

Holy Hill Churches World-Wide Ministries

PRAYER & *Fasting*



INTRODUCTION TO FASTING & PRAYER

A guide designed to help you deepen your relationship with God through dedicated prayer, fasting, and scriptural study.

Fasting will

loose the bands of wickedness,
undo the heavy burdens,
let the oppressed go free,
and break every yoke.

-Isaiah 58:6

Introduction

- Welcome to the Prayer & Fasting Teaching Aide, a comprehensive guide designed to help you deepen your relationship with God through dedicated prayer, fasting, and scriptural study. Whether you're a beginner, intermediate, or experienced in fasting, this guide provides practical steps and spiritual insights to support your journey.

Our journey is inspired by Proverbs 8:15-17: "By me kings reign, and rulers issue just decrees; by me princes govern, and nobles—all who rule on earth. I love those who love me, and those who seek me find me." (Proverbs 8:15-17, NIV)

- This passage highlights the wisdom that God provides to leaders, enabling them to govern justly and righteously. It also emphasizes God's love for those who seek Him diligently.

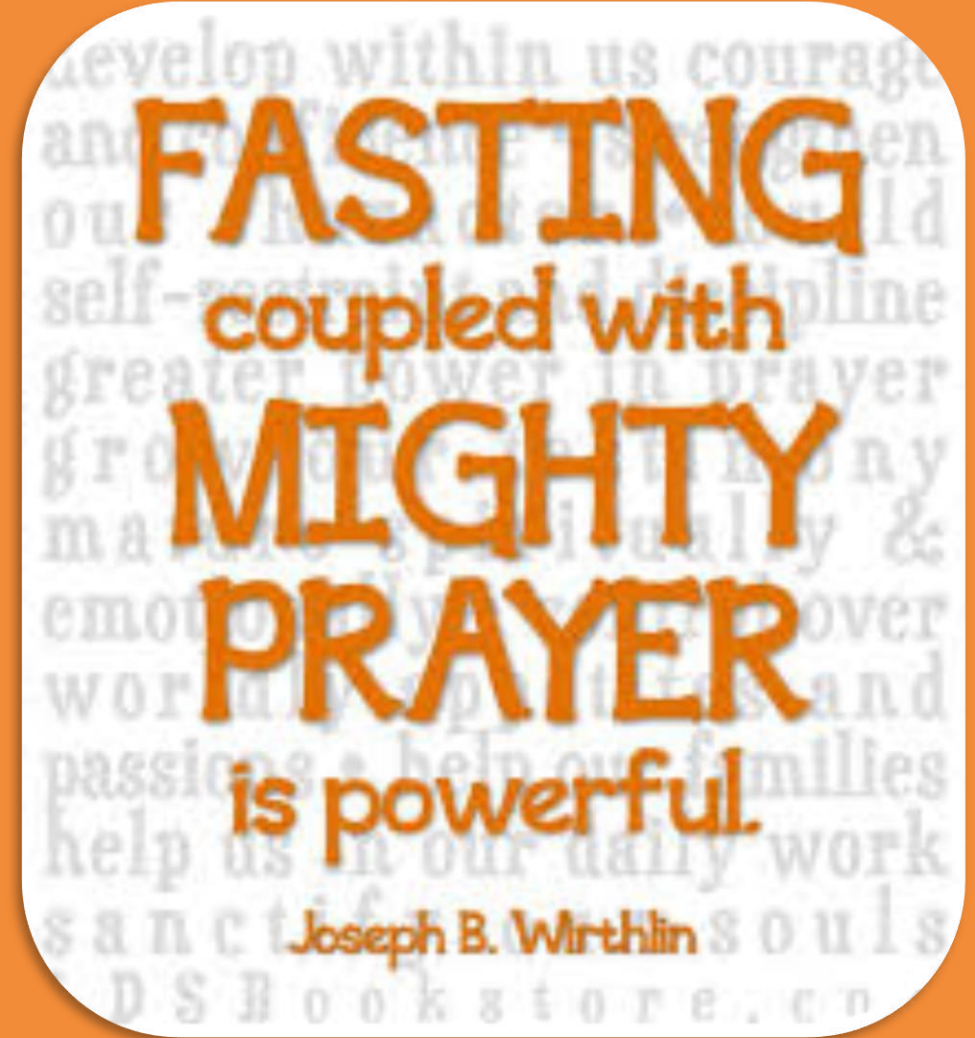
Matthew 6:16-18 (NIV)

