

Fellowship of Faith

40 DAYS PRAYER &
FASTING



www.ShipOfFaith.com

Dear Fellowship of Faith Community,

As we enter this sacred season of fasting, I want you to understand something clearly: this is not about performance; it is about proximity. This is not about restriction; it is about realignment. And this is not about punishment; it is about purpose.

Fasting has always been a divine invitation to draw nearer to God. Jesus reminds us in Matthew 6 that when we fast, it is not for public display but for private transformation. In this season, we are choosing to quiet our appetites so that our spirits can become more attentive to His voice.

Over these 40+ days, we are surrendering. We are trusting. We are allowing God to transform us from the inside out.

Some of us are fasting certain foods to cultivate discipline and honor our bodies as temples of the Holy Spirit. Some are committing to financial discipline, trusting God as Provider while practicing stewardship and generosity. Others are fasting harmful habits, distractions, and patterns that have quietly competed for our affection. Whatever your commitment may be, remember: this fast is not about perfection, but it is about pursuit.

There may be moments when it feels challenging. You may have days where you stumble. But do not quit. Do not condemn yourself. Extend grace to yourself the way Christ extends grace to you. Growth is not measured by flawlessness, but by faithfulness.

Each week we will walk through themes of surrender, trust, transformation, service, renewal, and ultimately the reflection of Holy Week. I encourage you to lean into the daily practices: morning devotion, midday reflection, and evening gratitude. Journal what God is revealing. Partner with someone for accountability. Celebrate small victories. Let this be a season of intentional spiritual formation.

My prayer for you is that at the end of these 40+ days, you will not simply say, “I completed a fast,” but rather, “God changed me.”

May old weights fall off.

May clarity increase.

May discipline strengthen.

May generosity expand.

May joy return.

May intimacy with God deepen.

Fellowship of Faith, we are not just fasting from something; we are fasting toward Someone. Let us pursue Him together.

With love and expectation,

Pastor David C. Burkley

Purpose of the Fast

This 40-day fast is a time of:

- Spiritual renewal
- Deeper intimacy with God
- Personal repentance and alignment
- Breakthrough in prayer
- Increased discipline and surrender
- Corporate unity as a church family

Fasting is not about dieting. It is about denying the flesh to strengthen the spirit.

Medical & Health Disclaimer

IMPORTANT: Please consult your physician before participating in this 40-day fast.

This is especially important if you:

- Have diabetes
- Have blood sugar irregularities
- Take prescription medication
- Are pregnant or nursing
- Have heart conditions
- Have a history of eating disorders
- Have any chronic illness

If your doctor advises modifications, please follow their guidance. You may adjust the fast in a way that protects your health while maintaining spiritual commitment.

Your health matters. Wisdom is spiritual.

Structure of the Fast

Duration: Sunrise February 19 through Sunset April 3

Daily Fast Window: Sunrise to Sunset (6:30am - 6:30pm roughly)

During Daylight Hours:

You may eat from the following categories only:

- Fruits
- Vegetables
- Nuts
- Beans/Legumes
- Salad Dressings
- 100% Fruit Juices
- Water / Tea / Coffee
- Fruit & Vegetable Smoothies

-  No meat
-  No dairy
-  No bread
-  No sweets
-  No processed snacks
-  No soda
-  No Wine/Alcohol

Keep it simple. Keep it clean. Keep it consecrated.

Daily Spiritual Rhythm

This fast includes intentional prayer at **sunrise and sunset** each day.

Sunrise Prayer

1. Thank God for a new day.
2. Present your body as a living sacrifice (Romans 12:1).
3. Ask for strength and discipline.
4. Pray for your family.
5. Pray for our church.
6. Read Scripture aloud.

Example Declaration:

“Today I walk in discipline. My spirit leads my flesh. I hunger for God more than food. I am aligned, focused, and surrendered.”

Sunset Prayer

End each day in gratitude and reflection.

1. Thank God for sustaining you.
2. Repent for any moments of weakness.
3. Ask God what He is teaching you.
4. Pray for breakthrough in your specific prayer requests.
5. Speak peace over your home before eating.

