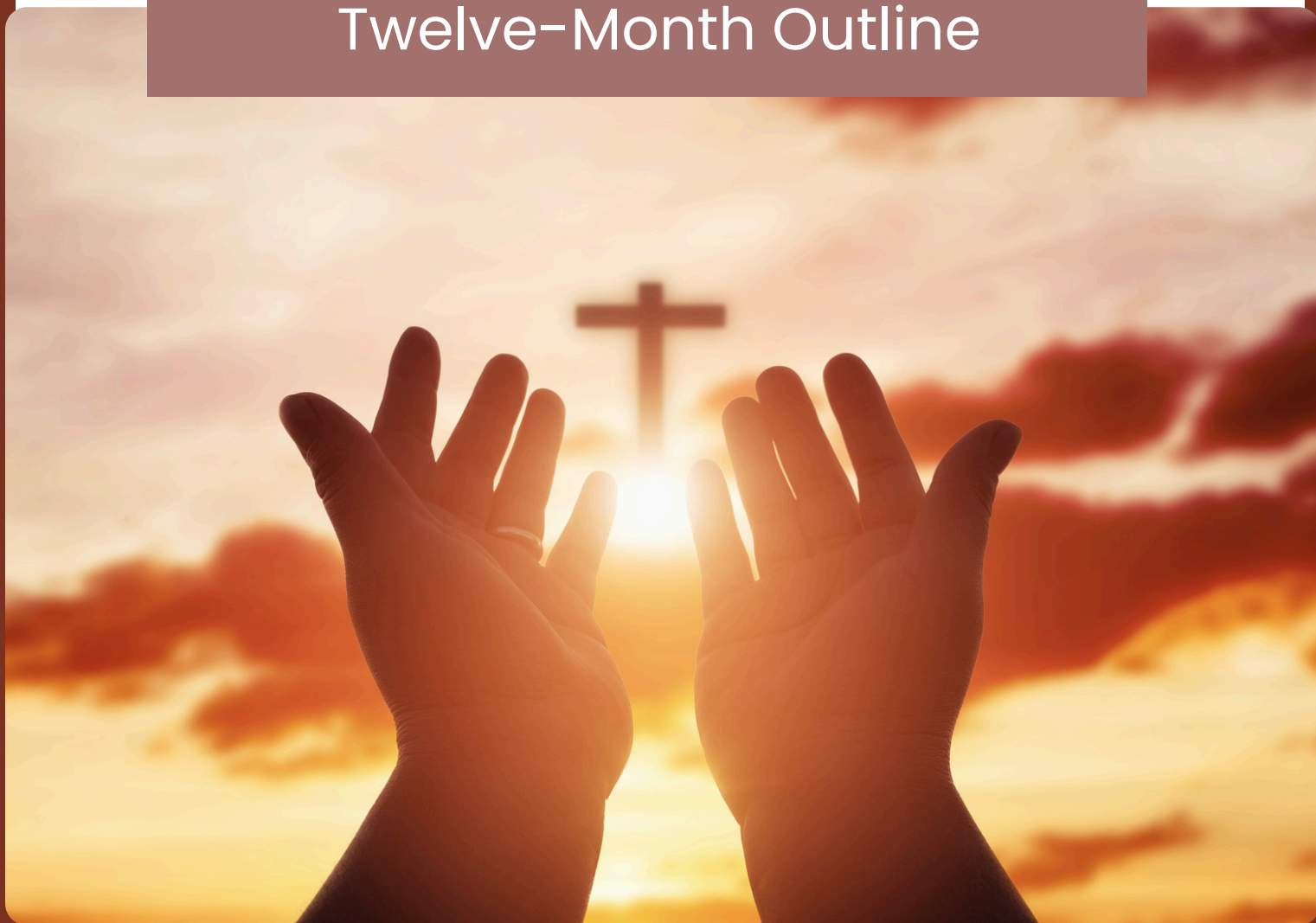


Revitalizing My *Soul*

Prayer & Fasting
Twelve-Month Outline





What is Fasting?

