

Harvest Life Changers Church, International



Information for Fasting and Prayer

If you have any medical conditions or concerns, always consult your medical physician first, before fasting.

Chronicles 7:14 - *"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."*

What is Fasting and Prayer?

In the Biblical sense, fasting is abstaining from food and/or liquids for a period of time for spiritual purposes. Fasting and prayer are powerful tools used to develop our sensitivity to those things which are important to God, and should be motivated by a sincere desire to draw nearer in relationship with Him. Fasting and prayer develops perseverance and promotes personal and spiritual discipline, while denying the flesh of personal wants and desires. Together they are a mighty force against spiritual warfare.

Three types of Fasts: Absolute, Normal and Partial

Absolute Fast: Refraining from both food and water - Esther 4:16, Acts 9:9, Exodus 34:28, Ezra 10:6

Normal Fast: Refraining from food but not water - Luke 4:1-2

Partial Fast: Refraining from only selected foods - Daniel 1:12-15; 10:3

Why Should We Fast?

- To seek God's help and His purpose (Joel 2:12-13; Ezra 8:21-23; Daniel 9:3)
- As an act of repentance (Nehemiah 9:1-2; Jonah 3:5-10; Acts 9:9)
- To avert God's wrath or seek His mercy (I Kings 21:27-29; II Samuel 12:16-22; 2 Chronicles 20:2-3)
- In preparation and/or setting apart for ministry (Acts 13:2-3; 14:23)
- In intercession for others (Ezra 10:6, Isaiah 58:6-8)
- For healing and deliverance (Psalms 35:13)

Motives & Instructions While Fasting and Praying – Read Matthew Chapter 6, Luke 18:11-14

Suggestions for Fasting - Read Isaiah Chapter 58

- Determine your purpose - why you are fasting (spiritual renewal/focus, deliverance, healing, etc.)
- Determine the type of fast, length of your fast and also your fast schedule
- Always begin and continue in prayer
- Pray for strength and God's guidance

Additional Reference Scriptures

Psalms 116:1-2; 1 John 5:14-14; Jeremiah 29:13; Acts 10:30-31; Nehemiah 1:4; Matthew 7:7-8; John 16:23-24; 2 Samuel 12:16; 1 Samuel 7:6; Philippians 4:6-7; 1 Thessalonians 5:17-18