

*the* FOUNTAIN *of* PRAISE  
**GUIDE** TO  
FASTING

# What is Fasting?

*In the Bible, fasting is the practice of voluntarily abstaining from food, drink, or other activities for a set period of time for spiritual reasons. It's a way to pray with your whole body and connect deeply with God.*

Fasting is essentially giving up food or another activity for a period of time to focus your thoughts on God. While fasting, you may read the Bible, pray, or worship. Fasting is referenced over fifty times throughout the Old and New Testaments!

In the Old Testament, fasting often occurred during times of sorrow or when seeking God's guidance. For instance, David fasted in Psalm 35:13 to express humility before the Lord. In the New Testament, fasting became a powerful way to draw closer to God, as Jesus demonstrated by fasting for 40 days in the wilderness (Matthew 4:1-2).

Jesus also taught us to keep fasting private and humble (Matthew 6:16-18). Fasting often pairs with prayer, as seen in Acts 13:3, where early Christians fasted and prayed together for God's direction.

## It's Purpose

- To humble yourself before God.
- To strengthen your faith in God.
- To feel refreshed mentally, spiritually, and physically.
- To express devotion to God and focus on spiritual concerns.

## Benefits of Fasting

- **Spiritual Refreshment:**  
Gain clarity and a closer connection with God.
- **Strengthened Faith:**  
Remember that only God can satisfy your deepest longings.
- **Cultivation of Gratitude:**  
Avoid distractions like consumerism and embrace contentment in God's provision.

# What Does Fasting Do for Our Spiritual Life?

## **Opens Our Hearts:**

Fasting and prayer allow us to hear God's voice clearly.

## **Reveals Hidden Sins:**

Helps identify and overcome areas needing repentance.

## **Deepens Faith:**

Refines our focus on God and draws us closer to Him.

## **Transforms Lives:**

Creates space for God's Spirit to renew and shape our hearts.

# Types of Fasting

1. **Fast from Food:** Abstain partially or entirely to seek God's provision and remember dependence on Him.
2. **Social Media Fast:** Disconnect to quiet distractions and focus on God's voice.
3. **Television and Streaming Fast:** Replace entertainment time with prayer and worship.
4. **Sugar and Processed Foods Fast:** Promote physical clarity while honoring your body as God's temple.
5. **Shopping Fast:** Redirect focus to gratitude for God's provision.
6. **Caffeine Fast:** Rely on God's strength instead of stimulants, cultivating balance.

# The Daniel Fast

A vegan diet lasting 10–21 days, inspired by the Book of Daniel.

## **Foods to Eat:**

Fruits, vegetables, whole grains, legumes, nuts, seeds, quality oils.

## **Foods to Avoid:**

Meat, dairy, processed foods, sweeteners, caffeine, alcohol.



# Helpful Tips for a Successful Fast

- 1. Start Small:** Begin with skipping one meal or fasting for part of a day.
- 2. Define Your Purpose:** Have a clear spiritual goal, such as seeking guidance or renewal.
- 3. Plan Prayer Times:** Use mealtimes for prayer and scripture meditation.
- 4. Stay Hydrated:** Drink plenty of water to support your physical and mental well-being.
- 5. Prepare for Discomfort:** Expect mild hunger or fatigue as your body adjusts.
- 6. Break Your Fast Wisely:** Ease back with light, nutritious foods like fruits and vegetables.
- 7. Reflect and Pray:** After fasting, spend time in thankfulness and reflection on what God revealed.

## Expanded Health Tips:

### Hydration:

Add lemon or cucumber to your water for a refreshing twist.

### Sleep:

Prioritize adequate rest during fasting to support mental clarity.

### Physical Movement:

Gentle exercise like walking can help maintain energy and focus.

### Meal Prep:

Plan light, balanced meals to break your fast without overindulging.

# How Long Should I Fast?

- **One Day or Part of a Day** (Judges 20:26).
- **Three-Day Fasts** (Esther 4:16; Acts 9:9).
- **Seven-Day Fasts** (1 Samuel 31:13).
- **Forty-Day Fasts** (Deuteronomy 9:9; Matthew 4:2).

## Examples of Biblical Fasts

### 1. The Disciples Fast (Matthew 17:20-21):

Fasting for freedom from addiction.

### 2. The Ezra Fast (Ezra 8:21-23):

Fasting for solutions to difficult problems.

### 3. The Esther Fast (Esther 4:16):

Fasting for protection from evil.

### 4. The Daniel Fast (Daniel 1:12-20):

Fasting for health and physical healing.

## Scriptures on Fasting

### Isaiah 58:6:

"Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?"

### Joel 2:12:

"Even now," declares the Lord, "return to me with all your heart, with fasting, weeping, and mourning."

### Matthew 6:16-18:

"When you fast, do not look gloomy like the hypocrites...your Father who sees in secret will reward you."

### Acts 14:23:

"Paul and Barnabas...with prayer and fasting, committed them to the Lord."

### Daniel 10:3:

"I ate no choice food; no meat or wine touched my lips..."

### Nehemiah 1:4:

"I sat down and wept and mourned for days, fasting and praying before the God of heaven."

## Reflection and Gratitude

After completing your fast, take time to reflect on how God moved in your life. Thank Him for His guidance, and commit to keeping your spiritual connection strong. Let fasting become a regular practice that deepens your walk with the Lord.

## To the TFOP Family and Friends,

It is our sincere prayer that this fasting guide effectively captures the essence, purpose, and benefits of fasting as a spiritual practice. We aim to provide Biblical foundations, practical applications, and encouragement for everyone seeking a deeper connection with God.

Through fasting and prayer, we align ourselves with God's will, strengthen our faith, and open the door for divine intervention, healing, and renewal. As you embark on this journey, may you experience God's presence in profound and transformative ways.

Let us fast with purpose, pray with passion, and stand united as one body in Christ.

Blessings,  
Dr. Remus E. Wright, Pastor  
Dr. Mia K. Wright, Co-Pastor

