

From Message

Just a XOX little gift for you



Fasting can be done safely for some and can cause problems for others, particularly those with health conditions.

This book is not intended to provide medical advice or to take the place of medical advice and treatmement from your personal physician. Please consult with your health care team or any qualified healthcare professional prior to beginning any fast, diet, vitamins, or exercise program. By completing this workbook, you as the individual accepts total liability for any consequences as a result of taking your journey of fasting and prayer. The author and publisher of this workbook does not accept any responsibility or liability for any consequences as a result of you taking your journey.

As you go on a spiritual fast, your body is the living sacrifice. In going to God while on fast, there are some things you must give up to him so he can lend you his ear. The first is your time. Your prayer time increases as you go in consult with him. The second is food and drink. You must show him your dedication to him and his word by going to him in spirit with clean body. The third is libations of all kinds, so you can go to him with a clear mind. The fourth is sexual pleasures. You must refrain from intimacy so your spirit is clear of ties pulling your attention and intention away from him.



### Bible Verses on Fasting: KJV

#### Mathew 6:16-18

16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

17 But thou, when thou fastest, anoint thine head, and wash thy face;

18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

#### Joel 1:14

14 Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry unto the Lord

#### John 6:35

35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

#### Mark 9:29

29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

#### Psalm 35:13

13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

#### Joel 2:12-13

12 Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

13 And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

#### Matthew 7:7

7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

#### Daniel 10:3

3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

#### Ezra 8:21

21 Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

#### Esther 4:16

**16** Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

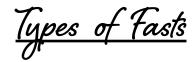
### Rules of Spiritual Fasting

To truly fast so God can hear you, read the chapter below and follow it's guidance.

### Isaiah 58:1-14 KJV

- 1 Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.
- 2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.
- 3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.
- 4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.
- 5 is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?
- 6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?
- 7 is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?
- 8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.
- 9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;
- 10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:
- 11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.
- 12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.
- 13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:
- **14** T ob thy fath

hen shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Ja er: for the mouth of the LORD hath spoken it.					itage of Jac	



#### **ABSOLUTE FAST**

This is a fast of completeness where you rely on the word of God for your sustenance. You abstain from food, drink, and worldly distractions such as television and the internet. It is a dry fast, so not even water can touch your lips. This fast is usually done as a 1-day or 3-day fast. No more than 3 days is recommended as a health precaution, though some have been known to go up to 7 days on average. It is best done when you can complete it in isolation from everyone and everything, so if you have time off from work and you can have someone take care of your home duties for the duration of the fast.

#### **GENERAL FAST**

While journeying on a general fast, one typically refrains from food of all kinds, but you may have water, juice, and clear broths when needed to keep up your strength. This fast is usually undertaken for 3-day and 7-day fasts. You can even do it as a 1-day fast or as long as you're led. Listen to your body and to God because no one wants you to have a health crisis.

#### **PARTIAL FAST**

The partial fasts are usually done between sun up and sun down, when you are awake and can make deliberate choices. The time that reflects in today's time is 6a - 6p. Some people try to get crafty and do 12a -12 p for example, but you are only tricking yourself if you do so. God does not accept such bad-minded acts, so your request will not be heard. This fast can also have freedom with things given up for the period of time you select. For example, the Daniel Fast is a partial fast for 21-days where you give up oils, meats, and sweets. The Lent Fast is another, where you give up your greatest guilty pleasure(s) for 40 days, such as a specific meat, treat, activity, or a combination of such. Doing this fast as a 3-day fast is a great prepper to introduce you to the life of fasting and praying.

#### **ALL FASTS**

Prayer and scripture time are equally important to the fast as the item(s) you are giving up. It may infact be more important. The fast shows your discipline while the prayer and scripture time shows your dedication.

People say God knows your heart a lot when they fall short of doing whatever they were supposed to for any multitude of reasons. When your heart is filled with empty words, your prayers fall on deaf ears. Pray with all your heart at all times.

### Duration of Fasts

I am a stickler for fasting as long as you are called, but there are times when setting your intentions for the fast to also have an end date and time. You can revisit how you feel when the fast initially expires. Some fasts I have completed in 1 day or 3 days, then sometimes a 3-day fast turns into a 5-day or 7-day fast depending on when I feel released.

#### Some common fast durations are:

1-day

3-day

7-day

10-day

14-day

21-day

40-day

Pay attention to your prayer time and your body in your daily fast reflections. God will let you know when your done.

This is not a fast for weight loss, this is a spiritual fast for communication with God.

