

## **Instructions for A Day of Prayer and Fasting**

[Note: the following hints and helps are gleaned from two books – *The Power of Prayer and Fasting* by Ronnie Floyd and *Seven Steps to Successful Fasting and Prayer* by Bill Bright.]

### ***What is the purpose?***

The purpose is to honor God and to overcome spiritual barriers. There are personal and community wide benefits to days of prayer and fasting. Personally you will be following the ancient path of seeking God through a day dedicated to prayer. Then, as a member of a group that is praying as one, you will be a part of a powerful effort that will change the church and the community. Remember that Jesus said: “Again, truly I tell you, if *two* of you agree on earth about anything you ask, it will be done for you by my Father in heaven.” Mt. 18:19 (*italics added*) There is power to unity in prayer.

### **How do I fast?**

- If you have any medical condition such as diabetes or some other condition that might be affected by a reduction of food intake, consult a doctor before you participate. If you are not able to fast from food, then fast from foods that you like the most – chocolate, sweets, coffee, etc. and from activities that are routine but not necessary – like watching TV.
- Determine in advance what kind of fast you will undertake, e.g. total abstinence, water only, water and juice, etc. For one day, water only is suggested. Do not chew gum or eat candy as this stimulates the digestive system and will make you more hungry.
- Do not engage in strenuous physical activity.
- Do not draw attention to yourself or your fast. This is between you and God.

### **What do I do on my day of prayer and fasting?**

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God’s forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as God leads you.

- Ask God to fill you with the Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14, 15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12;1,2)
- Determine in advance why God is calling you to fast and write the reasons down, e.g. “Lord, I am fasting for the spiritual purposes of: (1) spiritual revival and awakening in the church in America, (2) spiritual revival and awakening in my local church, and (3) spiritual revival and awakening in my own personal life.
- Skipping meals alone will not make for a meaningful fast! You must set aside time to pray and seek spiritual insight. Dedicate at least as much time as you would normally spend in food preparation and eating for prayer and the study of God’s Word.

### **God Blesses Us When Our Fasts . . . .**

- Focus on Him and honor Him. (Although you will receive spiritual blessings, these are not proper motives for fasting.)
- Have spiritual purposes.
- Cause individuals to humble themselves and submit to the authority of God and His Word.
- Cause individuals to acknowledge and repent of sin.
- Deprive our natural desires to focus on the spiritual.