



# *The* FOUNTAIN<sup>®</sup> *of* PRAISE

# GUIDE TO FASTING





time for spiritual reasons. It's a way to pray with your whole heart to God.

By giving up food or another activity for a period of time to focus your heart on God, you may read the Bible, pray, or worship. Fasting is mentioned throughout the Old and New Testaments!

Fasting often occurred during times of sorrow or when seeking God. David fasted in Psalm 35:13 to express humility before the Lord. Fasting became a powerful way to draw closer to God, as Jesus fasted for 40 days in the wilderness (Matthew 4:1-2).

Fasting is often private and humble (Matthew 6:16-18). Fasting often is mentioned in Acts 13:3, where early Christians fasted and prayed together.

Use

to draw closer to God.

to draw closer to God.

Physically, spiritually, and physically.

to draw closer to God and focus on spiritual concerns.

## of Fasting

to draw closer connection with God.

to draw closer to God can satisfy your deepest longings.

to draw closer to God:

to draw closer to God, we can embrace God's provision.





# 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 from food for a period of time to remember dependence on God's provision.
- 2. Social Media Fast:** Disconnect to quiet distractions and listen for God's voice.
- 3. Television and Streaming Fast:** Replace entertainment with prayer and worship.
- 4. Sugar and Processed Foods Fast:** Promote health while honoring your body as God's temple.
- 5. Shopping Fast:** Redirect focus to gratitude and contentment.
- 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 Bible.

## **Foods to Eat:**

Fruits, vegetables, whole grains, legumes, nuts, and seeds.

## **Foods to Avoid:**

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





with skipping one meal or fasting for part

**Tip:** Have a clear spiritual goal, such as  
renewal.

Use mealtimes for prayer and scripture

Drink plenty of water to support your physical  
being.

**Tip:** Expect mild hunger or fatigue as your

**Tip:** Ease back with light, nutritious foods  
at mealtimes.

After fasting, spend time in thankfulness  
for what God revealed.

## Tips:

Add lemon to your water for a refreshing twist.

Rest during fasting to support mental clarity.

Walking can help maintain energy a

Choose meals to break your fast without overin-



- **One Day or Part of a Day** (Judges 13:7)
- **Three-Day Fasts** (Esther 4:16; Acts 13:3)
- **Seven-Day Fasts** (1 Samuel 31:13).
- **Forty-Day Fasts** (Deuteronomy 9:9)

## Examples of Biblical Fasting

### 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 the wicked, to break every strap of the yoke, to let the oppressed go free, and to break every strap of the 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; their fasting will be rewarded in secret."

### 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 fasted and mourned for seven days."





, by the mercies of God, that ye present your bodies a living  
d, which is your reasonable service.

d: but be ye transformed by the renewing of your mind, that  
d acceptable, and perfect, will of God."

/ life to You.  
own understanding.  
ording to Your Word.

ease every burden to God.

ng  
earts and renew our spirit.

; and renew a right spirit within me."



il and just to forgive us our sins, and to cleanse us from all



nlike You.  
oy.  
edience.

and distractions that hinder spiritual growth.

; of waiting and preparation.

shall renew their strength; they shall mount up with wings as  
eary; and they shall walk, and not faint."

ait on You.  
s.  
-f--





Scripture: Colossians 2:6-7

**"As ye have therefore received Christ Jesus the Lord, so walk ye in him**

**Rooted and built up in him, and stablished in the faith, as ye have been  
therein with thanksgiving."**

**— Colossians 2:6-7**

### **Prayer Points**

- Increase my hunger for Your presence.
- Strengthen my spiritual foundation.
- Let my life produce spiritual fruit.

### **Consecration Focus**

Study the Word daily and journal what God reveals to you.

**Friday, October 9, 2026**

***A Season of Warfare & Victory***

**Focus:** Standing firm in spiritual battles through prayer and faith

Scripture: Ephesians 6:11-12

**"Put on the whole armour of God, that ye may be able to stand  
against the devil."**

**— Ephesians 6:11**

**"For we wrestle not against flesh and blood, but against principalities,  
against the rulers of the darkness of this world, against spiritual  
powers of evil."**

**— Ephesians 6:12**

### **Prayer Points**

- Lord, strengthen me for spiritual warfare.
- Cover my family and ministry with protection.
- Give me victory over fear, discouragement, and attack.

### **Consecration Focus**

Pray intentionally for your family, church, ministry, and community.





Thank him for his guidance, and commit to a connection strong. Let fasting become a deepens your walk with the Lord.

## ly and Friends,

that this fasting guide effectively captures and benefits of fasting as a spiritual practice. ical foundations, practical applications, and everyone seeking a deeper connection with

ayer, we align ourselves with God's will, and open the door for divine intervention, As you embark on this journey, may you ence in profound and transformative ways.

e, pray with passion, and stand united as one

stor  
astor

