lowliness. I set my heart to learn lowliness of heart from You that will transform my attitudes, speech, and actions. Give me wisdom on how to carry my heart in humility.*

## I - INSIGHT UNTO INTIMACY

John 16:13; John 14:26; Psalm 25:4-5, 14; Ephesians 1:17; Colossians 1:9-10; Colossians 4:12  
*Father, give me insight into Your Word, will, and ways. Give me wisdom about how to walk in intimacy with You in every area of my life, including my finances, schedule, emotions, circumstances, physical body (diet, health), relationships (in the home, office, ministry), my future, fears, addictions, etc. Let me know the secrets of Your heart (Psalm 25:14). What are You thinking and feeling about my city, nation, and generation?*

## P - PEACE AND JOY

Philippians 4:7; Romans 15:13; 2 Thessalonians 3:16  
*Father, strengthen my heart with supernatural peace in areas where I feel rejection, fear, and anxiety; strengthen my mind that I may overcome all turmoil, confusion, and indecision.*

Find more prompts, as well as T-R-U-S-T and A-R-K, in  
'Prayers to Strengthen Your Inner Man'. Available on Amazon.

# Additional Resources on Fasting



## **The Beginner's Guide to Fasting**

*Elmer Towns*



## **The Daniel Fast**

*Susan Gregory*



## **Fasting**

*Jentezen Franklin*



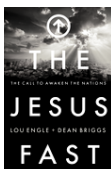
## **Fasting for Fire: Igniting Fresh Hunger to Feast on God**

*Jennifer Miskov, Ph.D.*



## **God's Chosen Fast**

*Arthur Wallis*



## **The Jesus Fast**

*Lou Engle & Dean Briggs*



## **The Rewards of Fasting**

*Mike Bickle & Dana Candler*



## **Shaping History through Prayer and Fasting**

*Derek Prince*



CONNECTION POINT CHURCH