



A Guidebook
By Nick Burns

FASTING

PRAYER AND FASTING

I would like to encourage you to prepare for this your fast by asking God how he would like you to fast and pray. If you are a married couple please set a regular time to pray together. I would also like you to consider asking someone to partner with you in prayer this month as well. This prayer partner connection will bring us closer together and strengthen our congregation.

In regards to fasting there are many ways to fast please be wise and if you are going to have an extended fast consult your Doctor to make sure there are no unforeseen health issues. Also talk to your Pastor and make sure God is calling you to do it.

TYPES OF FASTING

- One meal per day
- One day per week
- Daniel Fast (**Daniel 10:3**)
- Fasting an activity eg TV (it is about your heart attitude and desire to give your spiritual life priority)
- Fasting more than one day requires specific planning (Doctors advice necessary)

You do not have to choose one of the above let God lead you to fast in a unique way before him. Following are some web sites on fasting.

<http://www.billbright.com/howtofast/index.html>

<http://www.allaboutprayer.org/prayer-and-fasting.htm>

<http://www.billbright.com/7steps/begin.html>

GETTING STARTED

Start a fast with a time of consecration turning humbly before God and renewing the intimacy through repentance and confession. This will pave the way for the intimacy of spiritual life and enable you to hear the voice of God speaking to you.

Remember there are many spiritual disciplines and practicing more than one is extremely refreshing in your spiritual walk.

Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.

<http://www.allaboutprayer.org/prayer-and-fasting.htm>