

# PRAYER & FAST FORWARD



Week One

## C H E C K M A T E



### WHAT IS PRAYER + FASTING?

Prayer and Fasting is a voluntary act of abstinence from food(s), for a spiritual purpose. It is a God - designed discipline that creates the path to become closer to God. **That's the simple answer.**

FASTING IS NOT A REQUIREMENT. IT IS A CHOICE .

However, the benefits have far reaching effects and are by no means simplistic. When we choose to begin a corporate spiritual fast, we are making the choice to break out of our routine for a season, and that simple act of consecration and obedience will reap long-term rewards and change our **trajectory**.

## WHAT DOES THE COMBINATION OF PRAYER AND FASTING DO?

- Sharpens the ax and regains the edge **Ecclesiastes 10:10**
- Silences flesh & amplifies the Spirit **Galatians 5:16–17**
- Breaks cycles & establishes patterns **Romans 12:1–2**
- Restores sensitivity, revives hunger **Matthew 5:6**
- Produces alignment, not manipulation **James 4:3**
- Weakens strongholds, enforces victory **2 Corinthians 10:3–5**
- Breaks resistance, releases movement **Isaiah 58:6**
- Accelerates obedience, clarifies instruction **Acts 13:2**
- Realigns authority & restores dominion **Genesis 1:26, Matt 6:10**
- Clears the signal & removes interference **John 10:27**
- Unlocks restraint, releases faith and freedom in worship **Matthew 17:21**
- Turns waiting into warfare **Isaiah 40:31**

→ **Empties of self.**  
**Fills with His Power.**

## WHAT IT IS NOT



- Not a hunger strike. But a humbling of self and a change of posture: Fasting changes us, not God. **Ps. 35:13, Is. 58:3–5**
- Not a shortcut to power: Jesus fasted before ministry, not bypass obedience. **Luke 4:1–13**
- Not a bargaining chip: God is not negotiated with sacrifice. **Micah 6:6–8**
- Not a diet with Bible verses: physical discipline alone profits little. **1 Timothy 4:8**
- Not a badge of holiness: Fasting performed for display loses reward. **Matthew 6:16–18**
- Not a substitute for repentance: God seeks the torn heart, not torn clothing. **Joel 2:12–13**
- Not a guarantee of results: motive governs outcome. **James 4:3**
- Not starvation sanctified: wisdom guards life and health **Proverbs 4:23**
- Not avoidance of responsibility **Isaiah 58:7**

## NUTS & BOLTS

### COMMON TYPES OF FASTS



The Complete Fast



The Daniel Fast



The Sundown Fast



The Distraction Fast



**ROUTINE DULLS THE BLADE.**  
**PRAYER AND FASTING SHARPENS IT.**

“I don’t fast to pay a price. The price has already been paid. I fast to refine my focus so that I might more fully apprehend all that has been purchased.” Pastor Johnson



- **The Complete Fast (Water Only)    WHAT IS THE COMPLETE FAST**

This is the most intense fast and should be completed in short duration: 1-3 days for most believers, 40 days only by supernatural enablement; Not recommended for beginners.

<b>Biblical Examples:</b> Moses → Exodus 34:28 Jesus → Matthew 4:1-2	<b>What to consume:</b> <ul style="list-style-type: none"><li>• Water</li><li>• Electrolytes</li></ul>	*Certain restrictions, ie. medications and health conditions, make this option not ideal for some. Best practices should be under care of your primary care physician.
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- **The Daniel Fast, (or partial fast) Daniel 1 & 10**

### WHAT IS THE DANIEL FAST

A biblical, partial fast that restricts rich and pleasurable foods while maintaining simple nourishment.

**Foods to enjoy:** vegetables, fruit, water

**Foods to avoid:** meat, caffeine, sugar, pleasant bread, wine

### WHY CHOOSE THE DANIEL FAST

- It is practiced throughout scripture
- It is physically sustainable
- It is suitable for corporate fasting
- It is suitable for beginner fasting
- It allows broad participation without compromising (most) health concerns
- It is suitable for those who maintain a busy lifestyle.

