



## **Matthew 5:6**

Blessed are those who hunger and thirst for righteousness, for they will be filled.



## **Prayer and Fasting**



# What is Fasting?

- Not about losing weight
- Creating space to hear God's voice
- Intentionally setting aside food for a specific time
- Combines with prayer for spiritual growth
- Prayer and fasting form a powerful connection with heaven that can transform our lives
- *Fasting creates the hunger; Prayer satisfies it with God's presence*

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**Hunger can be redirected from physical satisfaction  
to spiritual seeking**

**Fasting fuels a fire for God**

**Prayer is the breath that makes that fire  
burn brighter**

## **Isaiah 58:6-9**

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and He will say: Here am I.



## Three Key Areas

- The Purpose of Fasting and Prayer
- The Practice of Fasting and Prayer
- The Power of Fasting and Prayer

# Why Fast and Pray?

Detach

Detach from worldly comforts

Demonstrate

Demonstrate spiritual seriousness

Deepen

Deepen our hunger for God



## **Matthew 4:4**

Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.

# Fasting & Prayer

**For the next 24 hours, pause and ask these questions**

- Am I eating out of genuine hunger?
- What emotion am I trying to satisfy right now?
- Could this moment be an opportunity to pray instead?

## **Esther 4:15-16**

Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!

## **2 Chronicles 7:14**

If My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.



## **Psalm 42:1-2**

As the deer pants for the water brooks, so my soul pants for You, O God. My soul thirsts for God, for the living God; when shall I come and appear before God

# Preparing for a Fast

Know

- Know your purpose

Set

- Set a time frame

Examine

- Examine your heart

Prepare

- Prepare your body

Plan

- Plan prayer times

# Types of Fasting

**Normal Fast:**  
Water only

**Partial Fast:**  
Limited food  
choices

**Absolute Fast:**  
No food or  
water

**Alternative Fast:**  
Social media,  
entertainment

# Choosing a Fasting Approach

- **Short & Gradual Fasting** — Start small, like skipping one meal
- **Scheduled Fasting** — Fast on certain days of the week
- **Seasonal Fasting** — Fasting during key spiritual times
- **Focused Fasting** — Setting a fast around a specific prayer request or spiritual need.



# Staying Focused During Your Fast



READ SCRIPTURE  
REGULARLY



SET SPECIFIC PRAYER  
TIMES AND PRAY  
DEEPLY



WORSHIP  
INTENTIONALLY



JOURNAL YOUR  
EXPERIENCE



SERVE OTHERS

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- **Don't expect instant results.** Fasting is a garden, not a microwave
  - **Focus on seeking God, not specific outcomes.** Fasting isn't about forcing God's hand; it's about opening yours
  - **Write down what God reveals.**
  - **Remember, the goal is change, not just knowledge.**
  - **Expect resistance.**

# Action Steps for Our 21-Day Prayer/fast

- Choose your type of fast
- Set daily prayer times
- Pick a Bible reading plan
- Keep a journal
- Find a prayer partner



# Final Thoughts

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- Fasting isn't about earning God's favor
- It's about creating space to hear His voice
- Prayer fills the space created by fasting
- Fasting and prayer aren't about getting God's attention; they're about giving Him yours