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Daily Personal Plan

Morning

- Sunrise prayer
- Read 1 chapter of Scripture
- Drink Water and Stay Hydrated

Midday

- Drink more water
- Pray silently during lunch hour
- Replace social media scrolling with Scripture

Evening

- Sunset prayer
- Break your fast mindfully
- Journal what God is revealing

Practical Tips for Success

- Increase water intake
- Reduce caffeine
- Prepare groceries weekly
- Avoid overeating at sunset
- Eat balanced include protein like beans and nuts
- Rest when needed
- Avoid emotional triggers
- Replace entertainment time with worship or Scripture



What to Expect?

You may experience:

- Headaches (especially first 3-5 days)
- Fatigue
- Irritability
- Strong cravings
- Emotional sensitivity

These often decrease after the first week.

Spiritually, you may experience:

- Heightened clarity
- Conviction
- Emotional release
- Increased spiritual awareness
- Deeper prayer

If You Slip

Do not quit.

Repent.

Reset.

Resume.

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40 Day Fast Devotional Companion

Sunrise February 19 - Sunset April 3

Week 1: Surrender

Key Scriptures

- Romans 12:1-2
- Luke 9:23
- Proverbs 3:5-6
- Psalm 51:10

Devotional Thought

Surrender is not weakness, it is alignment. Fasting confronts our cravings and teaches us that we are not ruled by appetite, emotion, or impulse. Every hunger pain is an invitation to say, “Lord, I choose You.”

Surrender means:

- Releasing control
- Trusting God’s timing
- Yielding your will
- Obeying even when uncomfortable

When you surrender daily, you create space for divine direction.

Prayer Focus

“Lord, I lay down my plans, my preferences, and my pride. Align my will with Yours.”

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Week 2: Repentance & Cleansing

Key Scriptures

- 1 John 1:9
- Psalm 139:23-24
- Isaiah 1:18
- Acts 3:19

Devotional Thought

Fasting exposes what comfort hides. When we quiet the noise of food and distraction, God highlights attitudes, habits, and patterns that need cleansing.

Repentance is not shame.
Repentance is realignment.

God does not condemn, He restores. Cleansing makes room for fresh oil and new fire.

Prayer Focus

“Search me, O God. Remove what does not reflect You.”

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Week 3: Faith & Expectation

Key Scriptures

- Hebrews 11:6
- Mark 11:24
- Jeremiah 29:11
- Ephesians 3:20

Devotional Thought

Fasting without faith is dieting. Faith turns sacrifice into expectancy.

This is the week to:

- Pray boldly
- Believe specifically
- Declare confidently

God responds to expectation. The same God who sustained you through hunger is the God who sustains your promise.

Prayer Focus

“Lord, increase my faith. I expect You to move.”

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Week 4: Healing (Spiritual & Physical)

Key Scriptures

- Isaiah 53:5
- Psalm 147:3
- James 5:16
- 3 John 1:2

Devotional Thought

Healing is not only physical. God heals:

- Trauma
- Offense
- Bitterness
- Generational patterns
- Spiritual fatigue

Fasting humbles the body and softens the heart. Healing flows where humility lives.

Invite God into places you normally protect.

Prayer Focus

“Heal me where I am wounded. Restore what has been broken.”

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Week 5: Family & Generational Blessing

Key Scriptures

- Joshua 24:15
- Acts 16:31
- Psalm 128
- Malachi 4:6

Devotional Thought

Your obedience does not stop with you. It flows through you.

This week we pray for:

- Marriages
- Children
- Parents
- Future generations
- Legacy

Fasting can break cycles that prayer alone has wrestled with for years. Your surrender may unlock your family's freedom.

Prayer Focus

"Lord, let my obedience bless my bloodline."

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Week 6: Purpose & Direction

Key Scriptures

- Proverbs 16:9
- Psalm 32:8
- Jeremiah 1:5
- Matthew 6:33

Devotional Thought

As this fast concludes, clarity increases.

You may notice:

- Sharper discernment
- Conviction about next steps
- Restlessness about old patterns
- New ideas stirring

God does not cleanse you without commissioning you.
Where there is surrender, there will be assignment.

Prayer Focus

“Direct my steps. Show me my next yes.”

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