

Prayer and Fasting Guide

(Taken from the Mosaic Church, Los Angeles, CA)

Why Fast and Pray?

In the Bible we have the examples of individuals and whole nations that fasted and prayed.

- Moses fasted and prayed forty days on Mt. Sinai.
- Jesus fasted forty days in the wilderness.
- Joshua
- David
- Ezra
- Nehemiah
- Daniel
- The disciples of John the Baptist
- Anna
- The apostles
- Paul and Barnabas and others fasted and prayed.

Usually this action resulted in great blessing and victory from the Lord. Consider the benefits scripture records concerning fasting and prayer:

- God gives divine guidance - Judges 20:26-28
- Victory over severe temptation - Matt. 4:1-11
- Victory in spiritual battle - Matt. 17:21

What to Personally Expect From Fasting & Prayer:

- Spiritual refresh and personal renewal
- God to reveal areas of disobedience and sin
- Personal cleansing of sin
- Holy Spirit power and victory over sin, bad habits and attitudes
- The defeat of evil powers

As a Church:

- A renewed concern for the lost to come to Christ
- The renewal of our fellowship to the Lord
- New opportunities for God to display His awesome power in our church

In the Community:

- God to do great things, to use each of us for His purposes in this community.

What is a “Jewish Fast”

A “Jewish Fast” is so called because the fast begins the same time the 24-hour Jewish day begins. A 24-hour period begins at 6:00 pm and goes until 6:00 pm the next day.

Reasons for a “Jewish Fast”

- You only miss two meals, breakfast and lunch the next day, but evening meal the next day.
- It’s helpful to those who have a busy work schedule. You don’t go all day without a meal.
- You don’t begin the fast on an empty stomach. You can eat a meal before going into the fast.

What Should I Do?

Our desire is for God lead you in your time of prayer and fasting. Here are some options to consider:

- Fast for one meal. Instead of eating a meal, spend time in prayer.
- “Jewish Fast” a 24-hour period beginning at 6:00pm and continuing until 6:00 pm the next day.
- Prayer only. At this time you may not be led to fast. That’s okay! Instead, set aside an hour just for concentrated prayer!
- Unsure what to do? Seek the Lord for direction.

Following you will find suggestions to help your day of fasting be meaningful and effective. Please read the information before you begin your fast. May the Lord richly bless you as you seek His face!

1. Remember fasting’s primary purpose is to seek the Lord. God must be the focus throughout the day.
2. Prepare your heart by meditating on these verses related to fasting. Identify the significant insights and apply them to you as you fast. Read: Matt. 4:2-11, 6:16-18, Joel 1:14, Dan. 9:3-19, Zach. 7:5-7.
3. Eat a normal or light meal before beginning to fast. “Stocking up” with a big meal will only increase you hunger later.
4. Hunger pangs are normal. To ease them slowly sip water or juice. The pangs will soon pass.
5. If you are a regular coffee or tea drinker, you might experience a headache. This will also pass.
6. Use the times you usually eat a meal for concentrated season of prayer. At these times you should also feed on the Word of God.
7. Consider “fasting” from regular television viewing, the news, social media, etc. It might help keep your focus clear throughout the day.
8. If you feel “weak” or “tired” at any point in the fast, this normal. You may need to rest or take a short nap to renew our energy. If you are unsure about how fasting may affect your medical condition please consult your physician before beginning a fast.
9. Expect spiritual attack! Satan knows the power of fasting and prayer. You may be tempted to break the fast before the 24-hour period is up. Instead, seek the Lord that you might have victory.
10. Break your fast with a normal size meal. During the fast, your stomach has shrunk; eating a heavy meal can cause discomfort.