- "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

- "As we embrace the theme 'Reign Through Me,' we recognize the importance of renewing our minds and changing old habits, ways, and our mindset. This process requires letting go of the old self—the old man—so that we can fully open ourselves to God's transformative power. By surrendering our past ways and allowing God to invade and inhabit every area of our lives, we prepare our hearts and minds for His reign. This readiness enables us to live in alignment with His will, allowing His wisdom, love, and righteousness to guide our every step. As we undergo this transformation, we become vessels through which God's reign is made manifest in our lives and in the world around us."

Understanding Fasting

- **What Is Fasting?**
 - Fasting is a spiritual discipline that involves voluntarily abstaining from food, drink, or certain activities for a specific period to focus on prayer and seeking God's presence. It is a powerful way to draw closer to God, seek His guidance, and experience spiritual renewal.
 - **Fasting Levels:**
 - Beginner
 - Intermediate
 - Experienced
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Beginner Fasting



1. What to Expect:

- Start with short, manageable fasts.
- Focus on understanding the purpose and benefits of fasting.
- Learn to integrate prayer and scripture reading into your fasting practice.

2. How to Begin:

- **Partial Fast:** Skip one meal a day, replacing it with prayer and Bible study.
- **Selective Fast:** Give up certain foods (e.g., sweets, coffee) or activities (e.g., social media) for a set period.
- **Guidelines:**
 - Stay hydrated with water.
 - Choose a consistent time each day for prayer and scripture reading.
 - Keep a journal to record your reflections and prayers.

3. Prayer Focus:

- Seek God's wisdom and guidance.
- Pray for strength and perseverance during your fast.
- Reflect on Proverbs 8:15-17 and ask God to reveal His wisdom in your life.

Intermediate Fasting

1. What to Expect:

- Extend the duration and depth of your fast.
- Focus on spiritual growth and overcoming specific challenges.
- Deepen your prayer and scripture study routine.

2. How to Begin:

- **Partial Fast:** Skip two meals a day or fast from sunrise to sunset.
- **Daniel Fast:** Follow a plant-based diet, avoiding meat, sweets, and bread for 21 days.
- **Guidelines:**
 - Maintain hydration and nutritional balance.
 - Increase your prayer time and scripture reading.
 - Engage in community prayer and Bible study groups.

3. Prayer Focus:

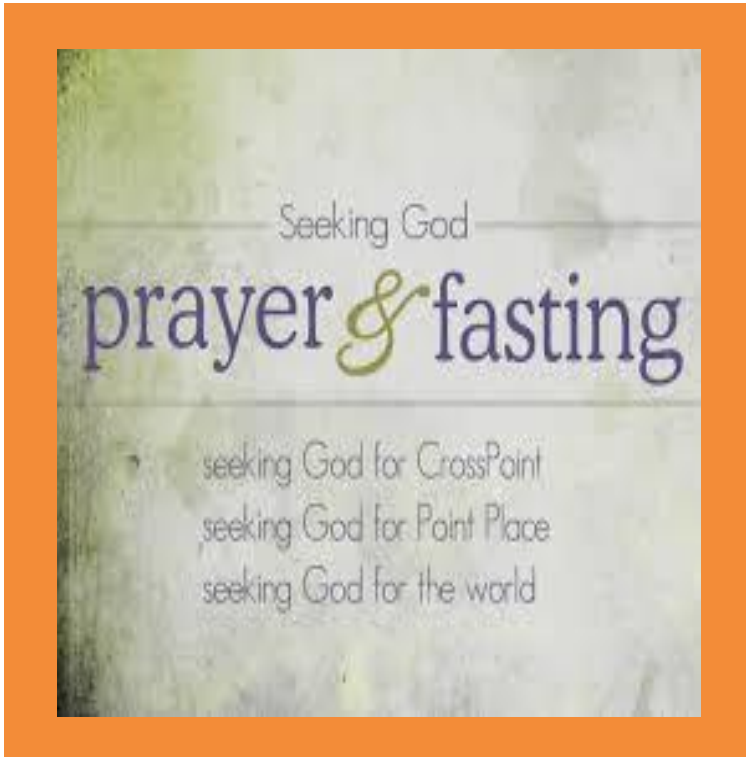
- Seek deeper intimacy with God.
- Pray for breakthroughs in specific areas of your life (e.g., relationships, career, spiritual growth).
- Reflect on Proverbs 8:15-17 and ask God to guide your decisions and actions.



