

# ▶ PRAYER & FASTING *Guide* ◀

## *Why* **FAST?**

The word 'fast' is derived from the Hebrew word *tsom*, which refers to the practice of self-denial. In Greek, the word is *nesteia*, which has the same meaning.

Many scriptures show the strong connection between fasting and prayer. Physically, to fast is to go without food. Spiritually, fasting is an intensification of prayer, focusing on God, and dying to our fleshly desires as we desire and depend on Him more. We fast when we are greatly troubled about something; when we earnestly need a specific answer from God; when we sincerely want to conquer some sin; and when we strongly desire to grow closer to Him and remain in Him.

## *How To Enjoy* **FASTING**

- ▶ Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.
- ▶ Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions..
- ▶ Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
- ▶ Be alert. Besides fasting from food, fast from things that distract, such as TV, social media and cybergames.
- ▶ Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chilli or acidic foods as much as possible.

## *How To* **FAST**

You are free to fast however the Spirit leads you. Here are some options:

**Total Fast** ▶ Abstain from solid foods and beverages for 24 hours. Take only water.

**Partial Fast** ▶ Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.


**1-Meal Fast** ▶ Sacrifice one full meal a day.

**Beverage Fast** ▶ Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk, milo or other health beverages.

**Daniel Fast** ▶ Abstain from meats and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. As Daniel 1:12 suggests, make this a 10-day fast.

**Esther Fast** ▶ Abstain from solid foods for 24 hours for 3 days. (*Esther 4:16*)

## *How To Use* **THIS GUIDE**

- ▶ For each devotion, first read aloud the Scripture passage and then the devotional.
- ▶ Reflect on it.
- ▶ Pray as suggested and as the Spirit leads. Stop, listen and wait for impressions from the Spirit. Record them in your personal journal. 
- ▶ Whatever He says to you, just do it!