Fasting is the voluntary act of abstaining from food or certain activities for a set period, usually for spiritual reasons. It is often practiced as a way to seek clarity, draw closer to God, and exercise discipline over desires. Fasting is frequently accompanied by prayer and meditation on Scripture, allowing the individual to focus on their relationship with God without distractions.

While fasting traditionally involves giving up food, you can also fast from other things that might dominate your time, attention, or affections. This kind of fasting is about removing something that may be a distraction or taking up a significant place in your life, to create space for more spiritual focus.

Before engaging in any type of food fasting, especially prolonged or intensive fasting, it's essential to consult with a doctor. This ensures that the fast is safe for you, particularly if you have any medical conditions or take medications.





Fasting from Non-Food Things

Fasting can be applied to various areas of life, not just food. Here are some examples:

- **Social Media Fast:** Temporarily stepping away from platforms like Instagram, Facebook, or Twitter to reduce distractions and spend more time in prayer, Bible study, or quiet reflection.
- **Technology Fast:** Giving up TV, smartphones, or other electronics that consume your time, allowing space for personal spiritual growth and deeper connection with God.
- **Entertainment Fast:** Abstaining from movies, music, or gaming for a certain period to focus on spiritual practices like prayer, meditation, or community service.
- **Shopping/Material Fast:** Avoiding unnecessary purchases, including clothes, gadgets, or luxury items, to shift focus from material desires to spiritual needs.
- **Talking/Words Fast:** Practicing silence and refraining from unnecessary speech, gossip, or negative talk to concentrate on listening to God's voice or deepening internal peace.
- **Relationship Fast:** Temporarily stepping back from relationships or social interactions that drain energy or focus, in order to devote more time to prayer and self-reflection.

Each of these non-food fasts serves the same goal as food fasting: to bring you closer to God by eliminating distractions and focusing on what truly matters.



Different Biblical Food Fasts



In the Bible, fasting is used as a spiritual tool for seeking God's guidance, demonstrating repentance, or preparing for a significant spiritual task. Here are some types of food-related fasts you can do, based on biblical examples:

1. Normal Fast (Water Only)

Example: Jesus' 40-day fast in the wilderness (Matthew 4:1-2).

- What It Is: Abstaining from all food, drinking only water. This type of fast is for those seeking deep spiritual insight or guidance. It's typically short-term, lasting one to several days, though Jesus fasted for 40 days.

Purpose: To gain clarity, seek God's presence, and build spiritual endurance.

2. Partial Fast

Example: Daniel's Fast (Daniel 1:12; 10:2-3).

- What It Is: Limiting your diet to specific foods, such as fruits, vegetables, and water, while abstaining from richer or indulgent foods (meat, sweets, and bread). Daniel's fast is one of the most well-known examples.

Purpose: To discipline the body while still maintaining some level of nourishment, often done over an extended period (e.g., 21 days in Daniel's case).

3. Absolute Fast (Dry Fast)

Example: Esther's Fast (Esther 4:16), Paul's Fast (Acts 9:9).

- What It Is: Abstaining from all food and water. This is a very intense fast and should be done for a very short period—usually a day or three days at most, as seen in Esther's and Paul's cases.

Purpose: This fast is often done in desperate times of need or when you are seeking divine intervention.



4. Supernatural Fast

Example: Moses on Mount Sinai (Exodus 34:28), Elijah's fast (1 Kings 19:8).

- What It Is: This type of fast goes beyond human ability, as Moses and Elijah were sustained by God without food or water for 40 days. It's not something to pursue lightly or outside of divine leading.

Purpose: Used during a time of deep spiritual encounter with God and often marked by an extraordinary experience of His presence.

5. Corporate Fast

Example: Nineveh's Fast (Jonah 3:5-7), The Day of Atonement Fast (Leviticus 23:27-29).

- What It Is: A fast called by a group of people, often in times of communal repentance or when seeking God's mercy. In Nineveh's case, the entire city, including animals, fasted.

