

Fasting Guide

At its most basic level, fasting involves giving up something for a set period of time in order to focus more intentionally on prayer and time with God. The purpose of fasting is not deprivation, but direction—redirecting our attention toward the Lord.

When hunger pangs or the desire for what you've given up arise, let them serve as reminders to pause, pray, and turn your heart toward God.

"Fasting allows us to quiet the appetites of our bodies and the desires of our souls so our spirits can grow stronger and closer to God." — Chris Hodges

"Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal." — Andrew Murray

The Purpose of Fasting

The primary focus of fasting is to fix our eyes on Jesus, listen for the voice and direction of God, and realign our hearts with the things of God. Fasting removes distractions and strengthens our spirit, allowing for a deeper connection with the Lord.

Jesus and Fasting

Jesus fasted before beginning His public ministry (Matthew 4:1–11; Mark 1:12–13; Luke 4:1–13). His fast demonstrated complete dependence on God, full submission of the flesh, and victory through the spoken Word.

Types of Fasts

- **Complete Fast** – Abstaining from all solid foods and consuming only liquids such as water or juice (consult a doctor before beginning).
- **Selective Fast** – Removing certain foods from your diet such as meat, sugar, or coffee.
- **Partial Fast** – Skipping specific meals or fasting during certain hours of the day.
- **Soul Fast** – Abstaining from distractions such as social media, TV, movies, news, or video games.

"Whatever you starve dies. Whatever you feed, thrives." — Chris Hodges

Daily Focus During Your Fast

- **Humble Yourself:** Confess your sins and seek God's forgiveness (2 Chronicles 7:14).
- **Seek God:** Declare your dependence on Him and seek His face daily (1 Chronicles 16:11).
- **Pray for His Kingdom:** Ask for revival and the advancement of God's kingdom (Matthew 6:10).
- **Hear from Heaven:** Invite God's presence into every area of your life (Exodus 33:15).
- **Believe for Answered Prayer:** Trust God with your needs (Philippians 4:6).
- **Pray for Others:** Ask God to move in the lives of those around you (Ephesians 1:17–18).