There are varying times as well to fasting. Some fasts in the bible were from sun up to sun down which is modernly interpreted as a 6a - 6p fast. There are other fasts that run the full 24-hr clock. Some even chose there own time own time to fast and dedicated their prayers and sacrifice to God. None is wrong. All is right. Pray and have your conversation with God offering your dedication of fast .

### Preparing for Your Fast

Make your altar and stand steadfast. We are living sacrifices, so go onto God to make your covenant or consecration.

Before beginning your fast, you need to get your mind, body, and sprit ready. There are many reasons people fast but if you don't make your intentions clear, your fast will not be successful. Some common reasons for fasting are:

- To Make Whole
- Spiritual Warfare
- Renewed Relationship with God
- Discernment
- Forgiveness
- Deliverance from Strongholds
- Overcoming the Flesh
- Hearing from God
- A Breakthrough
- Guidance
- Protection
- Favor
- Strength
- Marriage
- · Distress and Mourning
- Repentance
- Enemies
- Relationships
- Soul Ties & Bonds
- Godly Direction
- Freedom
- Prayer
- Giving Thanks
- Purification Detox
- For Your Family/Home
- Breaking Generational Curses
- To Reset/Repair

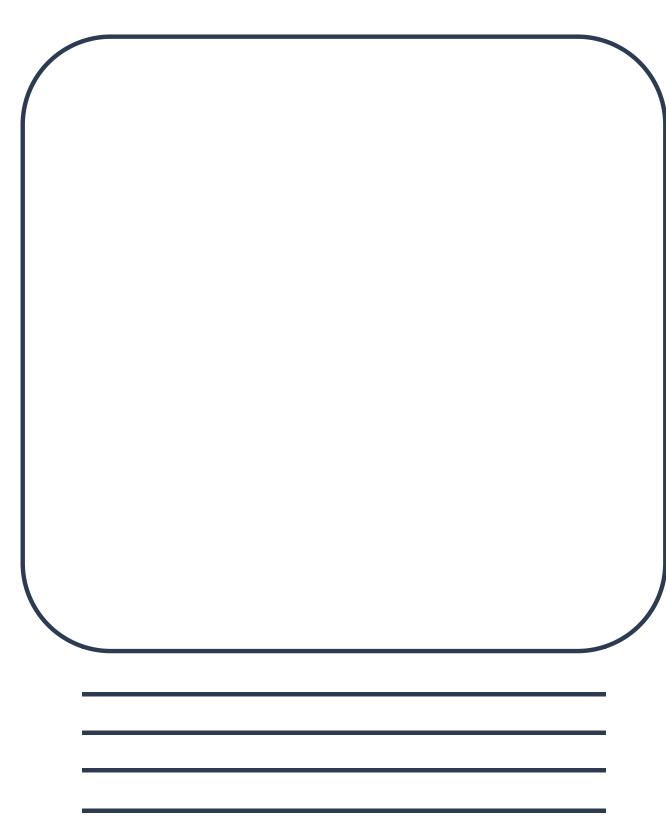
Fasting is the fastest way to access the spritual world. Whether you are presented dreams or intuithions, your covenants will be made known. Through fasting, you can make and break covenants. Do not start fasting without praying about it first. Your spirit will be moved with God's instruction when it is time. Prepare your foods, liquids, and bodies according to the fast you have been led to embark.

God knows when you are not fasting genuinely. If you complete a fast with a disingenuous heart, your covenant will be void. Do not be angry if you don't get the desires of your heart and blame God. Reflect on yourself and go again to God with a righteous heart. He will hear you and be in agreement from the beginning of your journey if you do. Walk in faith.

<sup>\*\*</sup> Make sure to get a medical consultation if you are taking medication or have any health issues that may induce adverse effects due to fasting.

