



Fasting and Prayer Journal

“Fasting dethrones the rule of our fleshly appetites so that we can more easily follow the leading of the Holy Spirit.” Jentezen Franklin

Fasting Basics

Fast –

1. to abstain from all food.
2. to eat only sparingly or of certain kinds of food, especially as a religious observance.

Fasting is giving up of food, in part or in total, but the key component is giving up food. There are lots of things that are good ideas to do, like giving up watching T.V., playing video games or any kind of hobby. If you use that time to pray and study the word of God your walk with God will be better, however it would not be considered a fast.

So, with that in mind let us take a look at what Jesus said about fasting as we get into the topic of fasting.

Matthew 6:16-18 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17. But thou, when thou fastest, anoint thine head, and wash thy face; 18. That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Notice that Jesus said “when ye fast”. Fasting is an expected part of our walk with God. It is not a requirement for our salvation. God did not give us an outline of how often we should fast, or what kind of fast we should undertake, so ultimately it is our choice how we will respond to the unction of the Holy Spirit. It is also important to notice when Jesus talks about fasting. It is immediately following his instructions on prayer. Prayer and fasting are inextricably linked.

"Intimacy cannot be rushed, it must be worked on day by day." Jentezen Franklin

There are 3 types of Biblical fasts:

1. **Regular fast.** This is when you only have liquids and you don't eat any food for a specific amount of time.
Examples of what you could take in during this fast. Water, Milk, Juice, Tomato Soup, Broth and the like.
2. **Partial Fast.** This is where you give up specific foods and beverages for a specific amount of time.
Examples of what you could take in during this fast. Anything other than the foods and beverages you have dedicated towards the fast.
3. **Full Fast.** During this fast you would not eat or drink anything.
Examples of what you could take in during this fast. Nothing

What you can expect while fasting physically

When you fast you can expect to experience some discomfort in your body such as:

- Headache
- Runny Nose
- Joint discomfort
- Fatigue
- Muscles aches

Fasting also has many physical benefits as your body takes time to rest and cleanse itself. There are similarities in the physical and the spiritual context of fasting. In the same way God restore us spiritually, our bodies will be in a state of renewal as they cleanse out any thing unhealthy.

The benefits of fasting that have been experienced are:

- cleanse your body of metabolic wastes and toxins
- heal a host of minor health disorders
- improve your skin tone and health
- strengthen your immune system
- increase mental clarity
- enhance your moods
- give you more energy and enthusiasm

“God is for you. If you don’t believe that, then you’ll pray small timid prayers; if you do believe it, then you’ll pray big audacious prayers.” Mark Batterson

Useful site to learn how to physically prepare for, carry out and end your fast:

<http://www.allaboutfasting.com/> *

This site has great examples of various types of fasts, and the best way to approach each fast with your health in mind. It is not a Christian site, but strictly talks about fasting from a physical standpoint.

*If you are new to fasting, always consult a doctor. The way people fast will vary based on their health.

The purpose of our fast should not be for the physical benefits. If we fast for any other purpose than to draw nearer to God, we are just dieting. However, the physical benefits are an example of the principle Jesus taught us.

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

The whole point is to seek the things of God and his righteousness in our own personal lives and by being obedient to God he will bless our physical being as well. Submitting our bodies voluntarily leads to untapped blessings from God. By making the choice to fast, we are humbling ourselves so that we can experience more fully the grace of God.

Examples

Acts 10:30-35 And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, 31. And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God. 32. Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of [one] Simon a tanner by the sea side: who, when he cometh, shall speak unto thee. 33. Immediately therefore I sent to thee; and thou hast well done that thou art come. Now therefore are we all here present before God, to hear all things that are commanded thee of God. 34. Then Peter opened [his] mouth, and said, Of a truth I perceive that God is no respecter of persons: 35. But in every nation he that feareth him, and worketh righteousness, is accepted with him.

Cornelius was a Gentile and was praying to God, giving his money to the poor and went on a fast. During this fast an angel appeared unto him. Perhaps if he had

“God does miracles for one reason and one reason alone: to spell his glory. We just happen to be the beneficiaries.” Mark Batterson

missing one of these three elements, he isn't chosen as the person to whom salvation would first come to the Gentiles through. God rewarded Cornelius openly for what he had been doing privately before God. This is the power of prayer and fasting in your life. God will use you to do things, to further his purpose.

Daniel 10:2-3 In those days I Daniel was mourning three full weeks. 3. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:12-14 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. 13. But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia. 14. Now I am come to make thee understand what shall befall thy people in the latter days: for yet the vision [is] for [many] days.

