

## **Purpose Statement for a Month of Prayer and Fasting**

**Scripture:** Matthew 5:6 NIV - “Blessed are those who hunger and thirst for righteousness, for they will be filled”

**Purpose:** this month-long journey of prayer and fasting is designed to cultivate a deep hunger, passion for and alignment with God,

**How to pray:** Participants will intentionally set aside time each day for focused prayer, crying out and contending for a personal spiritual awakening and a great awakening for our communities and Hawai'i. All of this to say, pray for revival!

**How to fast:** This is not the generic version of Lent (giving up something). Fasting is about being dependent on the Holy Spirit. We aim to empty ourselves of worldly distractions and desires, allowing the Holy Spirit to fill us with His transformative grace, wisdom, and a renewed passion for living for Christ in our daily lives.

## **Fasting Options**

Fasting should always be approached with wisdom and care. Consult a healthcare professional before starting, especially if you have medical conditions, are pregnant, nursing, or on medications. Hydration is essential in all options—drink plenty of water unless otherwise noted. The month can involve a mix of fasting types, such as alternating days or weeks, rather than a continuous extreme fast. Below is a list of options tailored to different ages, health levels, and durations. These are general suggestions; adjust based on personal circumstances.

### **By Age Group**

- **Children (Ages 5-12):** Focus on gentle, educational fasting to build spiritual habits without risking health. Emphasize prayer over strict food restriction.
  - Skip one meal per day (e.g., dessert or snacks) for 1-3 days at a time, replacing it with prayer time.
  - Media fast: Abstain from screens or toys for 1-2 hours daily throughout the month.
  - Recommended: Parental supervision; keep it positive and short to avoid fatigue.

- **Teens (Ages 13-18):** Introduce more structure to encourage discipline, but prioritize growth and energy needs.
  - Partial fast: Eat only fruits, vegetables, and nuts (Daniel-style fast) for 1-7 days, with full meals resuming afterward.
  - Intermittent fasting: Eat within an 8-hour window (e.g., 12 PM to 8 PM) for 3-5 days per week.
  - Recommended: Combine with group prayer; monitor for any signs of low energy.
- **Adults (Ages 19-64):** Greater flexibility for deeper commitment, assuming general good health.
  - Full water fast: Water only for 1-3 days, repeated weekly.
  - Juice fast: Fresh juices and broths for 3-10 days.
  - Recommended: Build up gradually; break fasts gently with light foods.
- **Elderly (Ages 65+):** Prioritize safety and minimal physical strain; focus on spiritual aspects.
  - Light partial fast: Skip one meal (e.g., breakfast) or avoid caffeine/sweets for 1-2 days at a time.
  - Prayer-focused fast: No food restrictions, but dedicate extended quiet time (1-2 hours daily) to prayer throughout the month.
  - Recommended: Shorter durations; consult a doctor for any adjustments.

## By Health Considerations

- **Healthy Individuals (No Chronic Conditions):** Can handle more intensive options, but listen to your body.
  - Extended full fast: Water or clear liquids for up to 21 days (with medical supervision for longer periods).

- Daniel fast: Plant-based foods only (no meat, dairy, or processed items) for the entire month.
- Recommended: Include electrolytes if fasting longer than 3 days.
- **Those with Mild Health Issues (e.g., Controlled Diabetes, High Blood Pressure):** Opt for modified, nutrient-supportive fasts.
  - Juice or smoothie fast: Nutrient-rich liquids for 1-5 days, monitoring blood sugar or pressure.
  - Meal skipping: Omit one or two meals daily for 1-2 weeks, ensuring balanced nutrition in remaining meals.
  - Recommended: Track symptoms closely; avoid if unstable.
- **Those with Serious Health Conditions (e.g., Eating Disorders, Heart Issues, or Immune Compromises):** Avoid food-based fasting; emphasize non-physical alternatives.
  - Spiritual fast: Abstain from social media, news, or hobbies for set periods (e.g., 1-3 hours daily) over the month.
  - Partial sensory fast: Limit certain foods (e.g., no sugar) for short bursts of 1 day, if approved by a doctor.
  - Recommended: Focus on prayer without fasting; seek pastoral or medical guidance.

## By Time Duration

- **Short-Term (1-3 Days):** Ideal for beginners or building momentum.
  - Full fast: Water only, with prayer sessions multiple times a day.
  - Media/Technology fast: No devices during the period, focusing on scripture and reflection.
- **Medium-Term (4-10 Days):** For deeper spiritual focus, with breaks if needed.

- Partial fast: Limit to specific foods (e.g., bread and water) or one meal per day.
- Intermittent: 16/8 method (16 hours fasting, 8 hours eating) daily.
- **Long-Term (11-30 Days, or the Full Month):** Sustainable only with partial approaches; not recommended for full abstinence.
  - Rotating fast: Alternate between full (1 day), partial (3 days), and normal eating with prayer emphasis.
  - Lifestyle fast: Daily prayer commitment with ongoing restrictions like no meat or caffeine for the month.
  - Recommended: Weekly check-ins; incorporate rest days to prevent burnout.

Remember, the center of this practice is spiritual growth, not what you give up or rigid rules. If fasting becomes burdensome, shift to intensified prayer alone, as the goal is to “hunger and thirst for righteousness” in a way that honors God and your well-being.