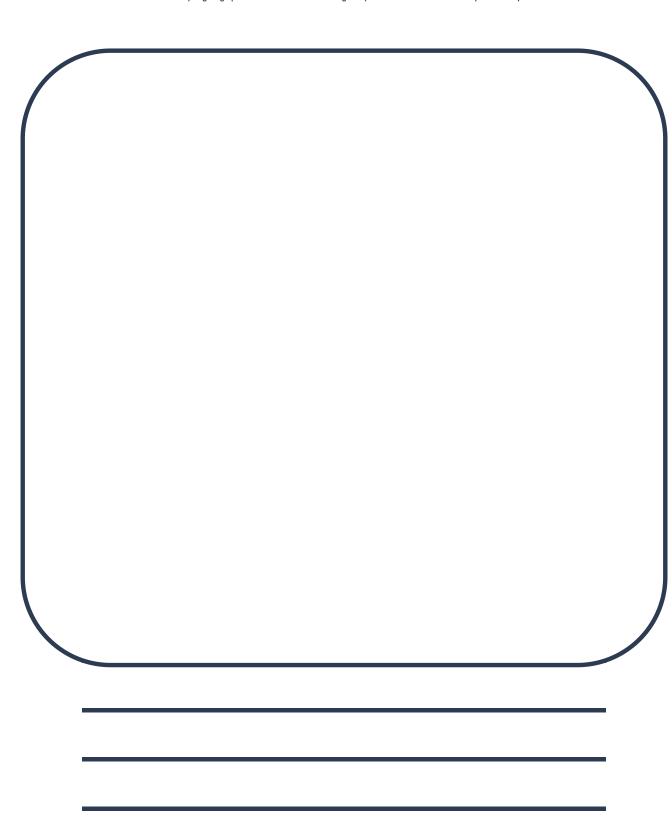
## Set Your Intentions

What is the purpose of your fast? What are you giving up and why?



### Your Fasting Rules

What are you giving up to make covenant? How long are you moved to fast? Make it specific and plain.





Step into your victory and declare it.

I am			

## Fasting: Day \_\_

### After Fast Reflection

What has been your overall experience during the fast? (Spiritually / Physically)



Fast with Me

Let's do a 3-day partial fast to get your toes wet.

What is the purpose of your fast?

Prayer: Lord Forgive Me

Lord you are the Ultimate Authority and the Great I AM. Please forgive me of all my sins, God. Forgive me of my transgressions and shortcomings. Forgive me for all the times I've lied, for all the times I've gossiped, for all the times I've committed murder in my heart. Lord forgive me for all the times I've fornicated out of marital covenant. For all the times I've stolen, all the times I've hardened my heart and hurt others, and all the times I've hardened my heart and hurt others, and all the times I've been hard to pardon others. For all the times Ive chosen not to love and trust in others, for all the times I 've cheated others and myself, please forgive me. For all the times I willingly and unwillingly ignored myself and others, ignored our hurts and our pains, I am sorry God.

I forgive all who have hurt me and others around me that I've kept in bad mind. I forgive me for operating in the hurt I became comfortable in. I ask for your forgiveness God and the forgiveness of all people I have hurt, known and unknown.

Please open my ears, eyes, mind, body, spirit, and heart Lord.

I Forgive: I Am Forgiven

Bible Verse: Daniel 9: 1-19

Reason for Fast: Forgiveness & Repentance

Forgive me of my wickedness and my rebellion

### Your Fasting Rules

What are you giving up to make covenant? How long are you moved to fast? Make it specific and plain.

Pray in solitude for at least 1 hour before starting your day

3 Days Partial Fast

6a - 6p

Allowed: Water, raw fruits, raw vegetables, juice, and broth

Restrictions: No meat, no rice, no flour, no sugars, no soda, no cooked foods,

no sex, no alcohol

Replace meal times with reading the bible for spiritual nourishment

i.e. my day starts at 7:30 am, so the latest I can start praying for consecration is at 6:30am.

Beacause I am praying for forgiveness and repentance, it deserves a serious conversation with God. I want him to hear me and accept my request. Prayer alone is not enough.

Purpose: To cleanse my mind, body, and spirit so God can work in me and through me.

### Daily Affirmations

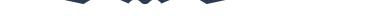
Step into your victory and declare it.

I am your servant, God. I work for you, Lord.
I am wealthy God has led me to my land of plenty and uses me to bless others in his name.
I am healthy, I exercise my mind, body, and spirit everyday.
I am wise. God has blessed me with discerning eyes & ears, and a strong fortified mind in him.
I am

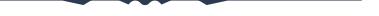
## Fasting: Day 1



## Fasting: Day 2



## Fasting: Day 3



### After Fast Reflection

What has been your overall experience during the fast? (Spiritually / Physically)

### Fasting Quick Guide

Reason for Fast 1 Rules of the Fast 2 Hopes for Fast 3

After the Fast Projected Outcome 4 During the Fast Notes 5

After the Fast Reflection 6



# Are you the enemy coming against You? Do you need to rebuke you?

Take the time to reflect on the questions above and fill the lines below with your response.	

# When did your 40 years in the desert begin? What happened to you that has you lost and wandering?

Take the time to reflect on the questions above and fill the lines below with your response.

# Who are you, worldly? Who are you called to be in Christ? What actions are you moved to take?

Take the time to reflect on the questions above and fill the lines below with your response.

### What are your fears? How are they crippling you?

<b>****</b>
Take the time to reflect on the questions above and fill the lines below with your response.

# Do you know what your purpose is? What actions will you take to walk in your purpose.

<del></del>
Take the time to reflect on the questions above and fill the lines below with your response.

