



Guide to Fasting

Fasting tends to stretch our faith the most when we give up something we usually hold onto tightly, revealing the things we run to for comfort instead of Christ. When we fast, we may find out what has quietly taken His place in our hearts.



Fasting is...

a personal decision to set aside food, drink, or anything else that satisfies the flesh in order to seek the presence of God more fully.

Matthew 4:4; Joel 2:12-13

laying down an appetite (meals, media, mindless noise, etc.), to pick up a deeper hunger for God.

Psalms 63:1; Philippians 3:8



Fasting is not...

a burden to carry, checking a spiritual box, or proving something to God.

Matthew 6:16; Colossians 2:20-23

a magic trick or a spiritual vending machine, trying to twist God's arm or force His hand.

Isaiah 58:3-7; Luke 18:9-14

an instant answer or fast track.

Psalms 40:1; James 1:4

Major Fast

Refraining from food & drink, modeled in Scripture by Jesus during His 40 days in the wilderness (Matthew 4), Paul after his encounter with Christ (Acts 9), and Esther as she prepared for the king (Esther 4). Consider consulting your doctor before participating in this type of fast.

Partial Fast

Giving up certain types of food out of devotion to God, modeled in Scripture by Daniel (Daniel 1), where he and his friends chose to avoid the king's food and wine, eating only vegetables and drinking water as an act of worship.

Soul Fast

Stepping away from what distracts or dulls your spiritual appetite (social media, TV, etc.), with Hebrews 12:1 reminding us to lay aside every weight that hinders and 1 Corinthians 10:23 that not everything that is permissible is beneficial.

Day of Fasting

When you choose to fast from food during the day, you create space to draw closer to the Lord in fresh ways. Here are a few ways to make that time intentional:



Morning

The way you begin your day with the Lord can set the tone for everything that follows.

Start with praise and worship. Put on a worship song or spend time in the Psalms to lift your eyes to Him.

Choose one book of the Bible to sit in during your fast. Read slowly, reflect deeply, and let it shape you.

Ask Holy Spirit to search your heart, reveal sin, and guide your steps for the day ahead.



Noon

Lunchtime is an opportunity to slow down, align your heart, and connect with God's word.

Open the Word and pause. Read a passage of Scripture and meditate on His truth.

Take a short prayer walk. Use the time to talk with God and listen.

If possible, meet with others who are fasting. Pray together, read Scripture, and share how God is moving in this time.



Night

End your day with unhurried time in God's presence. Let it be slow, quiet, and full of intentionality.

Turn down the noise. Step away from distractions like TV or scrolling.

Spend time in prayer, even kneeling alone in a quiet room. Let your posture reflect a heart of surrender.

Take a few minutes to reflect. Write down what God is showing you through this fast and where you sense He's working.

Reflection Resources

Consider using these questions as you are dwelling on God's word, praying, or sharing with trusted friends. Remember, this is about growth, not guilt. Conviction is an invitation to trust in God more deeply and follow Him completely.



Refinement & Repentance

Is Holy Spirit bringing any sin to light? What do you need to confess to Him today?

Psalm 139:23-24

Are there parts of your identity that you are refusing to lay down?

Mark 10:21

Are there any idols God is revealing in your life? Things you've trusted more than Him?

Ezekiel 14:3

What temptations are becoming clearer during your fast? What is Holy Spirit inviting you to release?

1 Corinthians 10:13

What fears or anxieties are you carrying? Have you brought them to Jesus?

1 Peter 5:6-7

In what areas of life do you feel entitled? How is God inviting you to live with humility and surrender?

Philippians 2:3-5



Reconciliation & Relationships

Is there anyone you need to forgive? Is there someone God is calling you to reconcile with?

Matthew 5:23-24

Is there someone you need to confess your sin to and invite into accountability and healing?

James 5:16

How are you using your time, talents, and treasures to serve God's Kingdom and bless others?

Romans 12:3-8



Realignment & Renewal

When you feel empty or restless, where do you go for comfort? What does that reveal?

Jeremiah 2:13

What has changed in your soul as you've chosen prayer over food, media, comfort, etc.?

Matthew 6:21

What thoughts or worries have been distracting as you've sought prayer and meditation?

Mark 4:19

What changes or breakthroughs are you hoping to see throughout this fast?

Isaiah 58:6

What is the Kingdom of God? What are you hoping God will add to your life as you're seeking Him?

Matthew 6:33

Are you seeking God's will? Or just His approval? Where is He leading you?

Romans 12:1-2

Do you know God's purpose for your life? Are you walking in it?

Ephesians 2:10



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