

# **IGNITED 2026**

## *Prayer* & **FASTING**

**INFO & 21 DAY INSTRUCTION**

**Prayer and Fasting should  
not be a burden or a duty,  
but rather a celebration of  
GOD's goodness and  
mercy to HIS children.**

# What Is FASTING

The power of **fasting** as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world. **Dr. Bill Bright**

Fasting is a powerful spiritual discipline. Through fasting and prayer, the Holy Spirit can transform your life.

Jesus Himself spent time in fasting and prayer during his life on earth, and he expected his followers to fast as well.

Fasting was an expected spiritual discipline in both the Old and New Testament.

*Fasting and prayer is where you nourish your spirit, and your fears starve death. Fasting helps detach us from this world while prayer re-attaches us to **GOD***

The word "fast" or "a fasting" is *tsom* in the Hebrew and *nesteia* in the Greek language. The literal Hebrew translation would be "not to eat." The literal Greek means "no food."

Fasting is a choice of abstinence from food.

Fasting is a way to demonstrate to **GOD**, and to ourselves, that we are serious about our relationship with **GOD**.

## What Does the Bible Say about Prayer and Fasting?

Jesus practiced fasting when he was tempted by Satan.

During those 40 days of loneliness, "He ate nothing"

Matthew 4:1-11

Mark 1:12-13

Luke 4:1-4

**Luke 4:2**

The earlier mention of fasting in the Old Testament were the instructions GOD gave Moses after leading his people to freedom

Exodus 13:3

*It allows us to take our eyes off the things of this world, we can more successfully turn our attention to Christ.*

Acts 13:2

Acts 14:23

Fasting and prayer are often linked together (Luke 2:37; 5:33). Fasting without praying isn't fasting. It is dieting or deprivation. The only reason to fast is to make space for you to seek the Lord with greater urgency

Prayer helps tear down walls, utter us into spiritual breakthroughs, destroys chains, and gives us clarity of GOD's answers that we seek!

## 7 Why's to FASTING

\***Fasting** was an expected practice in both the Old and New Testament eras. **Matthew 6:16**, Jesus says, "When you fast" not if you fast.

\***Fasting** and prayer will restore the loss of your "first love" for the Lord and result in a more intimate relationship with Christ. **Revelation 2:4**

\***Fasting** is a biblical way to truly humble yourself in the sight of GOD. **Ezra 8:21; Psalm 35:13**

\***Fasting** enables the Holy Spirit to reveal your true spiritual condition.

\***Through Fasting**, the Holy Spirit will imprint God's Word deeper on your heart, and His truth will become more meaningful to you.

\***Fasting** will transform your prayer life into a richer and more personal experience.

\***Fasting** will result in a dynamic personal revival and make you a channel of life change to others.

Fasting is one of the Spirit's tools for strengthening and transforming grace in our lives. This spiritual practice is a gift from **GOD** meant to grow us and draw us into a deepening relationship with Him.

# What Does Prayer Do for Fasting

## 4 Types of FAST

**Regular fast:** A regular fast is when you abstain from all food and drink except for water, **Matthew 4:2**

**Partial fast:** This is a type of fasting that involves abstaining from a particular type of food. Daniel's diet while he was in Babylon is an example **Daniel 10:3**

**Absolute fast:** An absolute fast is when you abstain from food and drink of any kind.

**Supernatural fast:** There have been instances when God enabled someone to fast in ways that they could not do on their own. Moses abstaining from food and water for 40 days **Deuteronomy 9:9**

# 21 Day Fast

## January 7<sup>th</sup> -26<sup>th</sup>

### WEEK 1

**January 7<sup>th</sup> – 13<sup>th</sup>**

No Sweets, No Fried Foods.

Water, 100% Juice, Green Tea (Agave sweetener only)

No Food between 6pm-6am (Last Meal Before 6pm)

### WEEK 2

**January 14<sup>th</sup> - 20<sup>th</sup>**

No Sweets, No Fried Food, No Beef, No Pork, No Bread, No Starches.  
Chicken & Fish, all vegetables, whole grains & nuts ONLY.

Only Water, 100% Juice, Green Tea (Agave sweetener ONLY)

No Food between 6pm-6am (Last Meal Before 6pm); Water & 100%

Juice Only. No Social Media between 6pm-11:59am

### WEEK 3

**January 21<sup>st</sup> - 27<sup>th</sup>**

No Sweets, No Fried Food, No Beef, No Chicken, No Fish, No Pork,  
No Bread, No Starches.

**ONLY** vegetables, whole grains & nuts. **Only** Water, 100% Juice,  
Green Tea (Agave sweetener **ONLY**)

No Food between 6pm-6am (**Last Meal Before 6pm**); Water & 100%  
Juice Only. No Social Media between 6pm-11:59am

# notes **Week 1**



Lined area for notes, consisting of 25 horizontal lines.

# notes

Week 2



Lined area for notes, consisting of 20 horizontal lines.

# Week 3





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