

7 BASIC STEPS TO SUCCESSFUL FASTING AND PRAYER

By Bill Bright

Step 1: Set Your Objective

Why are you fasting? What specific results do you desire to get (personal and for the team)?

Step 2: Make Your Commitment

What will you fast (food, TV, entertainment...)? How long will you fast for (one meal, one day, once a week)? How much time each day will you devote to prayer and God's Word?

Step 3: Prepare Yourself Spiritually

Repentance is the foundation of fasting. Confess your sins, seeks and give forgiveness, ask for the Spirit to fill you (Eph. 5:18)

Step 4: Prepare Yourself Physically

If fasting from food, eat smaller meals before starting a fast. Limit exercise and activity, rest more, drink more, and focus your thoughts. Avoid caffeinated drinks and limit acidic juices (orange, tomato)

Step 5: Put Yourself on Schedule

Set aside quality time to spend with God for reading Scripture, meditating, singing, inviting Him into different areas of your life...

Step 6: End Your Fast Gradually

When you end a fast from food, begin eating gradually with small light portions.

Step 7: Expect Results

Expect God to reward you for your obedience to His Word. You will experience a heightened awareness of His presence and He will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you'll see answers to your prayers.

WHAT IS FASTING?

The purpose of fasting is to redirect our hunger toward God. It is choosing to abstain from food, drink, sleep, or something else for the sake of some special spiritual purpose. It is a way to humble oneself before God & make time for intensified prayer.

Some Spiritual Reasons & Benefits of Fasting:

1. To truly humble ourselves before God (Ezra 8:21; Jam. 4:8-10; 2 Chr. 7:14)
2. To learn how to depend on God for strength (Mat. 17:21; Isaiah 40:31)
3. To ask for supernatural intervention from God (2 Sam. 12:16; Acts 14:23)
4. To help us hear & respond better to the Spirit of God (Luk 4:1; Eph. 6:18-19)
5. To obtain supernatural protection and provision (Ezra 8:21-23)
6. To prepare for a special task or assignment (Exodus 24:12-18; Luke 4:1, 14)
7. To make more time for prayer in order to get closer to God. (Mat. 6:16; Mark 2:20)

Fasting helps us yield to the Holy Spirit as a team, allows God to renew our personal strength and faith, and transforms prayer into a more personal and powerful experience.

Daniel 9:3 "So I turned my attention to the Lord God to seek Him by prayer and petitions, with fasting..."

MY COMMITMENT TO FAST

Ask God to reveal to you the kind of fast He wants you to undertake in the power of the Holy Spirit. Fill in the following statement and sign it as a commitment to follow through with your decision. Share the commitment only with your prayer partner.

Sensing God's leading, I commit myself to abstain from _____ for this amount of time/frequency: _____. During this time I will concentrate on prayer and seeking God's face.

Signed: _____ Date: ____/____/____