

Fasting Guide

(21 Days That Will Change Your Life)

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Fasting is one of the most powerful weapons God has ever given us for our daily lives. We all go through times when we feel like we are not living up to our full potential. Sometimes we lose our energy and our spiritual sharpness . . . this causes us to lose our edge.

What does it really mean to lose your edge?

When a lumberjack keeps swinging away at the tree without sharpening his ax, the ax will soon become dull and ineffective. In much the same way, that can happen to us.

Going through our daily routines in our own strength wears us down. Little by little, we lose our closeness to God. Without that closeness, we become ineffective for the purposes His has for us.

Fasting can help you get back your passion! It can recharge you!

Although fasting lasts for a short season, it brings long-term results, which sharpens us, enabling us to face the challenges of life in His strength. Through fasting, you can experience spiritual renewal and direction for your life . . . restoration of relationship . . . healing . . . release from bondages . . . and so much more!

We begin each year with 21 days of fasting. Fasting in January is much like praying in the morning to establish the will of God for your entire day. I believe that if we will pray and seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our ENTIRE year! “But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you” (Mathew 6:33).

But when you make fasting a way of life, you get even closer to God and grow in your spiritual walk like never before. Making fasting a lifestyle is like a lumberjack who takes time to rest and sharpen his ax periodically to be able to effectively finish the job set before him.

Fasting can help you Recover Your Passion, Recapture Your Dream and Restore Your Joy!

Fasting is a principle that God intended for everyone to practice. It is not a punishment; it is a privilege!

According to the Bible, there are **three duties of every Christian: give, pray and fast**. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Why should I fast?

Are you in need of healing or a miracle?

Do you need the tender touch of God in your life?

Is there a dream inside you that only He can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate and powerful relationship with the Lord?

Are you ready to have heightened sensitivity to the desires of God?

Do you need to break away from bondages that have been holding you hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

Full Fast Drink only liquids (you establish the number of days).

Different Types of Fasting

Full Fast Drink only liquids (you establish the number of days).

The Daniel Fast Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. [Learn More](#)

3-Day Fast This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

Scripture References for Fasting: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Beginning Your Fast

How to Begin Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What To Expect When I Begin My Fast

What to Expect When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks

21 Daily Insights To Focus Your Prayer Time

Day 1:

Consecration

“Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. . . . Humble yourselves in the sight of the Lord, and He will lift you up” (James 4:8,10).

Prayer for the Day:

Lord, sanctify me. I need You. Nothing else will satisfy me. Fill me with the Holy Spirit today. I want to be baptized in the Spirit. I want to walk in the Spirit. I want to talk in the Spirit. I want to live in the Spirit. I’m tired of living where everybody else is. I don’t want to be like everybody else. I’m coming up higher after You. I’m going to seek You with all of my heart.

Notes :

Day 2:

Guidance

“Your ears shall hear a word behind you, saying,
‘This is the way, walk in it,’ Whenever you turn
to the right hand Or whenever you turn to the
left” (Isaiah 30:21). “The steps of a good man are
ordered by the LORD, and he delights in his
way” (Psalm 37:23)

Prayer for the Day:

Father, You have a perfect
plan for my life. I ask You to give me knowledge
of the path that You want me to walk that I will not
miss Your will. Thank You. God, you know where I
am. You planned my life before I ever showed up;
I ask for Your perfect will now. Show me your way
and direct my life, giving me guidance beyond
my mind into your perfect will. I ask you for it, I
receive it and I believe it. I worship You, Father.
I thank You that You are going to guide me, lead
me, walk beside me. I will be led by Your peace.
I will delight in Your way, O God.

Notes :

Day 3:

Strength

“I can do all things through Christ who strengthens me” (Philippians 4:23).

Prayer for the Day:

Lord I'm Yours. Oh, I need thee every hour. I really need thee. I offer you my weakness “for your strength is made perfect in my weakness...” (II Corinthians 12:9). Empower me to stay strong through the physical challenge of the fast and to grow stronger in my faith. All I need is You. You alone are my Strength, O God. Thank You, Lord Jesus that You are touched with the feeling of my infirmities. You see the struggles in my life, and You know how they have shaken me. They've not shaken You, Lord. Free me from every fear, every limitation, from drawing back, from intimidation. You are my Peace, my Strength.

Notes :

Day 4:

Sanctify Yourself

“So it was, after three days, that the officers went through the camp, and they commanded the people, saying, ‘When you see the ark of the covenant of the Lord your God, and the priests, the Levites, bearing it, then you shall set out from your place and go after it. Yet there shall be a space between you and it, about two thousand cubits by measure. Do not come near it that you may know the way by which you must go, for you have not passed this way before.’ And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the Lord will do wonders among you’” (Joshua 3:2-5).