Purpose: To unite in repentance, seeking collective forgiveness or intervention from God.

6. Intermittent Fast

Example: John the Baptist's regular fasting (Matthew 9:14-15).

- What It Is: Fasting at certain times of the day or skipping certain meals, like skipping breakfast and lunch but eating dinner.

Purpose: This is a more flexible way to fast that still fosters spiritual focus, and it can be done for extended periods.



7. Lent Fast (40 Days)

Example: Derived from Jesus' 40 days in the wilderness (Luke 4:1-2)

- What It Is: Practiced in the Christian tradition of Lent, this fast lasts for 40 days leading up to Easter. It can include giving up a particular type of food or abstaining from food for certain hours.

Purpose: To honor Jesus' sacrifice and prepare spiritually for Easter.

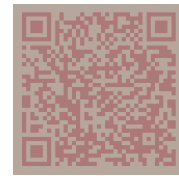
Practical Tips for Fasting

1. Start Small: If you've never fasted before, start with a short or partial fast and gradually build your endurance.
2. Pray Often: Fasting without prayer is merely going hungry. Make prayer and Scripture reading central to your fast.
3. Stay Hydrated: In most fasts, water is allowed, and it's important to drink plenty.
4. Consult a Doctor: Especially for food fasting, make sure to seek medical advice, particularly if you have health conditions that could be affected by fasting. This ensures your fast is done safely and responsibly.
5. Set a Goal: Whether it's clarity, healing, or deeper intimacy with God, have a purpose for your fast to keep you spiritually focused.

Fasting is a powerful practice that helps deepen your spiritual walk and draw nearer to God. Whether you choose to fast from food, distractions, or both, the key is to seek God earnestly and with purpose during this sacred time.



Revitalize My Soul



Song:
Yahweh

JANUARY: NEW BEGINNINGS

Prayer Focus: Renewal and Fresh Starts

Prayer: Lord, help me to forget the former things and embrace the new things You are doing in my life.

Scripture: Isaiah 43:18-19

Fasting Schedule:

Fast from sunrise to sunset every Monday, abstaining from all food.

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FEBRUARY: LOVE AND RELATIONSHIPS

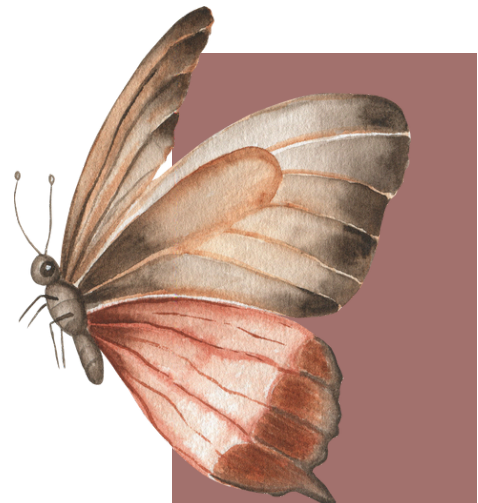
Prayer Focus: Strengthening Relationships

Prayer: Father, teach me to love others as You love me. Help me to be patient and kind.

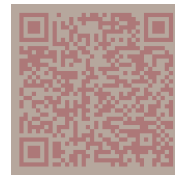
Scripture: 1 Corinthians 13:4-7

Fasting Schedule:

Fast from sunrise to sunset every Wednesday, abstaining from all food.



