

PRAYER & FASTING

Guide

CHAMPION CHRISTIAN CENTER
2023

What Is Fasting?

Fasting is a period of time where you choose to abstain from eating or drinking the way you normally do in order to give more time to prayer and to demonstrate your humility and submission to God (Psalm 35:13; Ezra 8:21, Psalm 69:10).

It is also a way to attract more of His presence and favor onto your life (Daniel 10:3, Luke 4, Exodus 34).

Jesus taught his disciples that prayer was something that every believer should do, just as they pray and give (Matthew 6:2, 5, 16) and that fasting and prayer is the only thing that causes certain miracles to take place (Mark 9:29).

Why Should I Fast?

In the Bible, people fasted as a way to demonstrate their humility to God, seek His wisdom, direction, provision, protection, and favor. When you fast, it is best to have a specific focus.

Do you or someone you know need healing? Do you need breakthrough in your family or career? Or do you simply want to know God at a deeper level?

Understanding why you are fasting will help you stay focused and use your faith to see change in that area.

Quick Tips for Fasting

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).

Preparing Physically

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

How To Begin

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

Deciding How Long

You may fast as long as you like. Most people 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.

Quick Tips for Fasting

Deciding What to Fast

What you fast is up to you. It may be a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats and drank only water. You could even fast watching television or something else that would be a sacrifice from your normal activities. Remember to replace that time with prayer and Bible study.

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 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 foods gradually and eat smaller portions or snacks.

Types of Fasting

Complete Fast

We see Jesus, Esther, Daniel, Moses, and Paul all went through periods of time when they ate no food and drank no water. If you choose to do this fast, ensure you are fully hydrated before you begin, and do not go longer than 24 hours without water.

Water Fast

Many fasts in the Bible consisted only of food. In these fasts, people like Paul, David, and Ezra drank only water during their fasts. If you choose to do a water fast, try to limit your physical activity while you are not eating and reintroduce foods slowly when you are done fasting.

Juice Fast

While not seen in the Bible, this is a popular fast. People choose to drink juices instead of water so that they have the energy they need to do their daily work.

Partial Fast

A partial fast is another common way to fast. Instead of giving up all food for a long period of time, you can choose to give up 1-2 meals per day or even a specific kind of food.

Daniel Fast

The Daniel fast is a type of partial fast where you will only drink water and eat fruits and vegetables.

Sample Prayer Points

Healing

"LORD my God, I called to you for help, and you healed me." Psalm 30:20

"By his wounds you have been healed." 1 Peter 2:24

"I will take away sickness from among you." Exodus 23:15

Wisdom

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Romans 12:2

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." James 1:5

Provision

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work." 2 Corinthians 9:8

"If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!" Matthew 7:11

Favor

"For you bless the righteous, O Lord; you cover him with favor as with a shield." Psalm 5:12

"No good thing does he withhold from those who walk uprightly." Psalm 84:11

Deeper Relationship

"By this, we know that we have come to know Him, if we keep His commandments." 1 John 2:3

"The one who does not love does not know God, for God is love." 1 John 4:8

"that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him." Ephesians 1:17

21-Day Fast – Journal

Day 1

Fasting Goals (Type of fast, length of fast, extra time spent with God):

During this fast, I am believing for the following:

Prayer Point:

Scripture:



21-Day Fast - Journal

Day 2

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 3

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 4

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 5

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 6

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 7

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 8

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 9

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 10

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 11

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 12

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 13

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 14

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 15

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 16

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 17

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 18

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 19

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 20

Prayer Point:

Scripture:

Notes:



21-Day Fast - Journal

Day 21

Prayer Point:

Scripture:

Notes:



21-Day Fast – Journal

Final Testimony

During this 21-day fast, the following prayers were answered:

I would love to share this testimony:

I am still believing that the following prayers will be answered:

