

WHAT TO DO WHEN YOU ARE FASTING?

01. READ THE BIBLE DAILY

Proverb a Day

Everyday read a Proverb.

Psalm a Day

Everyday read a Psalm.

Bible Reading Plan

Choose a Bible reading plan and everyday commit to read and meditate on God's word.

02. READ A BOOK ABOUT FASTING.

The Transforming Power of Fasting and Prayer:

Personal Accounts of Spiritual Renewal

By: Bill Bright

7 Basic Steps to Successful Fasting & Prayer

By: Bill Bright

Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God

By: Jentzen Franklin

Awakening: A New Approach to Faith, Fasting, and Spiritual Freedom

By: Stoval Weems

03. JOURNAL

Gratitude Journal

The opposite of praising is complaining.

If we complain, we remain. But if we praise God and have gratitude, we are in His will.



HOW TO MEDITATE ON GOD'S WORD

The purpose of meditating on the Word of God is to hear from God. When we concentrate on His word and seek guidance, He can use specific scriptures to answer our request. Once we understand what the scriptures mean our trust is going to increase and our worries will decrease. Before you begin, ask the Holy Spirit what we need to know, learn, and apply.

A. OBSERVATION

1. Who is the writer?
2. To whom is he writing?
3. What is the passage actually saying?

B. INTERPRETATION

1. What does this passage mean?
2. What can I learn from it?

C. DECLARATION

1. As you look at the passage, look for a confession.
2. Take that confession, write it down, place somewhere visual and confess it 10 times throughout your day.

D. APPLICATION

1. Based on what you just learned, how do you respond?



CREATING A LIFESTYLE OF PRAYER

EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT [THE HOUSE], AND WENT OUT TO A SECLUDED PLACE, AND WAS PRAYING THERE.

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening - and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer". This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

PRAYING SCRIPTURES

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the Psalm to have a conversation with God.

SCRIPTURE:

Because the Lord is my Shepherd, I have everything I need! He lets me rest in the meadow grass and leads me beside the quiet streams. He gives me new strength. He helps me do what honors him the most. Even when walking through the dark valley of death I will not be afraid, for you are close beside me, guarding, guiding all the way. You provide delicious food for me in the presence of my enemies. You have welcomed me as your guest; blessings overflow! Your goodness and unfailing kindness shall be with me all of my life, and afterwards I will live with you forever in your home.

PSALM 23

PRAYER:

“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”

In the following section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

SCRIPTURE:

And when you draw close to God, God will draw close to you. Wash your hands, you sinners, and let your hearts be filled with God alone to make them pure and true to him.

JAMES 4:8

PRAYER:

“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

SCRIPTURE:

Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life.

PSALM 139:23-24

PRAYER:

“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth in a way that impacts eternity.”

SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

PRAYER:

“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace.”

SCRIPTURE:

Humble yourselves before the Lord, and he will lift you up in honor.

JAMES 4:10

PRAYER:

“God, You have promised me that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

SCRIPTURE:

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 TIMOTHY 1:7

PRAYER:

“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind.”

SCRIPTURE:

O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

PSALM 62:8

PRAYER:

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank you for having a purpose for me and for working all my life circumstances for good.”

PRAYING FOR THOSE WHO NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

01. ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

NO ONE IS ABLE TO COME TO ME UNLESS THE FATHER WHO SENT ME ATTRACTS AND DRAWS HIM AND GIVES HIM THE DESIRE TO COME TO ME,...
JOHN 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

02. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

FOR THE GOD OF THIS WORLD HAS BLINDED THE UNBELIEVERS' MINDS [THAT THEY SHOULD NOT DISCERN THE TRUTH], PREVENTING THEM FROM SEEING THE ILLUMINATING LIGHT OF THE GOSPEL OF THE GLORY OF CHRIST (THE MESSIAH), WHO IS THE IMAGE AND LIKENESS OF GOD.

2 CORINTHIANS 4:4

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

03. PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with His children.

FOR [THE SPIRIT WHICH] YOU HAVE NOW RECEIVED [IS] NOT A SPIRIT OF SLAVERY TO PUT YOU ONCE MORE IN BONDAGE TO FEAR, BUT YOU HAVE RECEIVED THE SPIRIT OF ADOPTION [THE SPIRIT PRODUCING SONSHIP] IN [THE BLISS OF] WHICH WE CRY, ABBA (FATHER)! FATHER!

ROMANS 8:15

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

04. PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

*SO PRAY TO THE LORD OF THE HARVEST TO
FORCE OUT AND THRUST LABORERS INTO HIS HARVEST.
MATTHEW 9:38*

As his “spiritual farmers”, we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind words, compassionate acts, or loving attitude will have to draw someone to Christ.

05. RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that “eureka” moment, that “aha!” when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.



IN HIM WE HAVE REDEMPTION (DELIVERANCE AND SALVATION) THROUGH HIS BLOOD, THE REMISSION (FORGIVENESS) OF OUR OFFENSES (SHORTCOMINGS AND TRESPASSES), IN ACCORDANCE WITH THE RICHES AND THE GENEROSITY OF HIS GRACIOUS FAVOR,

EPHESIANS 1:7

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.