Hallelujah



Song:
Holy Father

MARCH: SPIRITUAL GROWTH

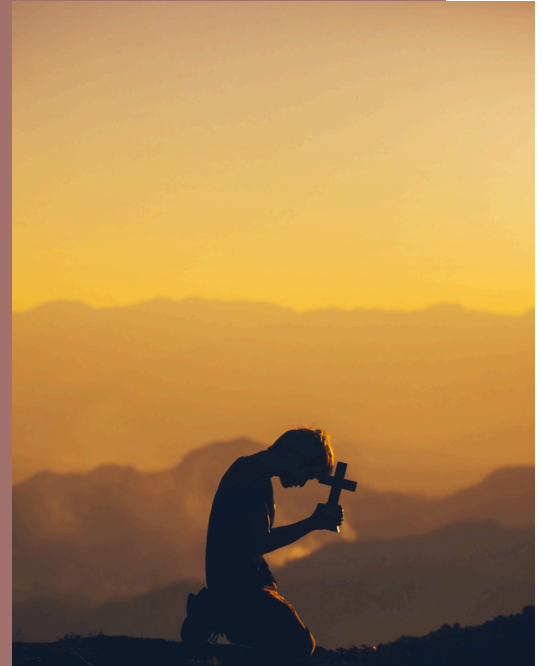
Prayer Focus: Deepening Spiritual Life

Prayer: God, fill me with the knowledge of Your will through all wisdom and understanding that the Spirit gives.

Scripture: Colossians 1:9-10

Fasting Schedule:

Fast for 24 hours on the first and third Fridays of the month.



April: Gratitude and Thanksgiving

Prayer Focus: Cultivating a Grateful Heart

Prayer: Lord, help me to rejoice always, pray continually, and give thanks in all circumstances.

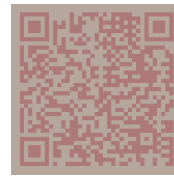
Scripture: 1 Thessalonians 5:16-18

Fasting Schedule:

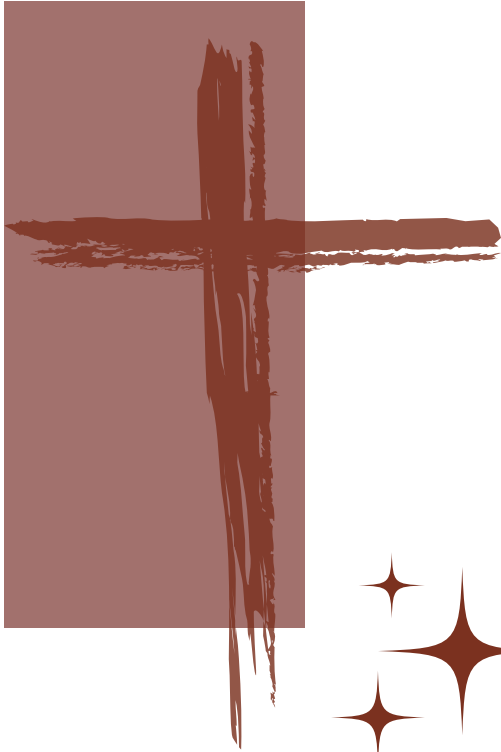
Fast from sunrise to sunset every Thursday, abstaining from all food.



Let Incense Rise!



Song:
Worthy Of It All



MAY: GUIDANCE AND DIRECTION

Prayer Focus: Seeking God's Guidance

Prayer: God, I trust in You with all my heart and lean not on my own understanding. Guide my path

Scripture: Proverbs 3:5-6

Fasting Schedule:

Fast from sunrise to sunset every Tuesday, abstaining from all food

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JUNE: HEALING AND HEALTH

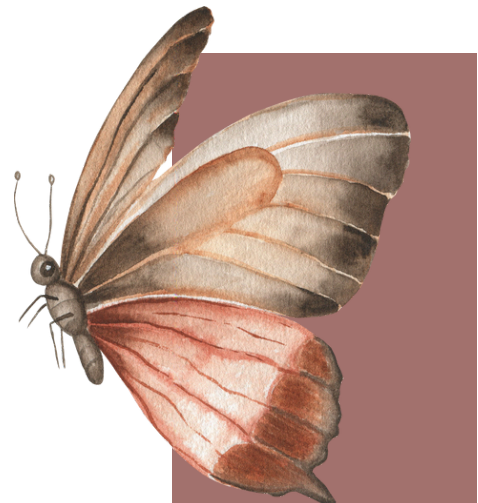
Prayer Focus: *Physical and Emotional Healing*

Prayer: Lord, restore me to health and heal my wounds, both seen and unseen.