# Identify the desires of your heart. What do you imagine your life to look like once you have been fulfilled?

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Take the time to reflect on the questions above and fill the lines below with your response.

porm	t actions do you need to take to exit your comfort zone?	
Take the time to reflect on the questions above and fill the lines below with your response.		

### Define your faith walk. What are your challenges?

Take the time to reflect on the questions above and fill the lines below with your response.

jow wiic	you show up for God? How will you show up for you
Take the tin	me to reflect on the questions above and fill the lines below with your response

# Define your relationship with trust? Do you trust God? Do you trust yourself?

Take the time to reflect on the questions above and fill the lines below with your response.	

### Identify moments God showed up in your life?

Take the time to reflect on the questions above and fill the lines below with your response.	



## Personal Prayer

Pray over yourself. Commune with God and express the desires of your heart.

### Prayer List

Who makes the cut? Pray for your loved ones, associates, strangers, and enemies.

Let God's light shine through you.

### Mathew 6:9-13

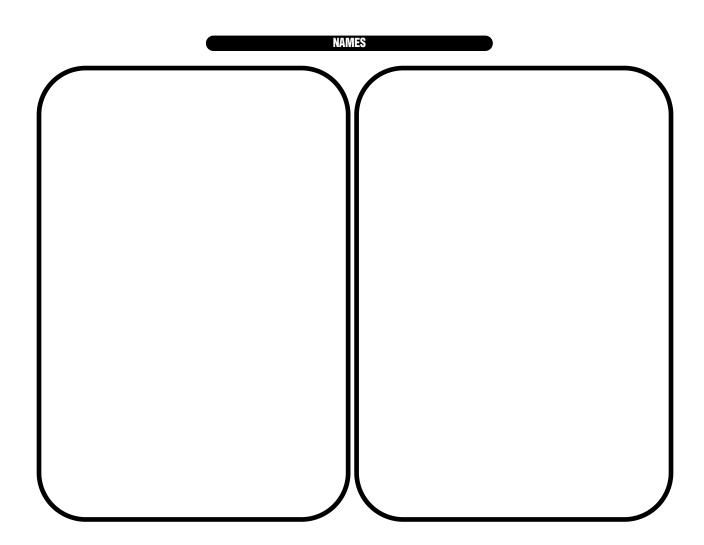
9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

10 Thy kingdom come, Thy will be done in earth, as it is in heaven.

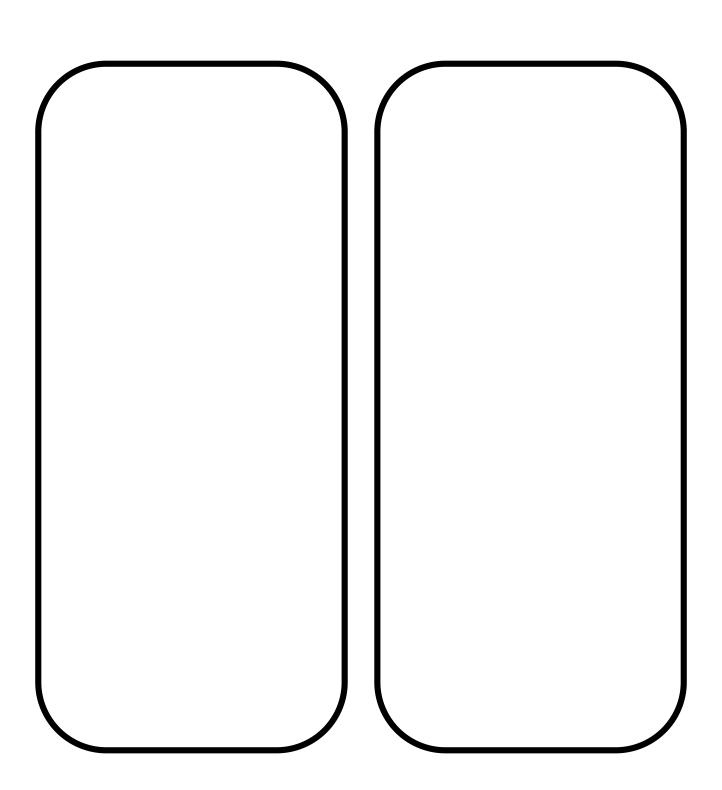
11 Give us this day our daily bread.

12 And forgive us our debts, as we forgive our debtors.

13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.



Who makes the cut? Pray for your loved ones, associates, strangers, and enemies. Let God's light shine through you.



## Prayer Cards

Place the name of the person you are praying for and their needs or requests.