

A close-up photograph of a person's hands holding an open, thick, brown leather-bound Bible. The Bible is resting on a rustic, weathered wooden surface. The person is wearing a light blue button-down shirt. The background is softly blurred, showing more of the person's torso and the wooden surface.

GUIDE TO FASTING

Seeking the heart of God

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A GUIDE TO FASTING

How good and how pleasant it is for brothers and sisters to come together in unity. When we get together in community and synergize, God will bring His blessing. As we enter this time of consecration, fasting and praying for the will of God to be done, we can expect to reap the benefits and promises that our obedience to His Word produces. Such as doors opening, miraculous provision, favour, healing and supernatural breakthrough. Let's shift into High gear and let us pursue our amazing Saviour Jesus. And let's see Center Point move through PEI square by square.

WHAT IS FASTING?

Fasting is intentionally abstaining from food (not fluids) for spiritual purposes; it is humbling your soul (Reference- Psalm 35:13, Matthew 23:12). Fasting brings you into a deeper, more intimate and powerful relationship with Jesus.

Fasting is an act of humility before God to seek His divine intervention in the events of our physical world.

It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a most unusual, powerful way.

It transforms prayer into a richer, more personal experience and draws you closer to God (James 4:8).



FASTING'S PURPOSE

TO SEEK ANSWERS FROM GOD

Ezra 8:21 & 23 NLT "21 And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. 23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer"

TO PRAY ON BEHALF OF OTHERS

Ezekiel 22:30 NLT "30 I looked for someone who might rebuild the wall of righteousness that guards the land. I searched for someone to stand in the gap in the wall so I wouldn't have to destroy the land, but I found no one."

TO BREAKTHROUGH IN DIFFICULT SITUATIONS

Isaiah 58:6-8 NLT "6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the lord will protect you from behind."

HOW TO FAST

DISCREETLY

(Matthew 6:17-18 NLT) "17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

WITH FAITH

(Hebrews 11:6 NLT) "6 And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

HOW TO PRAY

BY FAITH WITH EXPECTATION

(Mark 11:22-24)

USING THE WORD

(Isaiah 55:6-11, Hebrews 4:12)

IN THE SPIRIT

(Romans 8:26-27)

IN AGREEMENT

(Matthew 18:19)

CONTINUOUSLY

(1 Thessalonians 5:17)

PRAY WITH POWER AND AUTHORITY

(Matthew 10:1, Luke 10:19, Ephesians 2:6, Matthew 16:19)



TYPES OF FASTING

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.



COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, or have health issues. An example of a soul fast, could be that you might choose to stop using social media or watch television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

How to Begin Your Fast: Steps 1-4

Dr. Bill Bright

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

Step 1: Set an Objective for Your Fast

Why are you fasting? Is it for spiritual renewal? For guidance? For healing? For the resolution of problems? For special grace to handle a difficult situation? Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Step 2: Commit to Your Fast

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14-15). For Him, it was a matter of when, not if, believers would fast. Before you fast, decide the following:

- How long you will fast — one meal, one day, a week, several weeks, forty days? (Start slowly and build up to longer fasts.)
- The type of fast God wants you to undertake, such as water only or water and juices, as well as what kinds of juices you will drink and how often.
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God's Word.

Making these commitments ahead of time, write them down and share them with someone you trust. This helps you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

Step 3: Prepare Yourself Spiritually

The foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit reminds you of and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from anyone you have offended and forgive anyone who has hurt you (Mark 11:25; Luke 11:4; 17:3-4).
- Make amends with people as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord and Master and refuse to obey your worldly nature (Romans 12:1-2).
- Meditate on the attributes of God — His love, sovereignty, power, wisdom, faithfulness, grace, compassion and other qualities (Psalm 48:9-10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16-17).

Step 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so you can turn your full attention to the Lord in prayer. Remember the following:

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruits and vegetables for two days before starting a fast.

PRAYER GUIDE FOR **FASTING**

The secret to staying free lies within the Word. The Scriptures are living and active, and they will show you how to live in freedom every single day as they strengthen your spirit.

In dark times, the Word will illuminate your path; in trials, it will guide you through; and in temptation, it will help you overcome. Ask the Lord to inscribe these truths on your heart, and they will become a part of you and all you do. No longer will old ways govern your decisions; instead, you will be transformed into a new creation that radiates the hope of heaven in joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.

HOW TO FIGHT FOR FREEDOM

"It is God who arms me with strength and makes my way perfect" 2 SAMUEL 22:33

"Not by might nor by power, but by My Spirit," says the Lord of hosts" ZECHARIAH 4:6

"For we know that our old self was crucified with Him so that the body of sin might be done away with, that we should no longer be slaves to sin" ROMANS 6:6

"For sin shall not be your master, because you are not under law, but under grace" ROMANS 6:14

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit" 2 CORINTHIANS 3:17-18

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me" GALATIANS 2:20

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" GALATIANS 5:1

"Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires" GALATIANS 5:24

"Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" EPHESIANS 6:13

"I can do all things through Christ who strengthens me" PHILIPPIANS 4:13

GOD IS WITH YOU

The Lord replied, "My Presence will go with you, and I will give you rest." EXODUS 33:14

"God is our refuge and strength, an ever-present help in trouble" PSALM 46:1

"But now, thus says the Lord, your Creator, "Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; and through the rivers, they will not overflow you when you walk through the re, you will not be scorched, nor will the flame burn you. Do not fear, for I am with you; I will bring your o spring from the east, and gather you from the west." ISAIAH 43:1-2, 5

