

Prayer and Fasting Guide

Fasting is About Feasting on God!

Fasting is about creating a greater hunger and spiritual appetite for God by replacing food or other activities with seeking the Lord in prayer and meditating on the Word.

Different Types of Fasting

- **Full Food Fast:** Fasting from all food for a period of time. When you are doing a full food fast, drink a lot of water to avoid dehydration.
- **Partial Food Fast:** One method is to skip a meal each day. Another way is to select one or two days a week to fast completely on that day.
- **Liquid Fast:** Only drinking smoothies or liquid drinks during the fast. This works well for those desiring to maintain an exercise routine while fasting.
- **Nut Fast:** Eating a small handful of nuts to replace skipped meals during fasting. This works well for those who are required to take pills, vitamins, or medicine with food.
- **Entertainment Fast:** Abstain from watching television programs or engaging in games (phone, tablet, computer, etc.) and spend that time seeking God in the Word and prayer.
- **Social Media Fast:** Taking time away from viewing and engaging in social media. Social media can be a time consumer and distraction. Whenever there is an urge to view social media, seek God instead. This is instrumental for spiritual growth.

Keys to Fasting

- The key to fasting is replacing the time normally spent eating or doing something else by seeking God in prayer and reading the Word. It is about focus, rather than the activity.
- Find a place that is void of distractions.
- Pick a specific passage of the Word to study during fasting. If your mind is prone to wander, read it out loud. If you are new to Bible study, pick the Gospel of Mark

to focus on Jesus.

- Commit yourself to pick one verse in the Word to memorize.
- Put together a prayer list. Here are some suggestions:
 - Pray for your personal walk with Jesus
 - Pray for your immediate family
 - Pray for your friends
 - Pray for people in your life that do not know Jesus
 - Pray for the church and your pastors
 - Pray for God's outpouring on your city and nation

Lastly, be honest with the Lord during this time, and remember that God, as your Father, is excited to meet with you!