



PRAYER AND FASTING

TRANSFORM CHURCH



This helpful guide will assist you as you prepare for Prayer and Fasting

What is Fasting and Why do we do it?

Fasting is Creating Space to Hear from God

Fasting is an vital part of **developing our relationship with Christ**. It is a time when we quiet ourselves from the distractions around us so we can seek God and hear from Him more clearly.

Fasting is not about losing weight. Its not just refraining from eating. It's about creating space to seek God.

WHAT YOU LET GO OF DICTATES WHAT YOU PICK UP

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Fasting is less about what you're losing and more about what you're gaining.

When we fast, we intentionally abstain from something that normally feeds or occupies us, **often food, but it can also be drink, social media, entertainment, or other distractions.**

As we give something up, we create space to **pray, listen, read Scripture, and focus our hearts and minds on God.**

The goal isn't simply to go without. ***The goal is to draw near to God.***

What you let go of dictates what you pick up.

HOW DO I FAST?

1. COME WITH YOUR HEART TURNED TOWARD GOD

Begin with humility. Fasting isn't a way to get God to do what we want. It's an opportunity to acknowledge our dependence on Him.

Come to God honestly and ask Him to speak, guide, strengthen, and shape you.

Ask: *"God, what do You want to show me during this time?"*

2. BE INTENTIONAL WITH THE SPACE FASTING CREATES

When you give something up, you create time and space. Don't simply fill that space with something else.

Use it to pray. ***Listen. Read Scripture. Worship. Reflect.***

If you normally spend time scrolling social media, use some of that time to talk with God. If you're fasting from a meal, use that time to pray.

The purpose of the empty space is ***to make room for God.***

3. EXPECT TEMPTATION

Don't feel guilty when you feel tempted to break your fast. ***Expect it.***

Self-denial is not easy. When temptation comes, let it remind you of your dependence on God rather than seeing it as failure.

Temptation can become an opportunity to say:

"God, I need You."

WHAT SHOULD I FAST FROM?

There isn't one way to fast. Consider prayerfully what you could give up for a period of time in order to create greater space to seek God.

You might fast from:

- Certain foods or meals
- Social media
- Entertainment
- Television or streaming
- Something else that regularly occupies your attention

Choose something meaningful enough that you will notice its absence—and use the space it creates to turn your attention toward God.

If you have a medical condition, take medication that requires food, are pregnant, have a history of an eating disorder, or have other health concerns, seek appropriate medical advice before undertaking a food fast. A non-food fast may be a better option.

REMEMBER

Fasting isn't about proving how disciplined you are.

It's about dependence.

It's about quieting the noise, turning our hearts toward God, and making room to listen. You are not fasting to get God's attention.

You are fasting to give God yours.

What you let go of dictates what you pick up.

