

Prayer & Fasting Suggested Guide

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My Prayer Requests for 2025

Take this time to list your prayer requests. Be specific with God. Also, add verbs to your prayer request. Remember, these are requests and they require action. Also, let your prayers be realistic but also big enough that you know you need God to intervene.

My Family

My Finances

My Church Involvement

My Physical Health

My Non-Family Relationships

My Emotional Health

My Spiritual Growth

My Vocation/Retirement

My Sphere of Influence (home/work)

Other

WHAT IS FASTING?

Fasting is a spiritual practice to help a person draw closer to God, to get clarity from God, and/or to prepare to do work for God. Fasting is always about God. It is not a tactic used to manipulate or provoke God to do what we want. Also, fasting is not a glorified diet for weight control. It is not to prove to others that we can do without food, or drink, or technology, or unnecessary spending, or bad spheres of influence, or anything. Rather, the spiritual practice demonstrates to God that we are willing to give up the very thing(s)/people we believe sustain our lives and acknowledge that God alone is our true Sustainer.

Fasting is a biblical practice, which always included restricting food (and usually drink) for spiritual purposes. Below are a few scriptures from the Bible—Old Testament and New Testament—showing some of the beloved and respected men and women of God fasting for righteous and holy purposes of God:

Old Testament	New Testament:
Exodus 34:28	Matthew 4:2
Nehemiah 1:4	Matthew 6:16-18
Daniel 10:3	Matthew 17:21
Isaiah 58:6	Acts 13:2
Psalms 69:10	Luke 2:37

Since fasting is a spiritual discipline, the effectiveness of it comes from incorporating other spiritual disciplines such as: prayer, meditation, Bible reading, journaling, corporate worship, and acts of service. Remember, God's word demonstrates God's people fasting and praying for all sorts of situations, therefore, we are invited to do the same today. Jesus said that some things can only be addressed with "prayer and fasting" (Matthew 17:21, NKJV).

CHOOSING THE RIGHT FAST FOR YOU

Your fasting experience should present a challenge to you but not so much that you completely fail at it. You should have a basic understanding of your body and your health, and how you respond to not eating or drinking foods for sustained periods of time, whether it be hours, days, or weeks. Therefore, we have provided various types of fasts and suggested foods from which to fast during the time of Lent. Remember to connect with others during this time of corporate spiritual practice to encourage one another.

General Fasting Practices:

Absolute Fast – no food or water is consumed (not to be done beyond 2-3 days and without direction from the Lord, being in good physical health, and maybe consulting a physician).

Standard Fast – only water is consumed for a specified time (i.e. 12 hours, 3 days, etc.)

- 1 Kings 19:8
- Matthew 4:1-11

Partial Fast – when some foods are restricted. Two of the most common partial fasts are:

- **Juice Fast** – when vegetable and/or fruit juices are consumed instead of solid food. Some may include whey or pea protein in the liquid as a protein source. This is popular and effective. Sometimes substituting liquids for one or two meals in a day is an alternative.
- **Daniel Fast** – based on the fasting principles of the prophet in the book of Daniel (chs. 1 & 10). Daniel ate only vegetables and drank only water, and ate no rich or choice foods, including no meat or wine. So this is a fast of eating only fruits and vegetables. See www.danielfast.com as a resource for more information.

Corporate Fast – when a church or group of people participate in fasting practices together for a period of time

FASTING GUIDE

FOODS TO AVOID (depending on your type of fast and dedication to God)

- ❑ All meat, animal, fish, and seafood products
- ❑ All dairy products (milk, cheese, cream, and butter)
- ❑ All sweeteners (sugars, raw sugar, date sugar, corn syrup, fructose, molasses, and stevia, but honey and cane sugar are allowed)
- ❑ All leavened bread (including breads containing yeast—i.e. baked goods)
- ❑ All leavening agents (yeast, baking soda, and baking powder)
- ❑ All refined and processed foods or products (artificial flavorings or preservatives, food additives, chemicals, white flour, chips [except corn tortillas other healthy alternatives chips])
- ❑ Some beverages (soda, energy drinks, and alcohol. What is allowed: 100% juice, carbonated water, unsweetened non-dairy milks, tea, and coffee)

TECHNOLOGY TO AVOID (depending on your fast and dedication to God)

- ❖ No television (except for school or work purposes)
- ❖ No social media (except for school or work purposes)
- ❖ Connecting by phones and email are allowed but nothing beyond that

FINANCES TO AVOID SPENDING (depending on your fast and dedication to God)

- ❖ No non-essential spending (groceries, utilities, gasoline, school tuition, medical)
- ❖ No shopping, including therapeutic shopping

WHAT TO DO NEXT?

- Step 1:** Pray and listen for what your spirit needs from God or what God needs from you
- Step 2:** Decide what type of fast you will do (physical, technological, financial, or a combo)
- Step 3:** Determine the length of hours each day you can engage the fast
- Step 4:** Begin your fast. In moments of tension and temptation to go back to your old ways, pray for strength, read your Bible or spiritual book, listen to worship music, or journal.
- Step 5:** Observe your mind, emotions, and spirit during the fasting hours or days. If you do NOT have difficult moments or days to return to your old ways, then your fast is NOT challenging or sacrificial enough. Recalibrate your fast.
- Step 6:** If you falter during your fast, repent and get back on track with your chosen fasting practice
- Step 7:** Find a fasting partner. Pray for each other. Encourage each other, especially during tough moments of wanting to break your fast prematurely or quit
- Step 8:** Attend weekly worship and mid-week church fellowship and activities
- Step 9:** Remember that Resurrection Weekend is coming soon and fast!
- Step 10:** **Celebrate your newfound spiritual, physical, and/or emotional strength during Resurrection Weekend!**
- Step 11:** Tell somebody about your journey. Prepare to do it again in the future.

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This image shows a full page of blank, lined paper. It features approximately 28 horizontal black lines spaced evenly across the page, typical of notebook paper. The lines are thin and extend from the left edge to the right edge. There are no margins, text, or other markings on the page.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.