



24 HOUR FASTING GUIDE

We want to invite you to join in a season of prayer and fasting. We encourage you to seek the Lord for how he wants you to fast in this season and believe deeply that this is a time that will transform your life as it enriches your relationship with Jesus. Don't be afraid of stretching yourself out of your comfort zone to experience this powerful time as a community.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Matthew 5:6)

Is 24 Hours of Prayer and Fasting for me?

Yes! This is for every believer! Our heart's desire is that every person would not only know God, but be known by him as well. Prayer and fasting are powerful tools for you to encounter a deeper relationship and presence of the living God. It is a physical way of declaring “More of you and less of me.” As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life.

When is it?

Our schedules are all different and this time will be the most effective when planned according to your personal schedule and circumstances. The most important thing is that you are intentional in your planning and in selecting your day. Communicate to your immediate family what your plans are so that they can be supportive of you and so that they can pray for you during your time of fasting and prayer.

What is fasting?

Fasting, in its most classic sense, means voluntarily abstaining from eating or drinking for an extended period of time. When we partake of a fast it helps us examine what we are consuming in terms of social, intellectual, spiritual, and emotional “food.” Are these things distracting you from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day? Fasting can be helpful in examining these things.

A true fast functions as a great discipline of seeking God first rather than relying on things of the flesh. In fasting we choose to put our human desires into submission so that we might seek a deeper communion with God in his presence. The goal of fasting is a personal encounter with God. So much of our life is about us, what we want, and when we want it. What would happen if we submitted ourselves and our needs, and in turn sought God with passion and fervor? What kind of breakthrough might we see?



Steps for a Successful Fast

Step 1: Set Your Objective

Before starting a time of fasting it is important to ask yourself “why” are you fasting? Are you looking for spiritual renewal for you and your city, guidance, healing, resolution of problems and difficult situations? We encourage everyone to ask the Holy Spirit for clarity and guidance as you begin your fast.

Step 2: Make a Commitment

Praying and Fasting is a commitment, so take time to pray about what kind of fast you will be committing to. Before you fast, decide the following up front in order to provide the greatest opportunity to draw nearer to God in His presence.

- What type of fast is God leading you to undertake? (I.e. Food, Technology)
- What physical or social activities will you restrict or need to alter due to the fast?
- How much time each day will you intentionally devote to prayer and the reading of God’s Word?

Step 3: Prepare Your Heart

As you begin this fast it is important to prepare your heart in two ways: through repentance and through openness. Be willing to receive what God is speaking to you. Take time to surrender your full heart to God before beginning this fast. Here are some things you can do to prepare your heart:

- Ask God to reveal to you any unconfessed sin.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God’s forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution 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.
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (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: Create a Schedule

The goal of the fast is a personal encounter with God, so plan where and when you will spend time seeking him in prayer and the Word. The temptation in a fast is to fill our time with distractions to keep us from feeling hungry, but remember that the point of this fast is communion with God not simply surviving a change in diet or habits. See below for a sample schedule:

Morning

- Begin your day in praise and worship. Read and meditate on God's Word.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Invite God to use you. Ask Him to show you how to influence your family, your community and the world.
- Pray for His vision for your life and empowerment to do His will.

Noon

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your family, for your community, and for the world. Be specific.

Evening

- Get alone for an unhurried time of "seeking His face."
- If others are fasting with you, meet together for prayer.
- Avoid television or any other distraction that may dampen your spiritual focus.
- Attend a worship service, small group, or prayer gathering.

Types of Fasts:

In the Bible we find multiple types of fasting, and the primary element in all of them is food. Some people fast from all food and only drink water, while others fast from sunrise to sunset. Choose the kind of fast that the Lord is leading you too. Stretch yourself. For those who are physically unable to fast from food then consider a fast from technology or any other fast that includes removing distractions. The tension of our flesh, hunger, and spirit is an important one to explore during a fast. Below are some examples of different fasting options you can engage in:

Complete Fast

- Drinking only liquids, typically water and/or light juices.

Selective Fast

- Removing certain elements from your diet.
- Daniel Fast (the most widely practiced selective fast) - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

Soul Fast

- This is a common fast for anyone new to fasting, those with medical/health issues that would prevent them from fasting, and those looking to specifically address an area of their life out of balance.
- Suggestions: social media, television, shopping, etc.