

prayer and fasting

fasting guide

PRAYERFULLY CHOOSE YOUR TYPE OF FAST

It is important to choose a fasting plan that works for you. While this provides some general information about different types of fasts, there is nothing more inherently spiritual about one type of fast as opposed to another. Consider how it may or may not apply to your personal circumstances and convictions. This is your personal decision and should be prayerfully considered as it applies to your life. If you have health concerns &/or take medications, please consult a physician prior to beginning your fast. We have listed below information on the most common types of fasts.

DANIEL PARTIAL FAST

The Daniel plan is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred to fasts; however, within the Daniel fast there is room for broad interpretation. In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. Based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

JUICE FAST

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. This is one of the most popular and effective fasts. Even if you choose not to make your entire fast liquids only, substituting one or two meals with liquids is a great alternative.

SPECIFIC FOOD OR ACTIVITY FAST

In this type of fast you omit a specific item(s) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily.

prayerguide

MONDAY - PRAY FOR UNITY

Scripture: "Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common." (Acts 4:32)

Prayer: "Lord, help us to walk in unity as your church, showing the world Your love through our relationships and commitment to one another."

TUESDAY - PRAY FOR SPIRITUAL GROWTH

Scripture: "But grow in the grace and knowledge of our Lord and Savior Jesus Christ." (2 Peter 3:18)

Prayer: "Father, lead us into a deeper relationship with You, help us to become more like Christ in every area of our lives. We want to grow stronger and more mature in you."

WEDNESDAY - PRAY FOR THE SPREAD OF THE GOSPEL

Scripture: "Go into all the world and preach the gospel to all creation." (Mark 16:15)

Prayer: "God, open our eyes to opportunities to share Your message of hope and life with those around us each day."

THURSDAY

Scripture: "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity." (1 Timothy 4:12)

Prayer: "Lord, bless and guide the kids and students in our church; may they grow in faith and be a light in their schools and communities. Protect their hearts and minds"

FRIDAY - PRAY FOR REVIVAL

Scripture: "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." (2 Chronicles 7:14)

Prayer: "Holy Spirit, bring revival to our church and community, awaken hearts and transform lives for Your glory."
