



PURSUING HIS PRESENCE: A GUIDE TO FASTING FOR REVIVAL

January 6-10, 2025

PREPARATION

What is Biblical Fasting? It is increasing your hunger and appetite for Jesus (Matthew 5:6) by spending time replacing other appetites with "feeding" on His Word and seeking Him in prayer. It is a practical way to acknowledge God as your ultimate source of life, strength and vitality. Fasting invites God to move in your life in fresh and powerful ways by bringing your mind, body and spirit into full alignment with Him!

Start With Your "WHY": What is your personal goal for this time? As we fast corporately for revival, take time to determine in what ways you personally want God to "revive" you spiritually through this fast. Ask God to strengthen and speak to you in specific ways during this time of dedication to Him.

Choose A Fasting Approach: There are several ways a fast can be conducted. What matters most is finding a way to replace part of your normal routine and "appetites" with time dedicated to seeking the Lord. You should fast in the way you believe God is leading you and consider any dietary or medical conditions that might impact your decision. Here are several ways to fast:

- **Full Fast:** Liquids only for the duration of the fast. Drink water and juice.
- **Daniel Fast:** Abstain from meat, sweets and bread. Drink water and juice. Eat fruits and vegetables.
- **Partial Fast:** From sun up to sun down each day commit to liquids only, a Daniel fast or giving up at least one item of food.
- **Non-Food Fast:** Choose something you routinely do for relaxation, entertainment or enjoyment and replace it with time spent seeking the Lord. Examples include social media, tv, movies, video games, social events, shopping etc...

Prepare Physically: When fasting from food, it is good to prepare your body in the following ways.

- Gradually reduce caffeine and sugar intake leading up to the fast.
- Drink plenty of water leading up to and during the fast to stay hydrated.
- Plan balanced and nutritious meals leading up to the fast
- Consult a healthcare professional before fasting if you have any health or medical concerns.

Prepare Spiritually: To get the most out of the fast, prepare your mind and spirit in the following ways.

- Set aside time (15-60 min.) for each day of the fast to use this guide to seek God in prayer and through His Word.
- Determine where you will spend this time. Make sure you have a quiet place where you won't be interrupted.
- Plan to keep a journal of your thoughts, reflections and inspiration from each day of the fast.

JANUARY 6TH, DAY 1: REFORMATION – RETURNING TO GOD'S WORD

Devotional Thought: Bring out The Book! This was the cry of God's people to Ezra the priest preceding one of the greatest revivals in biblical history. (Nehemiah 7:73-8:3). They then listened attentively as Ezra read scripture to them for 6 hours straight! Revival always begins with a return to God's Word (the Bible). Jesus is described as "the Word made flesh." He cannot be known, understood, believed in or followed apart from the eternal truths



of The Bible. Those truths have been protected, preserved and passed down to us by God Himself for thousands of years. God's Word produces faith in our hearts. It is the power by which we are born again. It is the conduit by which we may come to know God personally. Scripture is sharper than a two-edged sword and separates our very thoughts that we might know what is truly right and wrong. God's Word is our compass and true north. It is the lens through which we must evaluate our lives and decisions. We don't get to judge the Word of God. It judges us. It is steadfast and eternal, not changing with the tides of culture and politics.

Scriptures to Meditate On: Hebrews 4:12, 2 Timothy 3:16-17, Psalm 119:105, Luke 11:28, Isaiah 40:8, Matthew 7:24, James 1:21, Proverbs 4:20-21, John 1:14, Jeremiah 15:16



Prayer Focus: Ask God to illuminate His Word to you in a fresh and powerful way. Make a quality decision to submit your thoughts, motives, and decisions to the authority of scripture. Pray for a fresh hunger to develop in you to help you crave the nourishment of God's Word for your spirit, just like you crave food for your body. Thank God for preserving His Word for you, so that you can seek and find Him today!

JANUARY 7TH, DAY 2: REPENTANCE – RETURNING TO GOD'S WAYS

Devotional Thought: John the Baptist paved the way for Jesus' arrival by preaching, "Repent, for the Kingdom of Heaven is at hand." Jesus began his ministry by echoing the same message. Peter preached the very first message in the history of the newly inaugurated church saying, "Repent and be baptized every one of you in the name of the Lord Jesus Christ". Repentance is a decision to change your mind and direction to come into alignment with God's will, God's ways and God's Word. The invitation and ability we have from God to repent is one of His greatest gifts to us. No matter how you may have drifted away from Him, made mistakes, sinned or rebelled you can turn to Him in repentance. When we practice a lifestyle of continual repentance our consciences are cleared of guilt and shame, and the door for communion and relationship with God is thrown wide open! There is no quicker way to come into God's presence and invite revival than to daily humble yourself in repentance before Him. Repentance says to God, "not my will but **Yours** be done".

