



SPIRITUALLY - PHYSICALLY – TYPICAL – PRACTICALLY **FOUNDATIONS OF FASTING & PRAYING & 5 PILLARS TO A SUCCESSFUL FAST**

SPIRITUALLY

- † Replace Natural Food with Spiritual Food “THE WORD”!
 - ‡ You should feast/partake of scriptures to encourage, enlighten and empower you Spiritually – which will be the spiritual, supernatural, substantiating substitute for natural foods and your natural hunger.
- † Prayer is essential!
 - ‡ If you’re not consistently PRAYING and/or have a prayerful attitude while fasting you’re borderline of merely dieting.
 - ‡ Pray the night before the fast for God to sustain you during the fast.
 - ‡ Begin praying and meditating for the thing(s) you’ll be seeking God for the night before and especially the morning of.
 - ‡ General Things to Pray For...
 - God to sustain you and others during the day Fasting
 - For the request(s), results & God’s response to the Fast
 - Protection & Preservation of you Spiritually, Physically and Emotionally
 - The Purpose & Petitions of the Fast

PHYSICALLY

- † Your Last Meal (prior to fasting) should be a Healthy, Holy & Meaningful Meal
 - † Eat a Healthy Meal Not a Heavy Meal prior to and upon ending the fast.
 - ‡ A Heavy Meal can prove to work against your body before and especially after returning to food (gradually return to a full meal if necessary)
 - ‡ A large meal prior to fasting can prove your distrust in God if done to “store up” food to carry you through the fast – rather than trusting the Spirit of God to carry you through it
 - † Avoid sodas & coffee the night before, during and immediately after the fast - which has the tendency to work against your body and possibly against your season of purification and consecration
- If you have any health issues PLEASE consult your Physician for approval.***
- If you need to take food with your medicine – eat the minimum that you need to eat and continue on your fast as the Lord leads and as you’ve been led to fast.***

TYPICALLY (DIFFERENT TYPES OF FASTS)

- † Scheduled Fast (Has an established type of & timeframe to fast)
- † Spontaneous Fast (As the Spirit leads and places the specifications on your heart)
- † Duration (allow the Spirit to set time boundaries for the start & end times)

SUGGESTED ITEMS/TYPES OF FAST

- † Absolute Fast (No Food or Drinks)
- † Liquid Fast (Liquids Only – water/juice)
- † Water Only (no sodas / juices)
- † Fruits & Vegetables ONLY
- † No Meats
- † No Breads
- † No Fried Foods or Sweets

PRACTICALLY

- † Wake up Spiritually before your body wakes up Physically!
- † Don't get up rushing – working your nerves and your body – which produces anxiety along with other things – which will hinder the spiritual effectiveness and focus of fasting & praying.
- † Beware how you respond and treat individuals while fasting.
 - ‡ (Your flesh can become uncomfortable and can cause an emotional mood swing or frustration (hunger) – Keep it under submission/subjection and remember Who & what you're after, seeking, praying, trusting and believing God for.
 - ‡ Be prayerful concerning the other massive attacks that can/will come as you afflict your soul and fast unto the Lord.
- † Begin the day with at least 15 minutes of fervent prayer and meditation on the Word, Your Prayer Requests and what God will do in, to & through you that day!

A FEW REASON TO FAST & PRAY?

- † Fast as a spiritual discipline
 - ‡ Helping to bring your mind, body and soul in subjection to God and the will of God continuously
- † Fast as the only available means for change and deliverance to take place
 - ‡ Resolving that the blessed and desirable state won't come or the less desirable state won't go but by fasting and praying.
- † Fast in preparation to receive God's Best and long awaited Blessings!
- † Fast to be properly & spiritually aligned to received His Favor on your life and in due season!
- † Fast for the Bridegroom (Christ) to Return in your life
 - ‡ When the Presence of Christ is seemingly absent – We pant & demonstrate our desire and need for His Spiritual Presence and crave and desire Him more than the essence of food.
- † Fast to afflict the soul – to experience and demonstrate and develop a humble, broken, contrite, meek and quiet spirit before God.
- † Fast to intensify your personal ministry to mankind {Intensity, Consistency & Longevity}
- † Fast for your own and/or associates deliverance to take place.

5 PILLARS FOR A SPIRITUALLY SUCCESSFUL FAST

- † **Concentration** (Watch & Pray – Be Sober, Be Alert, Be Vigilant)
 - ‡ He wants our Focus and our Undivided & Undeniable Attention
 - ‡ There will come distractions to detain & delay what God is going to do
 - ‡ You have to view the distractions as such – they are disguised & designed to delay me from receiving what God has already released & to prolong my perfecting process, preventing me from prospering (Since I'm already called to Prosper)
 - ‡ Therefore, I'm going to recapture & realign my focus on HIM
- † **Contemplation** (Meditation) - Psalms 1:1-3 & Joshua 1:8
- † **Communication** (Prayer) – (Pour out your heart & your Complaint) - Psalm 142
- † **Conversation** (Prayer)
 - ‡ The greatest tool in communication & conversation is not talking or the ability to verbally express what's going on – but the greatest tool in communication is LISTENING!
 - ‡ Many have been taught & conditioned that Prayer is only us talking to God – verses us listening to & waiting for God to speak!
- † **Consecration** (Sanctified Living) Isaiah 58 & 2 Chronicles 7:13-22
 - ‡ Fasting & Praying is a method of Consecration! And the enemy is fighting desperately – because Fasting & Praying is Consecrated Process & Pillar that can & will Produce Power! It is a Tool that can & will cause us to be Tried, Triumphant & Transformed (at the same time)!