Paul and Barnabas
appointed elders for
them in each church
and, with prayer and
fasting, committed them
to the Lord, in whom
they had put their trust.

- Acts 14:23

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Experienced Fasting

1. What to Expect:

- Undertake extended fasts with a strong focus on intercession and spiritual warfare.
- Experience heightened spiritual sensitivity and discernment.
- Lead and mentor others in their fasting journeys.

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2. How to Begin:

- **Complete Fast:** Abstain from all food for a set period, consuming only water or liquids.
- **Extended Fast:** Engage in a prolonged fast (e.g., 21 days, 40 days) with a clear spiritual focus.
- **Guidelines:**
 - Ensure you are in good health and consult with a healthcare professional.
 - Maintain a robust prayer and scripture study schedule.
 - Involve a prayer partner or support group for accountability and encouragement.

3. Prayer Focus:

- Intercede for others and global issues.
- Seek profound personal transformation and revival.
- Reflect deeply on Proverbs 8:15-17 and ask God to empower you to lead and influence with His wisdom.

Practical Tips for All Levels



1. Plan Your Fast:

Decide the type and duration of your fast in advance.
Set clear spiritual goals and prayer focuses.



2. Prepare Spiritually and Physically:

Pray for strength and guidance before you begin.
Gradually reduce your food intake a few days before starting an extended fast.



3. Stay Hydrated:

Drink plenty of water throughout your fast.
Consider herbal teas or light broths if abstaining from solid food.



4. Create a Prayer Schedule:

Dedicate specific times each day for prayer and scripture reading.
Use a journal to document your prayers, reflections, and insights.



5. Be Mindful of Your Body:

Listen to your body and respond to its needs.
Rest when needed and avoid strenuous activities during extended fasts.



6. End Your Fast Gradually:

Break your fast with light, easily digestible foods.
Reflect on your fasting experience and thank God for His guidance and provision.

Understanding Different Types of Fasts

Fasting is a powerful spiritual discipline that can bring you closer to God and enhance your prayer life. Below are some common types of fasts, along with guidance on how to approach each one:

1. Full Fast

- **Description:** Abstaining from all food and drink except water.
- **Duration:** Usually 1-3 days, but some may extend longer under medical supervision.
- **Guidance:**
 - **Preparation:** Ease into it by gradually reducing your food intake a few days before starting.
 - **Hydration:** Drink plenty of water to stay hydrated.
 - **Health Considerations**:** Consult with a healthcare professional before beginning, especially if you have any medical conditions.

• 2. Partial Fast

- **Description:** Limiting certain foods or meals, such as skipping breakfast and lunch but eating dinner, or avoiding certain types of food like meat or sweets.
- **Duration:** Can vary from a single day to several weeks.
- **Guidance:**
 - **Choose Wisely:** Decide in advance what foods or meals you will give up.
 - **Spiritual Focus:** Use the times when you would normally eat to pray and read Scripture.

