

2026 Bridgeway Fast | 21 Days (Monday, 12th - Feb. Sunday, 1st)

Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. 16 Gather the people, consecrate the assembly...I am sending you grain, new wine and oil, enough to satisfy you fully... (Joel 2:15-19 (NIV))

WHAT IS FASTING?

Abstaining from something (generally food) for spiritual purposes of focus and prayer. It is an outer action that creates inner strength. Fasting was a consistent part of the Bible, both in the Old and New Testaments.

WHAT IS THE PURPOSE OF FASTING?

The primary purpose of fasting is to focus on Jesus and to center our attention on Him. In doing so, we glorify Him (Zechariah 7:5) as we dedicate additional time to prayer, worship, and devotion. As it has been said, “We fast from food, so that we can feast on God.”

5 TYPES OF FAST:

- 1) **ABSOLUTE FAST** – Going entirely without food.
 - *(Examples: Moses, Elijah, Jesus – all fasted 40 days)*
- 2) **DANIEL FAST** – Eating vegetables, fruits, & grains / Avoiding sweets, meats, & breads
 - *(Examples: Daniel, Shadrach, Meshach, Abednego)*
- 3) **DAYLIGHT FAST** – Fasting that generally runs from sunrise (6:00 AM) to sunset (5:00 PM)
 - *(Examples: Jewish Holidays)*
- 4) **EXTENDED FAST** – 3 days, 7 days, 10 days, 14 days, 21 days, 40 days
 - *(Examples: see back page)*
- 5) **PLEASURE FAST** – Refraining from an enjoyable food, activity, or hobby that you spend time with.

5 QUESTIONS TO CONSIDER BEFORE STARTING:

- 1) **PREPARATION** – What do I need to do in order to prepare for this fast?
- 2) **TIMES** – Are there certain times of the day I will be fasting?
- 3) **AGENDA** – Are there any main objectives you are fasting for? (*If so, write those down.*)
- 4) **TYPE** – What type of fast will I participate?
- 5) **BIBLE** – What part of the Bible will I be reading, and where will I pray at the times when I would normally be eating, that will keep me energized and focused?

POTENTIAL DAILY PRAYER FOCUS:

- **MONDAY** – Wisdom and Direction (*James 1:2-5; Proverbs 3:5-6, Matthew 6:33*)
- **TUESDAY** – Openness to the Holy Spirit and Scripture (*2 Timothy 3:16-17, John 16:5-15*)
- **WEDNESDAY** – God develops the “Fruit of the Spirit” in you (*Galatians 5:13-25*)
- **THURSDAY** – Your friends and family to know Jesus (*John 17:3, Romans 10:10-15*)
- **FRIDAY** – Impact of Bridgeway and other churches (*2 Chronicles 7:14-16, Matthew 16:13-19*)
- **SATURDAY** – Supernatural Miracles and Power (*Ephesians 3:14-21, Matthew 19:26*)
- **SUNDAY** – Jesus is glorified in your life (*Psalm 103*)

There were various lengths of fasts in the Bible.

ONE DAY FAST: (JUDGES 20:26) – ²⁶Then the Israelites, all the people, went up to Bethel, and there they sat weeping before the LORD. They fasted that day until evening and presented burnt offerings and fellowship offerings to the LORD.

THREE DAY FAST: (ESTHER 4:16) – ¹⁵Then Esther sent this reply to Mordecai: ¹⁶“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

SEVEN DAY FAST: (1 SAMUEL 31:13) – ¹³Then they took their bones and buried them under a tamarisk tree at Jabesh, and they fasted seven days.

TEN DAY FAST: (DANIEL 1:11-14) – ¹¹Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹²Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” ¹⁴So he agreed to this and tested them for ten days.

FOURTEEN DAY FAST: (ACTS 27:33-34) – ³³Just before dawn Paul urged them all to eat. “For the last fourteen days,” he said, “you have been in constant suspense and have gone without food—you haven’t eaten anything. ³⁴Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head.”

TWENTY-ONE DAY FAST: (DANIEL 10:1-3,12) – In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision. ²At that time I, Daniel, mourned for three weeks. ³I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over... ¹²Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

FORTY DAY FAST: (EXODUS 34:28) – Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments. Jesus also fasted forty days and nights, (MATTHEW 4:1-2) – Then Jesus was led by the Spirit into the desert to be tempted by the devil. ²After fasting forty days and forty nights, he was hungry.

WHAT ARE THE BENEFITS OF FASTING?

- 1) Fasting is a seed for future breakthroughs and blessings (*Joel 2:15-16*)
- 2) Fasting helps identify hidden sin (*The Bible talks a lot about “sanctification”*)
- 3) Fasting can be a source of power in prayer (*Matthew 17:21*)
- 4) Fasting can bring closer intimacy with God the Trinity (*Father, Son, Holy Spirit*)
- 5) Fasting can add clarity in discerning the voice of the Spirit (*Luke 2:38*)
- 6) Fasting can bring clear direction from God (*Judges 20:26*)
- 7) Fasting can break a cycle of destructive behavior (*2 Corinthians 10:3-5*)
- 8) Fasting helps promote humility and reconciliation (*Isaiah 58:5-11*)
- 9) Fasting helps place my life in right order (*1 Thessalonians 5:23 – Spirit, Soul, Body*)
- 10) Fasting can be a connection to a miracle or supernatural move of God (*2 Chronicles 20:3-17*)