- **The Sundown Fast, aka The AM-PM Fast**

Fast completely from sunrise-sunset, each day. Then, break the fast with simple nourishment, keeping the meal light and intentional. *Judges 20:26, 1 Samuel 14:24*



**6:00 am- 6:00 pm, One meal daily**

### WHY CHOOSE THE SUNDOWN FAST

- It is suitable for those who perform intense, manual labor jobs.
- It is helpful for those seeking consistency over intensity.
- It is suitable for those who are new to fasting.

- **The Distraction Fast**

### WHAT IS THE DISTRACTION FAST

- Social Media Platforms/News - *Psalm 46:10*
- Digital - *Matthew 6:22-23*
- Technology/TV and Streaming - *Hebrews 12:1*
- Attention - *John 10:27*
- Noise - *Habakkuk 2:20*

### WHY CHOOSE THE DISTRACTION FAST

- An accessible way to involve kids in fasting without food restriction.
- Allows participation when food fasting is not appropriate.
- Reduces distraction and improves focus and emotional regulation.

## WHY CHOOSE THE DISTRACTION FAST

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- Introduces the discipline of fasting in a manageable way.
- Breaks unhealthy attachment to constant input.
- Creates shared rhythms of prayer, conversation, and presence.

This is a great opportunity for families to quiet digital noise, limit gaming devices, and replace screen time with Scripture, praise, and shared prayer at home.

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# PRAYER POWER!

### The Prayer Component

“Be still, and know that I am God.”  
Psalm 46:10



- Prayer gives direction, fasting gives alignment [Matthew 6:10](#), [Acts 13:2](#)
- Prayer speaks, fasting enforces [Isaiah 58:6](#), [Daniel 10:12](#)
- Prayer engages heaven, fasting disengages the flesh [Galatians 5:16-17](#)
- Prayer clarifies the will of God [James 1:5](#)
- Prayer sustains what fasting initiates [Luke 18:1](#)
- Prayer turns hunger into dependence [Matthew 5:6](#)
- Prayer keeps fasting from becoming ritual [Isaiah 58:3-5](#)
- Prayer is the power source, fasting removes resistance [2 Corinthians 10:3-5](#)
- Prayer transforms desire into obedience [Psalm 37:4](#)

### CONSECRATION PRECEDES MANIFESTATION

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#### THE POWER OF PRAYER AND FASTING! MATTHEW 17:15-22

15 “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to Your disciples, but they could not cure him.” 17 Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. 19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?” 20 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. **21** However, this kind does not go out except by prayer and fasting.”

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### TIPS FOR 1<sup>ST</sup> TIME FASTING

- Start simple
- Decide before you begin (purpose your fast)
- Stay hydrated
- Replace meals with prayer
- Expect discomfort, not defeat
- Hunger, headaches, or irritability are common early on and usually pass.
- Avoid overcommitting physically or socially during the fast.
- Do not compare your fast to others
- Modify for health needs

**TIMELINE  
FOR BEACH  
ASSEMBLY  
FAST**



**Fast Begins:** Sunday, January 4<sup>th</sup>, 2026 6 pm

**Fast Ends:** Saturday, January 31<sup>st</sup>, 2026 6 pm

**SO...  
FINALLY**

**HOW PRAYER AND FASTING  
CHECKMATES  
THE ENEMY...**



- Because... it removes the enemy's leverage **Galatians 5:16-17**
- Because... it aligns authority and obedience **Matthew 6:10, Romans 12:1**
- Because... fasting quiets competing voices. Prayer sharpens discernment. The enemy thrives in noise, not clarity. **Psalm 46:10, John 10:27**
- Because... it removes delays caused by the flesh - Fasting accelerates obedience. **James 1:8, Acts 13:2-3**
- Because... it shifts the battlefield - Prayer engages heaven. Fasting disengages the flesh. The enemy loses ground when the believer is fully aligned. **2 Corinthians 10:3-5**

**Because...**

PRAYER ALONE SPEAKS.

FASTING ALONE DISCIPLINES.

**TOGETHER, THEY LEAVE THE ENEMY WITH NO RESPONSE.**

**BECAUSE...**

*the* **KING**  
still has  
**ONE  
MORE  
MOVE**



**THE LAND IS  
BEFORE YOU.  
THE POWER IS  
AVAILABLE.  
GO.**