Prayer for the Day:

Thank You, Lord. God, I ask You to sanctify me as I push back my plate and as I pull away from the TV and read Your Word during this period of fasting. Cut off the works of the flesh. Cut them off so I can be used for your glory. I seek Your face. I’m hungry for You. Lord,

I want to feel conviction again. I need to raise my standard. Convict me of it. I lay down, “Every weight that does so easily beset me” (Hebrews 12:1). I need your touch. I’m coming after You. There’s a dream in me. There’s a call for my life. I’m going for it.

Notes :

Day 5:

Freedom from Condemnation

“For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God” (John 3:17-18).

Lord, I want to go beyond courtyard kingdom living, and move into that “intimate” place with You. I have carried tremendous

guilt and condemnation, but your promise is, “Therefore now, there is no condemnation to them that are in Christ that walk not after the flesh, but after the Spirit” (Romans 8:1). I worship You, God. I’m entering into Your rest this day. I receive supernatural peace. I thank You, my Father. No condemnation, no guilt, no shame, Jesus, You are my righteousness. Thank You for dying for me. Thank You for the cleansing power of Your blood that gives me confidence toward God. Thank You for loving me while I was yet a sinner. Oh, I bless You Lord, I bless You Lord.

Notes :

Day 6:

Wisdom in Parenting

“All your children shall be taught by the LORD,

And great shall be the peace of your children”

(Isaiah 54:13).

Prayer for the Day:

Father, I know that only homes with Christ positioned in the middle of

every day living will succeed in this wicked

time. I need You, Lord, in order for me to be the man/the woman that You call me to be in my home. Give me wisdom to create a place of physical rest and of spiritual rest where my family can bring a crisis and lay it on a “bed” of faith. Help me to communicate with my spouse and my children. Your Word is a lamp unto my feet and a light unto my pathway. God, we really need You in our home. We need a little church in our home. God, I give You everything; take my home; take my family; take my future; in Jesus’ Mighty Name.

Notes :

Day 7:

Household Salvation

“And they said, Believe on the Lord Jesus

Christ, and thou shalt be saved, and thy house”

(Acts 16:31).

Prayer for the Day:

Oh God, save my children.

My cry Father, is save my children. Touch my children.

Straighten their paths. I paint them as a target

for Your Spirit to touch them and mark them.

Anoint them this day. I thank You and praise You that salvation will come to this house because of the blood of Jesus. Even when it looks like it is not working, I thank You that the blood of Jesus covers my family. "No weapon formed against us shall prosper." Your promise is that if the enemy comes one way, he flees seven.

Notes :

Day 8:

Marriage

"Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh" (Genesis 2:24).

Prayer for the Day:

Lord, we need You in our home. We need You in our marriage. We need You in our family. We need You, Father, to be the Lord of our rings. Forgive us, Lord, for angry words spoken. Forgive us Lord for wrong actions taken. Forgive us if we have broken the

covenant. Help us today Lord, to love You by loving our mate. Allow our children to see parents who care, who love, who touch, who talk and who communicate, because the marriage they will duplicate will be the one they see between us. So help us, Lord. We need Your supernatural power in our marriage. Help us and strengthen us to keep You as the focus of our marriage.

Notes :

Day 9:

Finances & Provision

“The LORD will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand.

You shall lend to many nations, but you shall not borrow” (Deuteronomy 28:12).

“And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day” (Deuteronomy 8:18).

Prayer for the Day:

Father, I thank You that You are my source of supply. I thank You that You know how to break bondages off your people. Help me to attack my lack by applying the wisdom of Your Word. Oh God, You said, "I'll bless the work of your hands." I'm going to pay my debts and live on the rest. I ask You that the anointing of the Holy Spirit break every yoke of bondage, break the yoke of borrowing, break the yoke of overspending from my life. I decree that this is the year of the Lord's release. I receive it and thank you, Lord. Father, in the Name of Jesus, I thank You that You will bring increase and cause me to profit even right in the middle of a famine.

Notes :

Day 10:

Career

"And when he had called the people unto

him with his disciples also, he said unto them,
Whosoever will come after me, let him deny
himself, and take up his cross, and follow me”
(Mark 8:34).

Prayer for the Day:

Father, in the Name of Jesus,
I come to You today, and I want to be a cross
bearer in the marketplace. I want people to see
You through me. I want You to anoint me with a
kingly anointing. I receive this high call that is
just as sacred as the call to preach. I understand
my purpose and I WILL go into the marketplace
with a fresh anointing. In my job I will carry Your
cross. In unseen and unspoken ways, people
will know there's a difference on my life. I receive
that anointing right now as I dedicate myself to
You. Use my life for Kingdom authority. Help me
to be a culture changer where I work. Help me
to change the culture in my workplace until it's
actually abnormal for somebody to take Your
Holy Name in vain...not because I preached a
sermon to them, but because Jesus has shined
through me into that darkness. I give You the
praise for that Lord. In Jesus' Name I will not fail

You in my calling.