This is a way that children and those with health concerns can make fasting a regular part of their life. Daniel gave up specific foods for a period of time, in this case 21 days. You could decide to give up meat, or sweets, soft drinks, beef, fried foods, eat nothing but vegetables. The key is to give up something that you are particularly fond of and is a normal part of your diet. For example I love drinking Coke, giving up coke is a big sacrifice for me. When I fast that is always something I give up. Many times I will only drink water during my fasts. Its about sacrificing a part of your diet in order to submit your human flesh before God.

Daniels reward was to understand a mystery that was yet to come and it took the whole 21 days for him to receive what God had for him. Had he stopped praying and fasting, he may not have received what God had for him.

Our last example is that of Jesus before he started his ministry.

Matthew 4:1-2 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2. And when he had fasted forty days and forty nights, he was afterward an hungred.

Jesus is our perfect example. He being fully God and fully man needed to put his flesh in subjection just as we do. The bible says he was tempted exactly as we are.

So, it is significant that just prior to choosing his disciples and working toward building His church that he spent such a long period of time fasting and in prayer. The result of Jesus' time in fasting in prayer is the ministry he built through Peter, the people he healed and the building of faith in those he taught. Jesus said that we would do greater things than he did, but to do so we need to be connected to the Holy Spirit and that can only happen by prayer and fasting.

Prayer & Fasting as a Lifestyle.

Jesus had intentional prayer time as was his custom (Luke 22:39)

Daniel had intentional prayer time regularly (Daniel 6:10)

Cornelius prayed all the time (Acts 10:2)

When we examine the life of Jesus outside of all the popular stories, we find he spend a lot of time in prayer, often during the late night and early morning hours. Jesus spent time with his Father so ministry would come easily. Jesus limited his ministry to what he heard His Father speak. Therefore, it was important that Jesus be tuned in to listen. We as people have a tendency to spend all our time doing ministry and not nearly enough time talking with our Father. Jesus would spend hours praying and then spend 10 seconds healing somebody. We never hear of Jesus' disciples asking Him to show them how to turn water into wine or raise the dead, we see them asking him how to pray. This is because they saw how often he prayed, and connected the prayer with the power.

When we don't fast and pray, it's like trying to run a car with no gas. Eventually we have to get out and start working really hard to push. It may seem like we are working hard at ministry, but if we aren't praying and fasting as a lifestyle, we are pushing a car when we could be driving it by the power of the Holy Spirit.

Intimacy takes time to build, and constant communication to maintain.

Setting Up Your Fast

Have a made-up mind.

1. What are the three main types of fasts?
2. What should the motivation behind fasting be?

I'm going to fast for _____ days.
From _____ (date and time) to _____ (date and time).

My fast will consist of giving up:

I will specifically be seeking God for:

Have focused prayer so you can recognize the answer.

Some things to pray and journal about while fasting and over the next 40 days:

Wisdom

Wisdom [is] the principal thing; [therefore] get wisdom: and with all thy getting get understanding. Proverbs 4:7

Favor

I intreated thy favour with [my] whole heart: be merciful unto me according to thy word. Psalms 119:58

Anointing

And now, Lord, behold their threatenings: and grant unto thy servants, that with all boldness they may speak thy word,
By stretching forth thine hand to heal; and that signs and wonders may be done by the name of thy holy child Jesus. Acts 4:30

Your calling.

But now hath God set the members every one of them in the body, as it hath pleased him. 1 Cor 12:18

How God would use you to see others saved.

Then saith he unto his disciples, The harvest truly [is] plenteous, but the labourers [are] few; Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest. Matt 9:38

Health and healings

And he sent them to preach the kingdom of God, and to heal the sick. Luke 9:2

Addictions

The Spirit of the Lord [is] upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, Luke 4:18

Finances

Bring ye all the tithes into the storehouse, that there may be meat in mine house, and **prove me** now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that [there shall] not [be room] enough [to receive it]. Malachi 3:10

Marriage

Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. Genesis 2:24

Family

But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel. 1 Tim 5:8

Friends

Ointment and perfume rejoice the heart: so [doth] the sweetness of a man's **friend** by hearty counsel. Prov 27:9

Humility

But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble. James 4:6

Local Church (Read all of Revelations 2 and 3)

To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.
He that hath an ear, let him hear what the Spirit saith unto the churches. Rev 3:21-22

Fellowships

So that ye were ensamples to all that believe in Macedonia and Achaia. For from you sounded out the word of the Lord not only in Macedonia and Achaia, but also in every place your faith to God-ward is spread abroad; so that we need not to speak any thing.

