

Guide to Healthy Prayer and Fasting 2026

Biblical Fasting

What is Fasting? Naturally speaking, fasting is simply abstaining from food or activities for a period and for a defined purpose. Fasts can include food, video games, coffee, sugar, etc. But in our case, we are primarily fasting from food.

Biblical fasting, simply stated and in the context of what we are doing, is **abstaining from food and/or drink for a spiritual purpose according to the guidance of the Holy Spirit.**

Natural (non-spiritual) fasting may have the goal of losing weight, eliminating toxins, gaining control over a habit, or another reason. Biblical fasting always has a spiritual purpose. According to the Bible, there are certain practices that Jesus teaches us to do. These principles include prayer and fasting. While we are not commanded to fast, the words of Jesus and others imply that we will be fasting now that Jesus has left us here on earth. There is great purpose and powerful results.

Biblical fasting requires discipline and strength over the voice of the flesh – strength that goes beyond willpower and relies on the supernatural strength that can only be received from God, because it is SPIRITUAL and not natural. We do not fast to impress others but to connect better with God Himself. Your discipline in private will bring you rewards in heaven, as it says in Matthew 6. Please understand that fasting is for your own benefit, not God's – to become more sensitive to the voice of God.

Before beginning, we must understand **certain basic principles** to be in greater unity.

Wrong reasons for fasting:

1) You cannot gain merit (points) with God or free yourself from the guilt of sin. There is only one thing that gives us merit before God and cleanses us from sin: the powerful blood of Jesus. You cannot become cleaner before God by fasting, for that would be denying the work of Jesus Christ, which is completely sufficient.

2) Nor do we move or manipulate God, or change His will, through our works in fasting. Sometimes people think that by fasting we can change God's mind or opinion. That is not true! Faith is what moves the hand of God, in response to His Word. Fasting simply breaks YOU down and takes your faith to a new level.

Why should I fast?

- 1) Do you need direction for your life?
- 2) Do you need God's tender touch in your life?
- 3) Is there a dream within you that only He can make possible?
- 4) Are you in need of a new encounter with Him?
- 5) Do you desire a deeper, more intimate, and powerful relationship with the Lord?
- 6) Are you ready to increase your sensitivity to God's desires, to be more sensitive to God's voice?
- 7) Do you need to break free from bondages, habits, or vices in your life?
- 8) Do you have a friend or loved one who needs salvation?
- 9) Do you want to know God's will for your life?
- 10) Do you want to master your flesh, the "king stomach"?

Focus of Biblical Fasting

1 Timothy 2:1-2 "Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence."

Romans 12:1 "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

Matthew 6:33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

Isaiah 58:6 "Is not this the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"

Other General References on Fasting: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

-Relationship with Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

-The Power of Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

-Fasting and Attitude: Remember that it is the attitude of a heart that sincerely seeks God. (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

Types of Fasting

There are several types of fasting. The one you choose is between you and God. He will honor your decision and meet you there. Some types of fasting are:

- 1) **Total Fast** – No food, only liquids. You must establish the number of days, but you must drink plenty of water throughout the entire time.
- 2) **Daniel Fast** – Eating, but without meat, sweets, and bread. You should drink plenty of water, broths, and juices, for example. You can eat fruits and vegetables.
- 3) **Partial Fast** – Eating for periods of time. That is, you can fast from all food from sunrise until 3 p.m. Another option would be to fast from sunrise to sunset (i.e., one meal a day).

Different Fasting Periods

You can fast for 1 day, 3 days, 5, 7, 9, or 14 days, 21 days... we do not recommend fasting for 40 days without much experience. Jesus did it with the specific guidance of the Holy Spirit, and we don't know the details.

Fasting and Your Health

We want to emphasize the importance of taking care of your health and being wise. We recommend that you **always consult your doctor before beginning any type of fast**. If you are in poor health or have doubts about your physical ability to fast, we especially urge you to consult a doctor before beginning your fast. There are different types of fasts recommended on these pages. Your doctor can offer advice on how you can participate in this in a way that is healthy for you. If you suffer from an illness or condition such as diabetes, high blood pressure, low or high weight, etc., we want to say that fasting can affect your condition. It is highly important that you do this with medical advice before starting and during the fast if you experience an aggravation of your symptoms. We believe in God's healing, but we know that we live in a natural world. You must be wise.

General Fasting Guidelines

How do I begin? We begin by:

- 1) Having a Clear Goal. Be Specific. Why are you fasting? Do you need direction, healing, restoration of your marriage or family problems? Are you facing financial difficulties? Ask for guidance from the Holy Spirit.
- 2) Praying Daily and Reading the Bible as much as possible. It's understandable that you have to work, but when you can, make time for spiritual pursuits instead of distractions. God speaks to us primarily through His Word, so it is necessary to immerse ourselves in the Word to hear His voice.

3) Preparing yourself spiritually. Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life completely to Jesus Christ and reject worldly desires that try to hinder you. (Romans 12:1-2). You don't have to be perfect, but the right attitude helps a lot.

