

YOUR KINGDOM COME, YOUR WILL BE DONE



PRAYER & FASTING GUIDE



Hilton Head Island
community church

**This season is an invitation, not to do more,
but to draw nearer to God with open hands.**

Fasting has a way of slowing us down and gently revealing what we have been gripping too tightly beneath the surface. When distractions are removed and appetites are restrained, we are finally free to release control and see what God wants to place in our hands.

Our prayer for you is simple: that over these next 21 days, you would not just complete a fast, but encounter Jesus the Righteous in deeper, quieter, and more personal ways. This is not about proving spiritual strength, it is about posture. Open hands recognize Jesus as Lord before we see the outcome. It is not about earning God's favor; it is about responding to His grace.

And it is not about changing God's heart. It is about allowing God to shape our heart as we loosen our grip and learn to receive.

As you walk through this devotional, resist the urge to rush. Sit with the scriptures. Let silence do its work. Hold nothing back before God and expect Him to meet you there. God already knows your heart, and He meets it with grace, not condemnation. If we can stay focused, this fast is going to change our lives!

What is Fasting?

Biblically, fasting is the intentional laying aside of something we perceive as good (most often food) for the purpose of seeking something far greater: God.

Throughout Scripture, fasting is consistently connected to:

- Humility before God (Psalm 35:13)
- Repentance and confession (Joel 2:12)
- Dependence on God's provision (Matthew 4:4)
- Clarity and guidance (Acts 13:2-3)
- Drawing near to the presence of God (James 4:8)

Fasting is a way of saying with our bodies what we believe in our hearts: "Lord, I need more of You than I need comfort, control, or consumption."

When we fast, we create intentional space to listen. Hunger becomes a reminder to pray. Emptiness becomes an invitation for God to fill us. Over time, fasting reveals what has been competing for our attention and affection and gently redirects our hearts back to Jesus. Fasting does not make God more present. It makes us more aware of His presence.

What Fasting Is Not

- Fasting is not a hunger strike to get God to act.
- God is not manipulated by sacrifice. He responds to surrender.
- Fasting is not about punishment or self-harm.
- Scripture never presents fasting as a way to pay for sin. Jesus already did that at the cross.
- Fasting is not about spiritual comparison.
- There is no hierarchy of holiness based on what or how long you fast. God is not impressed by deprivation. He desires obedience and humility.
- Fasting is not about behavior modification alone.
- If fasting only changes your diet but not your heart, you've missed its purpose. Biblical fasting always aims at transformation, not performance.
- And fasting is not an end in itself.
- It is a means or a pathway that leads us toward deeper intimacy with Christ.

Why We Fast

Jesus assumed His followers would fast. This was not a religious display, but as a relational discipline:

“When you fast...” (Matthew 6:16)

Fasting trains us to say no to lesser things so we can say yes to eternal ones. It quiets the noise of the world and sharpens our sensitivity to the Holy Spirit. Over time, fasting teaches us that life is not sustained by what we consume, but by God, who sustains us.

This fasting journey is about Jesus revealed—
revealed in stillness,
revealed in surrender,
revealed in simplicity,
revealed with joy.

So as you begin, start here each day:
“Less of me, more of You, Jesus.”

Hopefully, this fast will not leave you exhausted, but anchored.
Not emptied, but filled. Not striving, but resting.

Food Restrictions & Alternative Fasting

We understand that not everyone can fast from food in the same way. Some may have medical conditions, eating disorder histories, pregnancy-related needs, medications, or nutritional requirements that make a traditional fast unwise or unsafe. Others may be in seasons where food restriction would be spiritually distracting rather than abundant life giving. Scripture never calls us to harm our bodies in pursuit of holiness.

If that is you, please read this clearly: You are not less faithful. You are not missing out. And you are not disqualified from this journey. God is far more concerned with the posture of your heart than the contents of your plate.

The Heart of Fasting

At its core, fasting is about removing distractions so we can give greater attention to God.

