



## Fort Road Victory Church 21 days of fasting and prayer guidelines

### Time Alone with God

- Time normally devoted to eating be given to being ALONE with God.
- At noon take a short prayer walk. Spend some additional time in God's Word. Pray for the leaders in your community, nation and world.
- In the evening, take some time to be alone with God. Spend some time in solitude. Get away from every distraction possible.
- Keep a journal during your fast. Write down specific insights God gives you from His Word, promises that you have claimed and answers to prayer that you receive

### Items to Pray Over

In this new year, the Lord has a purpose that He desires to release upon you personally, upon your family, upon His Church and upon our nation.

The following is an outline of some of the areas that you may desire to pray over in terms of spiritual breakthrough and victory:

- Personal Life – Habits/addictions, direction, and renewal
- Family Life – Unity, household salvation, prosperity, health, peace and protection
- Church Life – Unity, revival, leadership, missions, new souls
- Your Nation – Government, policy, and revival in the nation.

How you begin and conduct your fast will largely determine your success. Here are seven basic steps to fasting that will help make your time with the Lord more meaningful and spiritually rewarding.

### STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Spiritual and physical preparation is vital in sustaining a fast, no matter how long it may be.

If done properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.

In spite of the absolute safety and benefits of fasting, there are certain persons who should **NEVER** fast without professional supervision. For example:

- Person who are physically too thin or emaciated
- Persons who are prone to anorexia, bulimia, or other behavioral disorders
- Those who suffer from weakness or anemia
- Person who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs
- Individuals who take insulin for diabetes, or suffer any other blood sugar problems such as hyperglycemia
- Women who are pregnant or nursing

**If you are unable to do a 21 day partial fast (restricted foods) then choose an activity (for personal enjoyment) or media (tv, radio, cell phones, internet, etc.) fast that requires discipline to avoid them in order to participate in this fast.**

## STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matt. 6:16-18; 9:14-15) For Him it was a matter of *when* believers would fast, not *if* they would do it. Before you fast, decide the following up front:

- The type of fast God wants you to undertake (such as vegetables and fruit only, water only, or water and juices; media, or other)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

## STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- 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 and Master; refuse to obey your worldly nature (Romans 12:1,2).
- 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).

In your prayer, confess not only obvious sins, but less obvious ones as well. The sins of omission as well as the sins of commission experiences. These may be experiences leaving your first love for our Lord: worldly-mindedness, self-centeredness, spiritual indifference, and unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your pastor, or other members of your church.

## STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

## **STEP 5: Put Yourself on a Schedule**

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. You must devote yourself to seeking God's face, even during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

The enemy will do everything he can to pull you away from your prayer and Bible reading time. **The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face.** Satan does not want you to grow in your faith and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.

Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastors, your community, your nation, and the world. By your prayers, as you fast, you will help the Great Commission be fulfilled.

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him, your attitudes, your actions, your motives, desires, and words. Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.

### **Dealing with responses of family and friends**

Many people are reluctant to tell others that they are fasting so they will avoid the sin of the Pharisees: fasting just to gain recognition for themselves. I strongly believe that attitude is a result of a wrong interpretation of our Lord's teaching and that it is a trick of the enemy who does not want us to fast, nor to share with your loved ones, neighbors and friends the benefits of fasting. We need the prayer shield of our Christian friends and family members to help us continue when we feel alone and when the enemy tempts us to give up Our Lord as he did Jesus Christ. Eventually, people will notice you are not eating. However, I have found that unless you see them daily, they do not consider your skipped meal much of a concern. There is usually no reason for telling strangers or casual acquaintances that you are fasting. If you do, they may subject you to a lot of questions that you may not want to answer. But in any case, use your best judgment and the Lord's leading in telling people about your fast.

## **STEP 6: End Your Fast Gradually**

Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

## **STEP 7: Expect Results**

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.