



## 2023 Charisma Life Church Prayer & Fasting Guide



Christian fasting is the act of abstaining from food for a period of time for a certain spiritual purpose. Fasting is mentioned in the Bible over 70 times, and is usually connected with prayer.

Fasting shifts our attention from temporal things to the things of the Spirit, and is an act of surrender to the Lord.

**What should Christians do when they fast?** Fasts are unique to you, so pray about what the Lord wants you to do, or not do, during your fast. When you fast, replace the time you would normally spend eating and spend that time dedicated to the Lord instead. Use our 2023 Monthly Prayer Calendar as a guide for bible reading, meditation and prayer. This will enable us to be unified in our corporate focus. Of course, you may include other prayer requests as well.

Biblical fasting is a method for growing into deeper communion with God and being more in tune with His Spirit. **Here are some helpful guidelines:**

**1. Fast for the Right Motives.**

- a. To deny yourself and deepen your spiritual relationship with God.
- b. For God's intervention or wisdom.

**2. Meditate on Scripture**

Use your 2023 Limitless Monthly Prayer Calendar as a guide to focus on a daily scripture.

**3. Spend Time in Prayer**

Prayer strengthens us spiritually, emotionally, and even physically. It puts us into alignment with God, and allows our spirit to be in tune with His. Prayer opens us to be receptive to God and His perspective on things.

**4. Use your Bible Engagement App for Additional Devotional Material.**

If you find yourself in need of more material for prayer and meditation, the BEP App has excellent material and will be aligned with the topics of prayer in the 2023 Limitless Monthly Prayer Calendar.

**5. Consult Your Doctor.**

If you have previously or are currently struggling with an eating disorder, have any dietary restrictions, or are on prescription medication, please consult your doctor before beginning a food fast. Be prepared to fast from something other than food.

**6. Physically prepare yourself.**

When fasting from food, it's crucial to prepare your body and eat smaller meals a few days prior to your fast and to avoid high-fat and sugary foods before the fast. Make sure you're also drinking plenty of water. Stay away from sugary drinks immediately before and during the fast. You may also consider weaning yourself from caffeine.

## **7. Identify the Purpose**

Be intentional about determining the purpose for your fast before you begin your fast. Are you fasting for clarity on a decision? Are you fasting for God's intervention? Are you fasting to go deeper in your relationship with God? Clarifying the purpose for your fast creates a frame for it. It also helps your activity during your fast be in alignment with the purpose of it. The more intentional you are before your fast, the more fruitful your fast will be.

## **8. Determine the Length of the Fast**

Don't go into it playing it by ear, but determine the length of the fast before it begins. Will you be fasting from one meal a day, or one day per week, or three days per week, or for a full week, a month, etc.? If you're just beginning, fasting from one meal a day is a good place to start. Ask the Lord to reveal to you how long your fast should be! You are encouraged to go into your fast committed to a specific time period for it. (See #11 below for more info.)

## **9. Plan What You'll Do Instead**

Before you begin your fast, make sure to plan what you'll do in the time period that you'll normally spend doing the thing you're fasting from. Have the resources with you such as the Prayer Calendar, Bible, writing material, etc. that you'll need for your devotional time.

## **10. Connect the plan with your purpose for the fast.**

If you're fasting because you need to make a big decision, spend that time praying about the decision. Whatever it may be, it'll be the most beneficial, if you find a way to connect the plan for your fast to the purpose for your fast.

*Without a purpose and plan, it's not Christian fasting; it's just going hungry. John Piper*

## **11. Start Small**

When fasting from food, starting small can be helpful because our bodies need to grow accustomed to the lack of supply. You can then work your way up to larger fasts. As an example, you can start with giving up one meal a day, then after fasting one meal for a couple weeks, try two meals, or extend your one meal a day fast for another week or two. You can apply the same principle to all day fasting.