Food is the most common biblical expression of fasting, but it is not the only way Scripture calls us to practice self-denial. The purpose is always the same:

- To quiet the noise
- To confront dependency
- To increase sensitivity to the Spirit
- To make room for Jesus to be revealed

If abstaining from food is not wise for you, consider fasting from something else that:

- Competes for your attention
- Dulls your spiritual sensitivity
- Consumes emotional or mental energy
- Functions as comfort, escape, or control

Alternative Fasting Options

Prayerfully choose one meaningful fast that creates intentional space for God:

Media & Technology

- Social media
- Streaming platforms
- News consumption
- Gaming
- YouTube or podcasts (outside of worship or Scripture)

Comfort & Convenience

- Snacking between meals
- Eating out or fast food
- Shopping (online or in-store)
- Non-essential spending
-

Noise & Distraction

- Music in the car (replace with silence or prayer)
- Background TV
- Multitasking during quiet time

Habits That Dull Awareness

- Excess caffeine or sugar
- Late-night scrolling
- Sports or entertainment consumption
- Overcommitment without margin

The goal is not deprivation—it is reorientation.

How to Fast Well (Without Food)

If you choose an alternative fast:

- Be intentional, not casual
- Be consistent, not perfect
- Replace what you remove with prayer, Scripture, or stillness
- Let the absence become a prompt to turn toward Jesus

Every craving—whether for food, distraction, or comfort—is an opportunity to pray: **“Jesus, I want You more than this.”**

An Invitation of Unity

Fasting is not about perfection—it is about intention. If you stumble, don't quit. Return your heart to Jesus and keep going. Again, fasting does not make you more loved by God. It makes you more aware of the love that is already yours.

As you eat simply, pray honestly, and seek faithfully, we pray that Jesus will be revealed, not just in what you give up, but in who you become. Whether you follow the Daniel Fast exactly or engage through an alternative fast, this journey is not about comparison. It is about communion. We fast as one church with one desire:

To see Jesus more clearly, to hear His voice more distinctly, to follow Him more faithfully. However you participate, may these days be marked by grace, honesty, and renewal.

Less of me, more of You, Jesus.

Daniel Fast - Why We Eat This Way

Daniel 10:2-3

"In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks."

A Daniel Fast is not about restriction for restriction's sake. It is about intentional simplicity with spiritual purpose.

Daniel chose to abstain from foods that brought comfort, pleasure, and indulgence so that his attention would remain fixed on the Lord. In the same way, this fast is designed to remove distractions that dull our spiritual sensitivity and replace them with ultimate dependence on God. Foods are limited on purpose.

Every time you crave coffee, chocolate, meat, or sugar, it becomes a moment of awareness. It becomes a reminder of why you are fasting in the first place. Instead of giving in to appetite, you are invited to turn to prayer. Instead of feeding the flesh, you feed the soul. Over time, those moments will form new patterns of surrender and trust. This is not about punishment. It is about training the heart to seek Him first.

Foods to Eat on the Daniel Fast

Whole Grains

Amaranth, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, wild rice.

Beans and Legumes

Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, split peas.

Nuts and Seeds

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed — fresh, frozen, dried, juiced, or canned.

Fruit

All fruit is allowed — fresh, frozen, dried, juiced, or canned. (Dried fruit should not contain added sugar—check labels.)

Oils

Oils such as olive, coconut, and sesame are allowed **in moderation**.
Use for light cooking or sautéing, but avoid deep-frying.

Other Allowed Items

Unleavened bread (whole grain, no yeast, sugars, or preservatives)
All herbs, spices, and seasonings (including salt and pepper)
Soy products such as tofu, edamame, and soy nuts

Beverages

Water should be the primary beverage (distilled, filtered, sparkling, spring, or mineral)
100% fruit juice may be used occasionally (do not overconsume)
Unsweetened non-dairy milk (almond, coconut, soy)

Foods to Avoid on the Daniel Fast

Animal Products

Meat (bacon, beef, bison, chicken, lamb, pork, turkey) Fish
Eggs, Dairy (butter, cheese, cream, milk, yogurt)

Added Sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar.
(Stevia is plant-based and acceptable.)

Refined Grains

White flour and white rice.
Only whole grains are allowed (bran, germ, and endosperm intact).

Processed Foods

Foods containing artificial flavorings, chemicals, additives, or preservatives.

Deep-Fried Foods

French fries, corn chips, potato chips. (Baked chips are acceptable only if ingredients meet guidelines.)

Solid Fats

Butter, margarine, lard, shortening.

Chocolate

Milk chocolate, dark chocolate, semi-sweet chocolate, chocolate syrup, cacao.

Caffeinated & Alcoholic Beverages

Alcohol, coffee, caffeinated tea, energy drinks.

WEEK 1: Be Still

This week invites you to slow down and open your hands before God. Stillness is not passive. It is an act of trust that shows God you do not need total control. As the noise quiets and distractions fade, allow Jesus to reveal Himself not through urgency, but through presence.

