

## Why We Fast

Biblical fasting is a spiritual discipline of humbling ourselves before God by abstaining from food for a spiritual purpose. Fasting draws us closer to God, clears away distractions, and helps us align our hearts with His will. Jesus expected His followers to fast (Matthew 6:16–18) and demonstrated it Himself (Matthew 4:1–2).

Fasting is not about earning God's favor or manipulating Him for results—it's about spiritual intimacy. It's not a diet. It's a declaration that God is our greatest need.

Throughout the Bible, fasting is paired with repentance (Joel 2:12–13), seeking guidance (Acts 13:2–3), mourning (Nehemiah 1:4), spiritual breakthrough (Isaiah 58:6–11), and growing in hunger for God (Psalm 42:1–2).

Types of Fasts:

- Time-Restricted Fast (e.g., no food before or after certain hours)
- Daniel Fast (vegetables, fruit, water only – Daniel 1:12; 10:2–3)
- Partial Fast (e.g., no meat, sugar, caffeine)

Each person should ask God what kind of fast to practice. Be wise and consult a doctor if needed.

### In Addition

In addition to fasting from food, we encourage limiting media or entertainment during this time—not as a fast, but as a helpful way to eliminate distractions and turn your attention more fully to God.

## 21-Day Fasting Guide

Day	Scripture	Prayer Focus
Day 1	Hebrews 10:22	Draw near to God with a sincere heart
Day 2	Genesis 3:8	God's original design: walking in fellowship
Day 3	Exodus 33:11	God speaks as to a friend—listen
Day 4	John 17:3	Eternal life is knowing God
Day 5	Revelation 3:20	Jesus invites us to communion
Day 6	Romans 8:26–27	Let the Spirit help you when you don't know what to pray
Day 7	Ephesians 6:18	Pray in the Spirit on all occasions
Day 8	Galatians 4:6	God sent His Spirit so we cry 'Abba, Father'
Day 9	Jude 20	Build yourself up by praying in the Holy Spirit
Day 10	Matthew 7:7–11	Ask, seek, knock—God gives what is good
Day 11	1 John 5:14–15	Pray confidently in line with His will
Day 12	John 14:13–14	Pray in Jesus' name for His glory
Day 13	Luke 18:1–8	Don't give up—keep praying persistently
Day 14	Psalms 27:13–14	Wait with hope—you will see His goodness
Day 15	Matthew 6:16–18	Fast not to be seen, but to seek God
Day 16	Joel 2:12–13	Return to God with fasting and repentance
Day 17	Isaiah 58:6–11	Let your fast result in righteousness and justice
Day 18	2 Corinthians 1:11	Help others by praying for them
Day 19	1 Timothy 2:1–4	Pray for all people—including leaders
Day 20	James 5:16	The prayers of the righteous are powerful
Day 21	Philippians 4:6–7	Pray with thanksgiving and receive peace