

Fasting Guide

THE WHY AND HOW



ask. seek. knock.
Matthew 7:7

Why Fasting?

Scripture encourages us in fasting by showing how God responds to those who seek Him with sincerity and humility. From the examples of Jesus, Esther, Daniel, and others, we are reminded that fasting is a powerful way to draw near to God, seek His guidance, and experience His provision. Fasting is a practice of humility that deepens our dependence on God's strength rather than our own and opens our hearts to His will. Be encouraged by these scriptures as you decide how to seek the Lord through prayer and fasting!

Ezra 8:21 - Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.

Isaiah 58:5 - Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?

Daniel 9:3-4 - Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments,

Matthew 6:16-18 - And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Acts 13:2-3 - While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off.



TYPES OF FASTS

Sunrise to Sunset

Fasting one or two meals each day

Example: Eating a normal breakfast and dinner, but fasting lunch and devoting the lunch hour to prayer.

Partial

Fasting specific food(s)

Example: Not eating meat or sweets for the duration of the fast while setting aside extra time to pray.

Full

Water or liquids only

Example: Consuming only water (maybe adding broths or juices) and devoting those mealtimes instead to prayer.

