



Prayer & Fasting Guidelines

Day 2

- Pray for 5 minutes in the morning
- Read: **Colossians 3:12**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Conduct a random act of kindness

MONDAY

Day 4

- Pray for 5 minutes in the morning
- Read: **Romans 8:28**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Call or text to encourage someone

WEDNESDAY

Day 6

- Pray for 5 minutes in the morning
- Read: **Philippians 3:13-14**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Fast from all shopping

FRIDAY

Day 1

- Pray for 5 minutes in the morning
- Read: **John 13:34-35**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Fast from social media & minimize TV programming

SUNDAY

Day 3

- Pray for 5 minutes in the morning
- Read: **John 16:13**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Go on a walk or sit outdoors & listen to worship music

TUESDAY

Day 5

- Pray for 5 minutes in the morning
- Read: **1 Peter 5:6-7**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Fast from eating out

THURSDAY

Day 7

- Pray for 5 minutes in the morning
- Read: **Proverbs 3:5-6**
- Liquid Fast 5am – 5pm (if you must eat, abstain until evening meal)
- Praise to worship music, you're done!

SATURDAY

Tips for Fasting

1. Do not jeopardize your health. Take all required meds and listen to your body.
2. Pray for strength and focus before you start.
3. Make a list of specific things to include in your prayer.
4. Do as many days as you can.
5. Establish quiet time daily and find a location to reflect on God.
6. Read Scripture daily.
7. During this fast we are abstaining from solid food for seven days, consuming only water (or liquids such as: juice, milk, broth, shakes, etc.) from 5am – 5pm.
8. It's a good idea to select a "fast partner" prior to the fast.
9. Jesus taught that fasting should be a regular part of the Christian life. **Matthew 6:16-18** (Other recommended fasting text: **Isaiah 58; Daniel 10**)

○ Fasting is designed to be a "private" spiritual discipline you do before God.

That means... we do not share what we're fasting or focusing on what we can't eat.

Fasting is always complimented with daily prayer.

So, focus on what you are believing for and **watch God move in your life!**