



FASTING
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LIGHTHOUSE CHURCH

A RESOURCE FOR 21 DAYS OF PRAYER & FASTING



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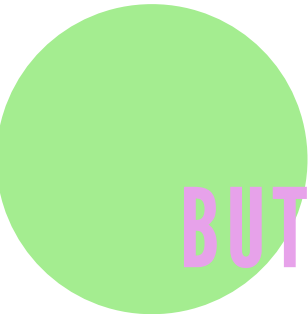



WHAT IS FASTING?

IN MATTHEW 6 JESUS SHARES 3 EXPECTATIONS FOR HIS FOLLOWERS: GIVE, PRAY, & FAST.

Fasting is the decision to give up food in order to focus our hearts fully on God. There are different ways to fast as you'll see later on, but all fasting is centered around giving something up in the physical in order to find nourishment in the spiritual.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Jesus shows in Matthew 6 that your private discipline will bring you rewards in Heaven. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.



**BUT SEEK FIRST HIS KINGDOM AND HIS
RIGHTEOUSNESS, AND ALL THESE THINGS
WILL BE GIVEN TO YOU AS WELL.**

MATTHEW 6.33



WHY SHOULD I FAST?

Does your soul need to be refreshed?

Are you in need of healing or a miracle?

Is there a dream inside you that only He can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate and powerful relationship with Jesus?

Are you ready to have heightened sensitivity to the voice of God?

Do you need to break away from something that has been holding you hostage?

Is there a friend or loved one that needs Salvation?

Do you desire to know God's will for your life?

Are you seeking direction in your life?

Are you believing for breakthrough in a specific area of your life?



**„FASTING DENIES YOUR FLESH IN
ORDER TO FEED YOUR SPIRIT.“**



WHAT DOES FASTING LOOK LIKE?

There are several different ways you can fast. Here are a few options:

1. *Full Fast.*

A full fast is when you drink only water. You determine which day(s) you will only have water. You can pick certain days throughout the 21 Day period to fully fast. It is common to choose 3 days.

2. *The Daniel Fast*

Based on Danile 1.8-16, the Daniel Fast involves eating no meat, no sweets and no bread. Drink water and natural juice. Eat fruits and vegetables.

3. *Partial Fast*

A partial fast is the custom option. You can choose to fast

from a certain period of time: 6:00AM to 3:00PM daily, for example, or sun up to sun down. You can also choose to give up certain meals, or you can fast from certain foods for the 21 days.

Whichever option you choose, it should feel like a sacrifice. Fasting is a spiritual discipline that forces us to focus on strength beyond ourselves. With God's help and the encouragement of your LHT family, you can do it!

*Before choosing which fast you will participate with, you should consult your doctor, especially those with health conditions.

**„FASTING CONFIRMS OUR UTTER DEPENDENCE
UPON GOD BY FINDING IN HIM A SOURCE OF
SUSTENANCE BEYOND FOOD.“**

- DALLAS WILLARD

FASTING TIPS

THESE TIPS WILL ENSURE THAT YOU GET THE MOST OUT OF YOUR FASTING EXPERIENCE

HOW TO START

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Be intentional with your purpose and keep it front and center throughout your fast.

PREPARE YOUR SPIRIT

Participation without preparation will hinder your progress. Be intentional about preparing your spirit for breakthrough. Open your heart fully to God, allow Him to show you areas of weakness and sin in your life. Forgive those who have offended you, and ask for forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). If there are any areas of your life that you have yet to surrender fully, focus your heart on surrendering those things (Romans 12:1-2)

DECIDING WHAT TO FAST

The type of fast you choose is up to you. Fasting is less about the style and more about the sacrifice.

Whether you choose to go on a full water fast, or the Daniel fast, it's important to remember to replace that time with prayer and Bible study.

A quick tip: If you're trying to convince yourself out of one of the options that you feel pulled toward, chances are that's the one you should choose!

DECIDING HOW LONG

As a church, we are fasting for 21 days. This doesn't mean that you need to full fast for 21 consecutive days, but instead within that time, choose a method or rhythm of fasting that God is leading you to.

Here are some examples:

Full Fast every Tuesday and Thursday within the 21 days.

Full fast for a 3-day period within the 21 days.

Full fast one day a week for the 21 days.

Daniel fast for 21 days.

Skip lunch every weekday for 21 days.

WHAT TO EXPECT

Depending on what you fast, your body may go through a detoxifying or withdrawal period. This can cause mild discomfort such as headaches and irritability especially if you are withdrawing from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



FASTING TO BREAKTHROUGH

FASTING LEADS TO BREAKTHROUGH. HERE ARE SOME THINGS TO KEEP IN MIND AS YOU BELIEVE FOR BREAKTHROUGH DURING YOUR FAST.

„WE DON'T FAST SIMPLY FOR BREAKTHROUGH. WE FAST TO GET CLOSER TO THE PRESENCE OF JESUS, AND IN THE PRESENCE OF JESUS THERE IS BREAKTHROUGH “

1. WRITE IT DOWN

Write down what you are believing for. Be specific. Be intentional. God honors faith.

2. FIND SUPPORT.

When you know that others are fasting along with you, it encourages you to keep going when it gets tough. You don't have to do it alone!

3. BE AWARE

Keep your heart open for God to move. God may be working in areas you don't expect.

4. CELEBRATE

Part of the journey of faith is celebrating the victory before you see the victory. Fast in anticipation, celebration, and faith!



21 DAYS OF PRAYER