"Never will I leave you; never will I forsake you" HEBREWS 13:5

PRIDE & SURRENDER

"Anyone who does not take his cross and follow me is not worthy of me" MATTHEW 10:38

"Whoever finds his life will lose it, and whoever loses his life for my sake will find it" MATTHEW 10:39

"Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven" MATTHEW 18:4

"For whoever exalts himself will be humbled, and whoever humbles himself will be exalted" MATTHEW 23:12

"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me" GALATIANS 2:20

"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves" PHILIPPIANS 2:3

"All of you, clothe yourselves with humility toward one another. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time" 1 PETER 5:5-6

"Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody" 1 THESSALONIANS 4:11-12

"For where you have envy and selfish ambition, there you find disorder and every evil practice" JAMES 3:16

A LIFE OF PURITY

“Create in me a pure heart, O God, and renew a steadfast spirit within me” PSALM 51:10

“How can a young man keep his way pure? By living according to your word” PSALM 119:9

“Above all else, guard your heart, for it is the wellspring of life” PROVERBS 4:23

“Blessed are the pure in heart, for they will see God” MATTHEW 5:8

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will” ROMANS 12:2

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ” 2 CORINTHIANS 10:5

“Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God”
2 CORINTHIANS 7:1

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things” PHILIPPIANS 4:8

“How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!” HEBREWS 9:14

“Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water” HEBREWS 10:22

WHEN YOU FEEL ASHAMED

“Count yourself lucky, how happy you must be—you get a fresh start, your slate’s wiped clean” PSALM 32:1

“He does not treat us as our sins deserve or repay us according to our iniquities” PSALM 103:10

“As far as the east is from the west, so far has he removed our transgressions from us” PSALM 103:12

“You are already clean because of the word I have spoken to you” JOHN 15:3

“For He chose us in him before the creation of the world to be holy and blameless in His sight. In love He predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In Him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace” EPHESIANS 1:4-7

“For I will forgive their wickedness and will remember their sins no more” HEBREWS 8:12

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness” 1 JOHN 1:9

“If anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One” 1 JOHN 2:1

OVERCOMING TEMPTATION

“I will set before my eyes no vile thing” PSALM 101:3

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak” MATTHEW 26:41

“Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature” ROMANS 13:14

“No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it” 1 CORINTHIANS 10:13

“But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified” 1 CORINTHIANS 9:27

“All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus” EPHESIANS 2:2–6

“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart” 2 TIMOTHY 2:22

“For the grace of God that brings salvation has appeared to all men. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the glorious appearing of our great God and Saviour, Jesus Christ, who gave Himself for us to redeem us from all wickedness and to purify for Himself a people that are His very own, eager to do what is good” TITUS 2:11–14

“Submit yourselves, then, to God. Resist the devil, and he will flee from you” JAMES 4:7

WHEN YOU FEEL CONDEMNED

"They looked to Him and were radiant; their faces were not ashamed" PSALM 34:5

"Do not be afraid, you will not suffer shame. Do not fear disgrace; you will not be humiliated; you will forget the shame of your youth" ISAIAH 54:4

"Instead of your shame you shall have double honour" ISAIAH 61:7

"For God did not send his Son into the world to condemn the world, but to save the world through Him" JOHN 3:17

"But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, He straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her . . ." Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin." JOHN 8:7, 10-11

"When he [satan] lies, he speaks his native language, for he is a liar and the father of lies" JOHN 8:44

"Therefore, there is now no condemnation for those who are in Christ Jesus" ROMANS 8:1

"For the accuser of our brothers [satan], who accuses them before our God day and night, has been hurled down" REVELATION 12:10

HEALING A BROKEN HEART

"I am the Lord, who heals you" EXODUS 15:26

"He is near to those who have a broken heart and saves those who are crushed in spirit"
PSALM 34:18-19

"He heals the brokenhearted and binds up their wounds" PSALM 147:3

"The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners" ISAIAH 61:1-3

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" MATTHEW 11:28-30

"Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ...For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" ROMANS 8:35, 38-39

MOVING PAST YOUR PAST

"Do not call to mind the former things, or ponder things of the past. "Behold, I will do something new, now it will spring forth; will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert" ISAIAH 43:18-19

"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"
2 CORINTHIANS 5:17

"But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus"
PHILIPPIANS 3:13-14

WHEN YOU NEED PEACE

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid" JOHN 14:27

"...and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" PHILIPPIANS 4:7

ENDURING THROUGH TRIALS

“Do not sorrow, for the joy of the Lord is your strength” NEHEMIAH 8:10

“For His anger is but for a moment, His favour is for life; weeping may endure for a night, but joy comes in the morning” PSALM 30:5

“My tears have been my food day and night, while men say to me all day long, “Where is your God?” Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God” PSALM 42:3,5

“Restore to me the joy of Your salvation, and uphold me by Your generous Spirit” PSALM 51:12

“Those who sow in tears shall reap in joy” PSALM 126:5

“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us” ROMANS 8:18

“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing” JAMES 1:2-3

REASONS TO REJOICE

“You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore” PSALM 16:11

“This is the day the Lord has made; we will rejoice and be glad in it” PSALM 118:24

“For you shall go out with joy, and be led out with peace; the mountains and the hills shall break forth into singing before you, and all the trees of the eld shall clap their hands” ISAIAH 55:12

“Likewise, I say to you, there is joy in the presence of the angels of God over one sinner who repents” LUKE 15:10

“These things I have spoken to you, that My joy may remain in you, and that your joy may be full” JOHN 15:11

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit” ROMANS 15:13

“Rejoice in the Lord always. Again I will say, rejoice!” PHILIPPIANS 4:4