

Prayer + Fasting

Glory in his holy name; Let the hearts
of those who seek the Lord rejoice.
Seek the Lord and his strength; Seek
his face continually (longing to be in
his presence).

1 Chronicles 16:10-11

What is Christian Fasting?

Fasting isn't about trying to get more of God. It's about giving more of ourselves to him. As we fast and pray, we believe he will move in our hearts, homes, and across our church. The Bible speaks of fasting as abstaining from food for a time to grow spiritually, glorify God, enhance our spirit, receive healing, and grow our prayer life.

I humbled my soul with fasting.

Psalms 35:13

Fasting is more about denying our natural appetites and raising our spiritual appetites - Isaiah 58:6-12 says that fasting loses the bonds of wickedness, undoes the heavy burdens, lets the oppressed go free, breaks every yoke and healing springs forth speedily. This is a powerful purpose.

Fasting Options

- Fast – An entire duration of days or weeks.
- Fast – 'Between meal' snacks and 'after meal' desserts.
- Fast – Solids, so that you are on a liquid fast, drinking juice, soup, smoothies.
- Fast – Delicacies and stick to fresh fruit and vegetables.
- Fast – Food all together for a sustainable period. For example, fast during the day and eat at night committing to prayer in the morning, lunch time and evening before you eat.
- A 'Daniel' fast - As found in the book of Daniel 10:3, where he "ate no choice food, no meat or wine touched my lips."
- A non-food fast – For example, social media, TV, music.

Prioritising Your Time

Where possible, spend the time you would normally be eating or watching TV, instead spend it on your relationship with God.

Intentionally make extra time to be with the Lord, reading the Bible, praying and communing with Him, worshipping Him, meditating on or journaling scriptures, yearning to know Him more and listening to the Holy Spirit.

Commit time to attend our Church wide prayer either at early morning Prayer locally or Wednesday Prayer Meetings over the fasting period.

Fasting Tips

START SMALL .

As with anything, fasting requires practice to become better at it. Set yourself a challenging, but realistic goal.

PLAN TO FAST .

Pray and ask God for protection, strength, and wisdom during your fast. Look ahead, you may have to rearrange your schedule or change your grocery list.

Where needed consult with your connect leader and/or doctor about what is appropriate for you.

BEGIN AND END WELL .

When fasting from food, the meal before and after the fasting period should be smaller and lighter than usual. End your fast very gradually.

Be Aware

Fasting is entirely voluntary. Fasting from food is not to be taken lightly. If you are new to fasting food, please consult your connect leader along with your health care professional regarding the length of the fast and what foods you choose to abstain from. If you are unable to fast food due to your health, we suggest a non-food fast like social media, TV, or music.

- Do not fast from water.
- Fasting from food is unwise if you are diabetic, hypoglycaemic, prone to migraines, pregnant, taking medication, or recovering from
- sickness.
- Do not fast from red meat if you're inclined to anaemia.
- If you have any doubts/questions, please talk to a health care professional.
- Drink plenty of water to prevent dehydration

Determine Your Duration

Choose the length of time or days that you will fast

- You may fast an entire duration of days or weeks OR
- Choose a certain number of days per week to fast OR
- You may fast one meal per day OR
- Fast every alternate day OR
- Fast all day but eat an evening meal