4) Decide what type of fast you will choose. It's up to you. Always be guided by the Holy Spirit. Don't do it to feel better or to act spiritual.

5) Decide how long your chosen fast will be. Most people can easily fast for one to three days, although your stomach will grumble after the first missed meal. But you can sense God's grace to go longer, even as long as 21 days or more. Use wisdom and pray for guidance. Beginners are advised to start slowly.

6) Don't act like a martyr. Jesus rebuked the religious people for putting on a show to gain sympathy. Be simple and don't complain. If you are suffering too much, stop fasting.

What to expect?

Natural and Emotional: When you fast, your body detoxifies, eliminating chemicals from your system. This can cause mild discomfort such as headaches and irritability during caffeine and sugar withdrawal. And naturally, you will have hunger pangs. Limit your activity and moderate exercise. Take time to rest. Don't let yourself become irritable with people. Maintain your faith and joy. God has more than enough grace to help you.

Spiritual: Fasting brings miraculous results. You are following the example of Jesus and the Apostles when they fasted. Dedicate time to listening to and singing praise and worship, or better yet, singing new songs in the Spirit. Pray as often as possible throughout the day. Get away from normal distractions as much as possible and keep your mind and heart seeking God's face.

Water, Water, and more Water!

Regardless of the length of your fast, when you begin, you should try to drink at least 3 liters of purified, filtered, bottled, or distilled water throughout the first day, and throughout the entire fast. Try not to drink tap water if you can avoid it, but it's better than not drinking any water at all. Water will make you feel fuller! Water is your best friend when fasting, so keep drinking plenty of water throughout your fast. Take a water bottle to work and keep sipping.

Note: Too much water without some salt and sugar (electrolytes, like those found in drinks such as Gatorade) can be harmful. Your body needs some to maintain its chemical balance. Be mindful of this.

Ending the Fast

How to end it? Slowly! Don't eat too much when your fast is over. Start eating solid foods gradually; eat small portions or snacks. Light food is better than meat, pasta, fats, etc.

In the end, we are not trying to prove anything to anyone, not even to God Himself. It is a spiritual exercise to silence the voice of the flesh, allowing us to clearly hear the voice of the Holy Spirit and gain dominion over the flesh. Don't worry about anything. Do what you can. There is no condemnation for those who follow the Lord and walk in the Spirit. Fasting can be a great challenge for those who are not used to it, but as Paul said: "I can do all things through Christ who strengthens me." We will do it together in the power of God!

Our United Purpose @ IPF 2026

We want to encourage you to direct your prayers in a united way during our fast. Although you may have personal reasons for fasting, there are three specific areas that we ask you to focus on and agree with us on. They are 1) Wisdom for the leaders in guiding the church, for Local Government and the Nation for protection, health, and wisdom; 2) Specific direction for the church; and 3) the church's finances, including the search for our own building.

1) **Leadership** – We are all learning in this process, and we also have brothers and sisters in new positions of authority. We always want to walk in love, wisdom, and with the mind of Christ with everyone. The Bible indicates that we should pray continuously for our spiritual and natural leaders (1 Timothy 2:1-2). When we lift up our spiritual leaders – pastors, elders, deacons, and others here in the United States and around the world, we can expect that the peace of God will reign in our lives and in our nation.

2) **The Lord's Direction** – is extremely important. We want God's best. As leaders, we know how to hear His voice, but fasting helps us hear more clearly. We always want to do and be in His perfect will.

3) **Souls** – We want to win more souls, through invitations and outreach in the community, and through powerful ministry in the church.

4) **Finances** – We know that God desires for us to prosper abundantly. He gives us His promise that if we give, we will receive, and more than enough for every good work. We want to pray for the well-being of our people, for their finances, creative ideas, favor, employers, employees, and investments. May tithes and offerings increase as a reflection of the personal prosperity of the members. We recognize that God is not limited by the finances of the members. He can bring resources to the church from many sources. To fulfill His plan for Word of Faith Church, we need a greater abundance of funds. We have a great vision, but we also have a greater God!

5) **Missions** – We love to reach into our ,local community, but we also burn for other nations. We currently support a number of missionaries and missions outreaches, both locally and around the earth. Our goal is to keep adding nations to our outreach, always led by the Holy Spirit. We focus our support towards missions outreach that teaches about both salvation in Christ and also the reality of the Holy Spirit in our lives. He always lifts up Christ, which is wonderful, but He also dwells in us with power as we trust in Him and develop our relationship with Him. He is the door to the gifts of the Spirit and, as a full-gospel ministry, we want to tell people about this great dimension of our lives through the Baptism in the Holy Spirit.

SO in Conclusion...

We encourage you to seek the Lord with us in prayer and seek His guidance on how to conduct your biblical fast. We believe that when we pray and seek God first, everything else will be added to us. (Matthew 6:33)

As we begin this year 2026, we propose that we pray and fast together as a congregation of believers, united in faith and longing to hear God's voice.