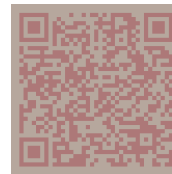
Scripture: Jeremiah 30:17

Fasting Schedule:

Fast for 24 hours on the second and fourth Wednesdays of the month.



Praise The Lord



Song:
Praise Him

JULY: FAMILY AND FRIENDS

Prayer Focus: Blessing and Protecting Loved Ones

Prayer: Father, bless my family and friends. Protect them and keep them close to You.

Scripture: Psalm 127:3-5

Fasting Schedule:

Fast from sunrise to sunset every Monday and Friday, abstaining from all food.



August: Financial Provision

Prayer Focus: Trusting God for Provision

Prayer: Lord, help me to rejoice always, pray continually, and give thanks in all circumstances.

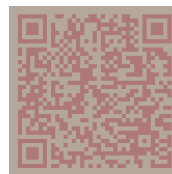
Scripture: Philippians 4:19

Fasting Schedule:

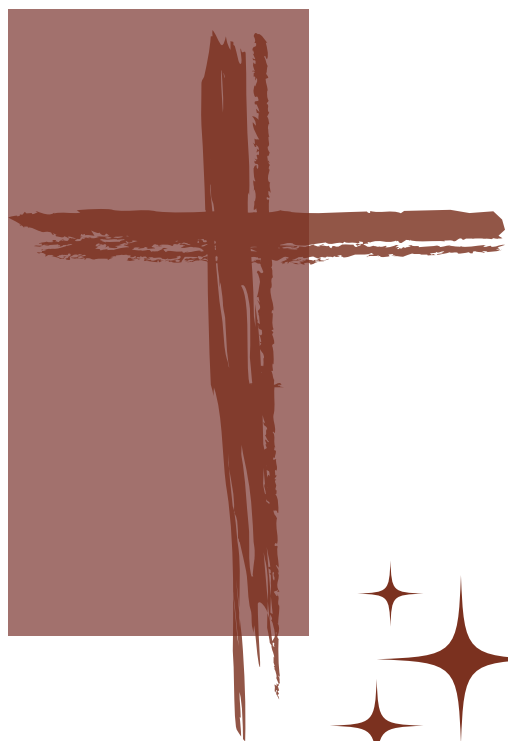
Fast from sunrise to sunset every Thursday, abstaining from all food.



Just You Lord!



Song:
With You



SEPTEMBER: WISDOM AND UNDERSTANDING

Prayer Focus: Seeking God's Guidance

Prayer: God, I trust in You with all my heart
and lean not on my own understanding.
Guide my path

Scripture: Proverbs 3:5-6

Fasting Schedule:

Fast from sunrise to sunset every Tuesday,
abstaining from all food

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OCTOBER: PEACE AND CALM

Prayer Focus: Experiencing God's Peace

Prayer: God, help me to not be anxious about
anything, but in every situation, by prayer and
petition, with thanksgiving, present my requests
to You.

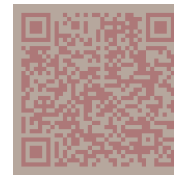
Scripture: Philippians 4:6-7

Fasting Schedule:

Fast from sunrise to sunset every Thursday,
abstaining from all food.



Lord, We Love You



Song:
Hands In It

NOVEMBER: EVANGELISM AND OUTREACH

Prayer Focus: Sharing the Gospel

Prayer: Lord, empower me to make disciples of all nations, baptizing them and teaching them to obey everything You have commanded

Scripture: Matthew 28:19-20

Fasting Schedule:

Fast from sunrise to sunset every Monday, Wednesday, and Friday, abstaining from all food.



December: Reflection and Preparation

Prayer Focus: Reflecting on the Year and
Preparing for the Next

Prayer: Teach me to number my days, that I may gain a heart of wisdom. Help me to reflect on this year and prepare for the next.

Scripture: Psalm 90:12

Fasting Schedule:

Fast for 24 hours on the second and fourth Thursdays of the month.