Day 1 – Psalm 46:10

Sometimes stillness feels uncomfortable because it removes our distractions. Jesus reveals Himself when we stop striving and simply sit with Him. Today, let this be your prayer for the next 21 days: Less of me, more of You, Jesus.

Day 2 – Exodus 14:14

We spend so much energy trying to fix what Jesus already promised to handle. Silence before Him isn't weakness. Silence is trust. Let Jesus fight for you while you learn to rest.

Day 3 – Mark 4:39

Jesus speaks peace not only to storms around you, but to storms within you. His presence doesn't always remove the waves, but it always brings calm to the heart. Listen for God's voice today.

Day 4 – Philippians 4:6

Anxiety grows when we carry burdens Jesus never intended us to hold. Prayer is simply bringing everything to Him and admitting we need help. As you release control, Jesus reveals Himself as faithful.

Day 5 – Job 6:24

Stillness invites honesty. Jesus teaches us gently when we stop defending ourselves and start listening. Let Him show you where healing begins.

Day 6 – Lamentations 3:24–26

Waiting can feel lonely, but Jesus meets us there. Hope is formed in quiet trust, not hurried answers. Good is ahead, even when the path feels slow.

Day 7 – Psalm 100:3

You belong to Jesus before you ever do anything for Him. Knowing who you are settles the soul. There is no reason to stand at a distance. You are His.

WEEK 2: Be Satisfied

This week shifts our attention from what we want to what truly sustains us. Satisfaction grows when we stop filling our lives with substitutes and allow God to meet us at the deepest level. With open hands and honest hearts, let Jesus reshape your desires and remind you that He is enough.

Day 8 – Genesis 2:7

Every breath you take is a reminder that Jesus is near. Satisfaction begins when we stop chasing what cannot give life. Let today be about gratitude, not striving.

Day 9 – Romans 12:2

Jesus transforms us as we surrender our thought life to Him. When your mind is renewed, your desires slowly change. Direction impacts identity, and Jesus gently reshapes both.

Day 10 – Acts 2:38

Repentance isn't about shame. Repentance is about coming home. Jesus removes what weighs us down so He can fill us with His Spirit. Freedom always follows surrender.

Day 11 – James 5:13

Joy grows when we turn our hearts toward praise. Singing, thanking, or simply acknowledging Jesus realigns the soul. Satisfaction deepens when we remember who He is.

Day 12 – Ephesians 5:18

What fills your life will shape your direction. Jesus offers fullness that never leaves you empty. Invite His Spirit to lead you today.

Day 13 – 2 Corinthians 7:1

Jesus loves us too much to leave us unchanged. Holiness is not about perfection; it is about closeness. As we surrender, He draws us nearer.

Day 14 – Matthew 6:24

Jesus knows divided hearts lead to restless souls. He invites full devotion, not partial attention. Choose Him today, and let peace follow.

WEEK 3: Be Simplified

This final week is about letting go so you can move forward lighter. Simplification creates space to see Jesus more clearly and follow Him more freely. As you release what competes for your affection, trust that God is not taking something from you. He is preparing you for something better.

Day 15 – John 14:6

Life becomes clearer when Jesus is at the center. He isn't just a guide. He is the way. He is the truth. He is the life. Everything else fades when Jesus the Righteous is revealed.

Day 16 – Luke 12:33

Letting go makes room for something greater. Jesus frees our hearts by loosening our grip on temporary things. Trust Him with what you release.

Day 17 – Psalm 116:6

Jesus meets us in our weakness, not after we fix ourselves. Simple faith invites deep grace. When you were brought low, He saved you.

Day 18 – Luke 12:15

Jesus reminds us that life is more than what we own. Contentment grows when we stop measuring worth by possessions. Freedom follows simplicity.

Day 19 – Hebrews 12:1

Jesus invites us to lay down what slows us, not just what is sinful. Simplifying creates space to run with endurance. Let go, and move forward with a lighter load.

Day 20 – 1 Thessalonians 4:11

A quiet life with Jesus is never insignificant. Faithfulness in small moments carries eternal weight. If you struggle, take the next right step. Jesus walks with you.

Day 21 – 1 John 2:15

Love always reveals what matters most. Jesus invites us to choose what lasts over what fades. Abundant life is possible when our affection and direction stays fixed on Him.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.











Hilton Head Island
community church

**Content created by Rev. Matthew Czarnecki
for Hilton Head Island Community Church.**