

PRAY FAST FEAST

GUIDE TO
FASTING

LIMITLESS



FASTING IS NOT A REQUIREMENT; IT IS A CHOICE.

IT IS A VOW YOU CHOOSE TO MAKE TO PURSUE GOD ON A DEEPER LEVEL.

THE ENTIRE TIME THAT YOU ARE ON A FAST YOU ARE ACKNOWLEDGING GOD.

WHEN YOU ARE FEELING HUNGRY, EMPTY, AND WEAK, YOU CONNECT WITH

GOD WITHOUT ALL THE CLUTTER. IN THAT WAY FASTING IS A TIME VOW. IT IS

ALSO A DISCIPLINE VOW. FASTING, ESPECIALLY A LONGER FAST, STRENGTHENS

YOUR CHARACTER IN EVERY AREA OF YOUR LIFE. UNLESS YOU PUT PRAYER WITH

YOUR FASTING, THERE IS NO NEED TO FAST. IF IT DOESN'T MEAN ANYTHING TO

YOU, IT WON'T MEAN ANYTHING TO GOD.




JENTZEN FRANKLIN


LUKE 4:1-2, 13-14

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry...When the devil had finished all this tempting, he left him until an opportune time.

Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. Jesus, in preparation for ministry spent time in the wilderness praying and fasting. He was led by the Spirit into this time of testing and perseverance, and returned from it in the power of the Spirit to begin teaching and healing.



**IF YOU DON'T KNOW WHAT
YOU'RE DOING, PRAY TO THE
FATHER. HE LOVES TO HELP. YOU'LL
GET HIS HELP, AND WON'T BE
CONDESCENDED TO WHEN YOU ASK
FOR IT. ASK BOLDLY, BELIEVINGLY,
WITHOUT A SECOND THOUGHT.**



JAMES 1:5 (MSG)

In Him we have the power and strength and ability to do all He asks of us. Let's Ask and Fast!

FASTING:

Fasting is about going without something, usually food, in order to discipline yourself and to spend that time with God in prayer. The Bible presents fasting as something that is good, profitable, and beneficial and is known as one of the classic spiritual disciplines. It is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

It can help provide a way for spiritual breakthrough, help develop intimacy with God and should be a regular part of every Christian's walk. It could be for a specific reason in intercession and petition or as a sign of repentance or asking for God's continued blessing and power.



THERE'S NOTHING MAGICAL ABOUT FASTING. IT'S JUST ONE WAY OF TELLING GOD THAT YOUR PRIORITY AT THAT MOMENT IS TO BE ALONE WITH HIM, SORTING OUT WHATEVER IS NECESSARY, AND YOU HAVE CANCELLED THE MEAL, PARTY, CONCERT, OR WHATEVER ELSE YOU HAD PLANNED TO DO IN ORDER TO FULFIL THAT PRIORITY.

- JAMES PACKER

When and how is between you and God! There is no prescribed way as the only way of fasting; maybe it is a favourite food, or giving up something that distracts you like TV or Social Media in order to pray instead. If it is food, make sure you stay hydrated.

However you decide to fast, pray expecting God to move! Ask the Spirit to highlight any areas He wants you to focus on. Have your Bible with you (if you can) and ask God for any key verses.

Some really good practical spiritual guidelines:

www.ihopkc.org/about/fasting-guidelines-and-information