Notes :

Day 11:

Pastors

“Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine” (1 Timothy 5:17).

Prayer for the Day:

Father, I pray for our pastors, for their wives and for their precious children. In Jesus' Name, Lord, Let Your Kingdom come, let Your will be done in their lives and in my church as it is in Heaven. I pray for my church. I pray for every ministry and for every pastor to be led by Your Spirit and to walk in peace. Lead them not into temptation, but deliver them from evil. Anoint them with fresh oil. Your anointing makes the difference. Your anointing breaks yokes. Thank You for Your precious anointing, Holy Spirit. I stand against every spirit of division, in Jesus' Name. Touch our pastors, Lord. I pray that You bring a spirit of unity to our church. Father, I ask

You to release Your glory in our church, in Jesus'

Name.

Notes :

Day 12:

Protection

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust"

(Psalm 91:1-2).

Prayer for the Day:

Lord, I want You close in my life; I want to be under the shadow of the almighty.

You are my refuge. You are my fortress. You are my God. I will not be afraid. I will not fear because I will call on that Name that is above every Name, JESUS. Lord, teach me to appreciate my life in this season. Help me to quit looking into the future, never living in the now. You will be with me in the day of trouble. I worship You, Jesus. Thank You for the blood path right into the secret place of the Almighty. You lift me out of depression, out

of unfounded fears, out of the strike of the adder
and the attack of the lion. I praise You, Lord. I
praise You. I worship You, oh God. Lord, I enter
into that tent where every provision is made...
even for protection from fears and protection for
my family. You are worthy, Lord. I worship You,
Jesus. You are my refuge, You are my fortress,
You are my strong tower, Jesus. Whom shall
I fear?

Notes :

Day 13:

Health

“For I will restore health to you, And heal
you of your wounds,’ says the LORD” (Jeremiah
30:17).

Prayer for the Day:

Lord, thank You that You are
our Healer. You were wounded for our transgressions

and You were bruised for our iniquities.

Through Your stripes we are healed! And Lord, I
just claim miracle healing in my life and the lives
of my loved ones. I worship You, Jehovah-Rophe,

the God that healeth. Your Words “are life unto those that find them, and health to all their flesh” (Proverbs 4:22). Thank you for sending your Word to heal me. “...my Hope is in you God: for I shall yet praise You, You are the HEALTH of my countenance, and my God” (Psalm 43:5). I give you praise and thank You today that my body is being healed by the life-giving power of Your Word, in Jesus’ Name! Thank You, Lord.

Notes :

Day 14:

Worship

“But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him” (John 4:23).

Prayer for the Day:

Father, I humble myself before You today to seek Your face. I repent for complacency in my worship. I repent for being content in my worship. I repent. I’m not “face to face” with You like Moses was, but I do want to

know You more intimately. Like Paul said, “I have not apprehended.” I’m not satisfied. I’m hungry for You, O God. I love you and I praise You, Lord. Worthy! Worthy! Worthy are You, Lord! Blessed be the Name of the Lord! Oh, God it all flows out of You; I’m coming after You. You are my Reward, not success, not material things. You exceed all of those things! In Your presence is fullness of joy. If I am in Your presence, then I get joy. Out of that joy comes strength. Out of that strength comes spiritual warfare to resist the devil, and he flees from me. I want to be close to You more than anything. Here I am. I give You my all. I give everything to You. Thank You that in Jesus’ Name, I enter into Your rest, enter into Your peace, and enter into Your grace. I worship You Lord. I worship you. Hallelujah!

Notes :

Day 15:

Release , Restoration and Reward

“Turn ye even to me with all your heart . . . with

fasting and with weeping . . . I will restore to you
the years that the locust hath eaten, the canker
worm, and the caterpillar, and the palmerworm
. . . ye shall praise the name of the LORD your
God . . . and my people shall never be ashamed”
(Joel 2:12, 25-26).

Prayer for the Day:

Father, in Jesus' Name I
humble myself before You in fasting. Thank You
for releasing me from my past & forgiving all my
sins. Thank You for restoring my life and giving
me the reward of eternal life. I give You praise
and glory and honor. Bless Your people as we
continue to fast and pray. Bring the “spirit of release”
causing Your people to walk in financial
freedom. “Release” our loved ones. “Release”
those that are bound by fear, depression and
abuse. Release those bound by nicotine, gluttony
and other addictions. Release them from
all bondage. Loose the bands of wickedness.
Undo the heavy burdens. Let the oppressed go
free. Release our families from every shame and
guilt. Thank You that the wicked bands will be
broken! Hallelujah! Lord, the palmerworm has

attacked the roots of Christian heritage in our families. But You said, "I will RESTORE THE FAMILY TREE OF FAITH!" I give You praise. My family IS GOING TO WALK IN THE SPIRIT! Oh Hallelujah! Father the greatest "reward" is You. Thanks for the stuff, but we're fasting for more of You. You are our Reward and our exceeding greatness. We praise You, Jesus. Glory to God!