We call upon the congregations,
the members and the clergy of
the United Church of Christ to
join together in a time of
prayer and fasting for
PEACE THROUGHOUT THE WORLD



Understanding Different Types of Fasts

3. Daniel Fast

- **Description:** Based on the diet of Daniel in the Bible, this fast consists of vegetables, fruits, and water, avoiding meat, sweets, and bread.
- **Duration:** Typically 21 days.
- **Guidance:**
 - **Menu Planning:** Plan your meals to include a variety of vegetables and fruits to maintain nutrition.
 - **Scripture Reading:** Accompany your fast with daily readings from the Book of Daniel or other Scriptures.

4. Juice Fast

- **Description:** Consuming only fruit and vegetable juices.
- **Duration:** Usually 1-3 days but can be extended.
- **Guidance:**
 - **Juice Quality:** Use fresh, organic juices when possible.
 - **Balance:** Ensure a good mix of fruits and vegetables to maintain energy levels.



Understanding Different Types of Fasts

5. Intermittent Fast

- **Description:** Cycling between periods of eating and fasting, such as the 16/8 method (fast for 16 hours, eat during an 8-hour window).
- **Duration:** Can be a daily practice or done several times a week.
- **Guidance:**
 - **Routine:** Establish a consistent fasting/eating schedule.
 - **Healthy Eating:** Focus on nutritious foods during eating periods.

6. Soul Fast

- **Description:** Abstaining from non-food activities or habits, such as social media, TV, or other distractions.
- **Duration:** Can range from a few days to a month.
- **Guidance:**
 - **Identify Distractions:** Choose areas of your life where you need to refocus on God.
 - **Spiritual Enrichment:** Replace these activities with prayer, Bible reading, or meditation.



General Guidance for All Fasts



1. Set Clear Intentions

- Begin with a clear purpose for your fast. What are you seeking from God? How do you want to grow spiritually?

2. Pray Regularly

- Make prayer the cornerstone of your fasting period. Dedicate specific times for prayer throughout the day.

3. Read Scripture

- Choose passages that inspire and strengthen you. Reflect on the meaning and how it applies to your life.

4. Stay Accountable

- Share your fasting plans with a trusted friend or spiritual mentor who can support and pray for you.

5. Listen to Your Body

- Pay attention to your physical health. If you feel unwell, modify your fast or seek medical advice.

6. Seek Spiritual Guidance

- Don't hesitate to reach out to a pastor or spiritual leader for support and guidance during your fast.

Community and Outreach

1. Fellowship & Community:

- Connect with fellow believers, share your journey, and build lasting relationships.
- Join a prayer and fasting group or partner with a prayer buddy for mutual support.

2. Outreach:

- Extend the love and compassion of Christ to those in need.
- Engage in acts of service and outreach during your fasting period to demonstrate God's love in action.



Conclusion

As we journey through these 21 days of prayer and fasting, let us seek God's wisdom, deepen our relationship with Him, and support one another in our spiritual growth. Whether you are a beginner, intermediate, or experienced in fasting, may this guide help you draw closer to God, experience His transformative power, and impact the world around you with His love and wisdom.

**“So we fasted and
petitioned our God about
this, and he answered
our prayer.”**



Ezra
8:23

Questions

Note on Fasting and Praying

If you have any questions or need further information regarding fasting and praying, please feel free to reach out. We are here to support and guide you on your spiritual journey.

For inquiries, please contact:

Dr. Carnell Hall

HHCWW General Secretary

Email: hhchurches@gmail.com


We look forward to assisting you and helping you deepen your faith through fasting and prayer.

Blessings,


Holy Hill Churches World-Wide Ministries

WHAT TO DO WHILE FASTING

People often miss it during fasting, they often asked what to do during fast. Here are some spiritual exercise to do while fasting.

 Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution where God leads.

 Ask the Holy Spirit to reveal any unconfessed sin in your life.

 Examine your motives in every word and deed. Ask the Lord to search and cleanse your heart daily, and fast for a right motive.

 Refuse to obey your carnal (worldly) nature (Galatians 5:16,17)

 Ask the Holy Spirit to guard your walk against complacency and mediocrity.

 Praise and give thanks to God continuously in all ways on all days, regardless of your circumstances.

 Develop utter dependence on Him with total submission and humility.

 Study the attributes of God.



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