Israel

And I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed. Genesis 12:3

U.S. Nation

Yet they hearkened not unto me, nor inclined their ear, but hardened their neck: they did worse than their fathers. Therefore thou shalt speak all these words unto them; but they will not hearken to thee: thou shalt also call unto them; but they will not answer thee. But thou shalt say unto them, This [is] a nation that obeyeth not the voice of the LORD their God, nor receiveth correction: truth is perished, and is cut off from their mouth. Cut off thine hair, [O Jerusalem], and cast [it] away, and take up a lamentation on high places; for the LORD hath rejected and forsaken the generation of his wrath. Jeremiah 7:26-28

Church Leaders

For for this cause pay ye tribute also: for they are God's ministers, attending continually upon this very thing. Romans 13:6

Gifts of the Spirit

But the manifestation of the Spirit is given to every man to profit withal.
For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit;
To another faith by the same Spirit; to another the gifts of healing by the same Spirit;
To another the working of miracles; to another prophecy; to another discerning of spirits; to another [divers] kinds of tongues; to another the interpretation of tongues:

But covet earnestly the best gifts: and yet shew I unto you a more excellent way. 1
Cor 12:7-10, 31

Direction

And he that searcheth the hearts knoweth what [is] the mind of the Spirit, because he maketh intercession for the saints according to [the will of] God.
And we know that all things work together for good to them that love God, to them who are the called according to [his] purpose. Romans 8:27-28

Useful Prayers From The Bible To Pray For Yourself

Psalms 63:1-5

O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;
To see thy power and thy glory, so as I have seen thee in the sanctuary.
Because thy loving kindness is better than life, my lips shall praise thee.
Thus will I bless thee while I live: I will lift up my hands in thy name.
My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:

Acts 4:30

And now, Lord, behold their threatenings: and grant unto thy servants, that with all boldness they may speak thy word,
By stretching forth thine hand to heal; and that signs and wonders may be done by the name of thy holy child Jesus.

1 Chron 4:10

And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep [me] from evil, that it may not grieve me! And God granted him that which he requested.

Psalms 51:10-12

Create in me a clean heart, O God; and renew a right spirit within me.
Cast me not away from thy presence; and take not thy holy spirit from me.
Restore unto me the joy of thy salvation; and uphold me [with thy] free spirit.

Day 1

My prayer focus for today is:_____.

Day 2

My prayer focus for today is:_____.

Day 3

My prayer focus for today is: _____.

Day 4

My prayer focus for today is: _____.

Day 5

My prayer focus for today is: _____.

Day 6

My prayer focus for today is: _____.

Day 7

My prayer focus for today is: _____.

Day 8

My prayer focus for today is: _____.

Day 9

My prayer focus for today is: _____.

Day 10

My prayer focus for today is: _____.

Day 11

My prayer focus for today is: _____.

Day 12

My prayer focus for today is: _____.

Day 13

My prayer focus for today is: _____.

Day 14

My prayer focus for today is: _____.

Day 15

My prayer focus for today is: _____.

Day 16

My prayer focus for today is: _____.

Day 17

My prayer focus for today is: _____.

Day 18

My prayer focus for today is: _____.

Day 19

My prayer focus for today is:_____.

Day 20

My prayer focus for today is:_____.

Day 21

My prayer focus for today is: _____.

Day 22

My prayer focus for today is: _____.

Day 23

My prayer focus for today is: _____.

Day 24

My prayer focus for today is: _____.

Day 25

My prayer focus for today is: _____.

Day 26

My prayer focus for today is: _____.

Day 27

My prayer focus for today is: _____.

Day 28

My prayer focus for today is: _____.

Day 29

My prayer focus for today is:_____.

Day 30

My prayer focus for today is:_____.

Day 31

My prayer focus for today is:_____.

Day 32

My prayer focus for today is:_____.

Day 33

My prayer focus for today is: _____.

Day 34

My prayer focus for today is: _____.

Day 35

My prayer focus for today is: _____.

Day 36

My prayer focus for today is: _____.

Day 37

My prayer focus for today is: _____.

Day 38

My prayer focus for today is: _____.

Day 39

My prayer focus for today is:_____.

Day 40

My prayer focus for today is:_____.

The Results of my prayer and fasting as a whole

Take time to write about your journey as a whole for these past forty days. What prayers has God answered? What strength has he provided? What gifts has he given you? Has he healed you or someone you were praying for? By naming the things God has done for us we have something to look back on and remember the blessings he gives to give us courage for the hard times. I trust God has blessed you above what you could have expected. Thank you for stepping out in faith and making this a part of your relationship with God.