Notes :

Day 16:

Revival

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).

Prayer for the Day:

Father, I come to You today once again to lift up this nation, offering prayer and supplication. Once again, I ask You, Lord for Your will to be done in this nation and around the world. I plead the Blood of Jesus over all

nations! In Jesus' Mighty Name, I stand against all the weapons of the enemy, the plans and strategies of terrorism against our nations.

I ask for a covering over our military and our representatives. I plead the Blood of Jesus and release the angels of the Lord around their paths. Guard our borders, Lord. Touch our leaders.

I ask you, O God, to visit them and give them dreams and visions that stir their hearts toward You as never before. I pray for those in the inner circle of power that You would turn their hearts to walk in Your wisdom. I ask for Your mercy on us! Forgive us for we have sinned against You as a nation. We need a sword that will cut through the homosexual obsession. We need a sword that will cut through the lies of abortion!

We need a sword! God, let the fire burn in the churches, and in our lives until we get a sword in our hands! Purge us, cleanse us; heal our lands we pray in the mighty Name of Jesus Christ, the Son of God, the strong and mighty One! The One mighty in battle! Jesus, we worship You.

Pour out Your Holy Spirit upon our nations, in

Your mighty name. Amen.

Notes :

Day 17:

Victory

“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith” (1 John 5:4).

Prayer for the Day:

Father, I'm making a choice. I'm going to “put on the garment of praise for the spirit of heaviness.” Lord, You said, “Sing, Oh barren one.” So I will sing to You, God, even when it looks like I don't have anything to sing about. I will give You songs of deliverance and praise, O God. Glory to Your Name, Jesus! I will keep on praying. I will keep on praising. I will keep on living for You, God. My faith is overcoming. I'm never going to get tired of fighting the flesh and the devil until I make it through the pearly gates of Heaven. I am an overcomer. My faith makes me an overcomer, not my feelings. You are with me now as You have been and forever shall be.

I praise You for total victory. I'm driving the devil out. Praise God. I'm tired of mixing the Word with everything else and not having the strength in me to overcome anything. I am making a choice to praise You in all things.

Notes :

Day 18:

Prayer

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing” (John 15:4-5).

Prayer for the Day:

Father, if Your Word abides in me, I can ask what I will and it shall be done.

I don't want anything in my will that You don't have in Your will for my life. Father, in the Name of Jesus, I just lay everything on the altar today. Everything I know I just lay it on the altar and say,

“If it is Your will Lord.” I say again, “Not my will, but Your will be done in my life.” I’m asking You, Father, to put on me a new mantle for prayer. Teach me how to abide in Your presence every day. And Father, in the Name of Jesus I just thank You for authority to decree a thing and it shall come to pass.

Notes :

Day 19:

Compassion

“But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? My little children, let us not love in word or in tongue, but in deed and in truth”
(1 John 3:17-18).

Prayer for the Day:

Touch my heart, oh God.
Touch my heart. Touch me. I don’t want to be cold. I don’t want to be hard shelled. I want to be tender. I want to be sensitive. I want to show the world your compassion and grace. I want

Your anointing on me. Touch my heart. I feel the incrustation of worldliness and materialism and the cares of this life. Melt it! Melt it!

Notes :

Day 20:

Waiting on God

“Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength” (Isaiah 40:28).

Prayer for the Day:

Lord, my flesh is weak, but Your Promise is, “They that wait upon the LORD shall renew their strength” (Isaiah 40:31). I am waiting on You today and asking You to fill me with new strength. Fill me with Your life force. As I seek Your face, I praise You that I will not get weary! I receive Your strength in my body and in spirit, in Jesus’ Name. Thank You, Lord. Holy Spirit, Comforter, Counselor, I need you to take

control of this situation. Fill me with Your power; I
worship you. Hallelujah.

Notes :

Day 21:

The Lost

“And He said to them, ‘Go into all the world
and preach the gospel to every creature’ ”

(Mark 16:15).

Prayer for the Day:

Lord, here I am, send me.
Use me. Witness through me. There’s a “field” in
my home. There’s a “field” in my neighborhood.
There’s a “field” on my job. There’s a “field” in
this city. There’s a “field” in my family. Oh God,
forgive me for not praying; forgive me for not
witnessing. Forgive me for not really believing
that I can “reap a harvest” for You. Forgive me
for not believing that You can use my influence,
my affluence, everything that I have to reach the
lost for Your glory right where I am! Father, I ask
You to use me as a light to a dark dying world.

I give You glory and I give You praise for all that

You will do through me!

Notes :