Scriptures to Meditate On: Mark 6:12, Luke 11:32, Acts 3:19, Acts 11:18, Acts 17:30, Romans 2:4, 2 Peter 3:9, 2 Corinthians 7:9-10



Prayer Focus: Humble yourself before the Lord today and confess any known sin to Him, turning your heart and ways back to Him. Tell God how you intend to adjust the course of your life to come into alignment with His will and His ways. Ask the Holy Spirit to search your heart, life and motives and reveal to you any areas that are not pleasing to Him. Ask God to cleanse your conscience of guilt and shame and restore joy and fellowship



between you and Him. Declare in faith that He is forgiving and refreshing you as you turn towards Him. Thank God for His patience and grace towards you and invite the Holy Spirit to empower you to obey Him today!

JANUARY 8TH, DAY 3: REVIVAL – RETURNING TO GOD’S PRESENCE & POWER

Devotional Thought: Scripture tells us that God’s Kingdom is not about a bunch of talk, but rather about God’s presence and power working through His people to reach the world in ways that can only be attributed to God Himself (1 Cor. 4:20). The entire New Testament is replete with stories of ordinary believers being used by God to preach powerfully, heal the sick, open blind eyes and deaf ears, cause the lame to walk, release captives from demonic oppression, and penetrate the corridors of government, culture, society and politics with the radical message of the gospel. Peter preached that this promise of God’s presence and supernatural empowerment wasn’t just for them at that time, but that it was for “all who are afar off as many as the Lord will call” (Acts 2:32-33,38-39). That includes you! Revival requires God’s tangible presence and miracle working power to come off the pages of scripture and be active here and now through God’s people. The world doesn’t need more information or a better argument. They need to see God at work powerfully through you. Humans have an innate, dormant hunger to know God. When the world encounters believers who walk closely with the Lord, it stirs the desire for God buried within their souls.

Scriptures to Meditate On: 1 Corinthians 2:2-5, James 4:8, 1 Corinthians 4:20, Acts 1:8, John 15:5, Revelation 3:20, 2 Peter 1:3, Luke 24:49, 2 Corinthians 12:9



Prayer Focus: Ask Jesus to fill you with the Holy Spirit to overflowing. Acknowledge to Him that you believe He wants His presence to rest upon you tangibly and His power to be demonstrated through your life undeniably. Ask God to show you opportunities to step out in faith with friends, family and strangers. Then, pray and believe He will show up on their behalf. Ask God for fresh boldness in sharing the good news of the gospel.

JANUARY 9TH, DAY 4: TRANSFORMATION – CHANGED BY GOD’S PRESENCE

Devotional Thought: Scripture tells us that Jesus is the vine and we are the branches. We are instructed to “abide” in Him. To abide means to continue patiently, wait for, remain and conform to. Jesus wants us to persist in His Word, in repentance and in His presence. He promises that as we abide, He will transform us to be more like Him, from one degree of glory to another. It’s a process. It’s a marathon, not a sprint. It’s about the journey, not just the destination. In the same way that a child learns to emulate the patterns of their parents over time (for better or worse), so too will you become more and more like your heavenly Father as you persist in seeking Him. If we want to see God bring transformation to our culture, cities and government, it must begin on a personal level with us!

Scriptures to Meditate On: 2 Corinthians 3:16-18, Romans 12:2, John 15:1-8, Zechariah 13:9, 1 John 3:2-3





Prayer Focus: Ask Jesus to transform your mind, will and emotions to reflect His. Commit to spending time in His presence daily and ask Him to honor your commitment by showing you more of who He is. Ask God to show you in what ways He has already been transforming you that you may not have realized. Submit to God any specific areas of your life that come to mind and are in need of His refiner's fire. Pray that God would work through you to bring His transforming presence to your friends, family and community.

JANUARY 10TH, DAY 5: DEDICATION – COMMITTING TO DISCIPLESHIP

Devotional Thought: Jesus said His Kingdom would grow as more and more people became “disciples”. His call was for the church to make disciples to the ends of the earth. Discipleship goes deeper than simply being a believer or a convert. Being a disciple begins with a sober acknowledgment that your life is no longer your own. It means putting to death your own self-directed ways and plans, and abandoning your life to follow where the master leads. It means He becomes Lord of your life and not merely savior. Authentic revival happens through a group of true disciples who have made everything and everyone in their life secondary to honoring Jesus. Today, as you continue to pray and fast for revival, make a fresh commitment to be more than just a “fan” of Jesus. Become a disciple!

Scriptures to Meditate On: Matthew 28:19-20, Matthew 16:24, John 8:31-32, John 13:34-35, Luke 14:27, Galatians 2:20, 2 Corinthians 5:15



Prayer Focus: Ask Jesus to show you what discipleship looks like in your life. Pray that God would reveal areas of your life that aren't under His Lordship and submit them to Him today. Acknowledge your trust in God, and that His ways are higher than your ways. Ask Jesus to give you the strength to follow Him even when it is unpopular, inconvenient or doesn't make sense.

ENDING STRONG: TIPS FOR HOW TO “BREAK” YOUR FAST

- If you have been fasting from most or all food, reintroduce your normal diet gradually. Avoid large or heavy meals for the first 24-48 hours after ending your fast. This will help prevent shock to your digestive system.
- Continue to drink lots of water as you return to your normal eating habits.
- Review your journaling and notes from the fast. Share the breakthroughs and insights with friends and family. Be a leaky bucket!

