

PRAYER AND FASTING DURING 10 DAYS OF PRAYER

Fasting is often thought of as simply abstaining from food but it is so much more than that. The purpose of fasting is to withdraw our attention from earthly and physical things so as to focus more clearly on God and spiritual things. It is a discipline that will humble our flesh and reaffirm that we will not allow it or its desires to manipulate or rule us. When combined together, prayer and fasting becomes an intensified devotion toward God, drawing from His Spirit and strength, while at the same time pulling away from earthly influences and appetites.

The purpose of this guide is to encourage you to engage in some form of fasting with prayer DAILY during the 10 Days of Prayer. Before you begin, ask God for the desire to fast, which type of fast to commit to, and especially ask Him for His grace to begin and complete it. Remember “when you come closer to God, He will come closer to YOU” James 4:8. Components of a fast include the timing (hours per day) and the type of fast (what is not consumed/done during these hours).

Timing Examples for Daily Fasting

- 3 hours per day (No Breakfast)
- 6 hours per day (No Breakfast and Lunch)
- 8 hours per day (No Breakfast and Lunch)
- 12 hours per day (No Breakfast, Lunch and Dinner)
- 24 hours per day (No Meals)

Types of Fasting

- Daniel Fast: Meals are replaced with only fruits and vegetables (raw or cooked). Beverages are 100% fruit juices and water.
- Food/Drink Elimination: Do not consume certain foods and/or drinks that would normally eat or drink daily. (I.e. coffee, soda, desserts, fast food, fried food, red meat, etc.)
- Activity Elimination: Stop doing something that you usually do on a daily basis (i.e., watch TV, use the internet, use all forms of social media, watch movies such as on Netflix, Starz, etc.).

- Liquid Fast: This is only for those who are led by the Holy Spirit and are who are experienced in fasting with only liquids.
- “Alarm Clock” Fasting: If you take medication and must maintain your regular diet you can fast and pray by setting your alarm clock to pray during a time you are “naturally fasting”(between bedtime and the time you wake up). For example, if you normally wake up at 5:00am, you can set your alarm clock for 4:30am and pray before you “break the fast” by eating breakfast.

Activities During Fasting

Prayer and fasting time is a consecrated time for spiritual growth and development. Below are examples of spiritual exercises to engage in while you are fasting.

- Increase Praise and Worship
- Spend More Time Reading the Bible (i.e., Proverbs, Psalms, the Gospels, etc)
- Meditate on and Memorize Scriptures
- Listen to PodCasts, Sermons and The Audio Bible
- Study the Bible (i.e., Begin with one of the Gospels)
- Fellowship with other Believers (by attending as many prayer meetings as possible during the 10 Days).
- Use the 10 Days of Prayer “Prayer Guide” with your friends/family/church

Fasting Resources

Below are excellent resources regarding the benefits of praying and fasting regularly. As believers, we benefit from regular fasting times in our personal relationship, beyond the 10 Days of Prayer.

- Fasting: The Key to Releasing God’s Power in your Life, by Derek Prince
- Your Personal Guide to Prayer and Fasting, by Bill Bright
- A Hunger for God: Desiring God through Fasting and Prayer, by John Piper