



Theme Scripture (returned to throughout the day)

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.” — Matthew 7:7–8

This is active, not passive.

Fasting is the laying down of physical hunger to awaken spiritual pursuit.

“Man shall not live by bread alone, but by every word that comes from the mouth of God.” — Matthew 4:4

Preparation – Consecration To Set Oneself Apart(Before 6 PM)

Read Matthew 7:7–8 slowly three times.

Ask the Lord:

Where have I stopped asking?

What am I truly seeking?

What doors require persistent knocking?

Lay down sin, distraction, control, and personal agenda.

“Draw near to God, and He will draw near to you.” — James 4:8

Prayer:

“Lord, this fast belongs to You. Order my hunger toward Your kingdom.”

MEAL 1 MISSED – Evening

ASK

Each time hunger rises, return to the Scripture.

Ask...

Pray for:

The broken and the lost

Salvations

Healing and deliverance

A greater move of the Holy Spirit in our church

“You do not have because you do not ask.” — James 4:2

Spirit-Led Prayer

As the evening unfolds, **do not rush through a list.**
Pause often and invite the Holy Spirit to redirect your prayers.

Pray:

“Holy Spirit, what is on Your heart right now?”

Follow His prompting — whether it leads to intercession, repentance, worship, or silence.

MEAL 2 MISSED – Morning

SEEK

Begin the day on your knees.

Read Matthew 7:7–8 again.

“You will seek Me and find Me, when you seek Me with all your heart.” — Jeremiah 29:13

Seek Him through:

The Word

Worship

Stillness

Pray for:

Personal holiness

Your family

Your calling in the body

Spirit-Led Prayer

Throughout the morning, hold your plans loosely.

When a name, a face, a ministry, or a Scripture comes to mind — **stop and pray immediately.**

This fast is not about structure alone but about sensitivity.

Prayer:

“Lord, make me attentive to Your voice.”

MIDDAY – Weakness Becomes Dependence

KNOCK**

Return again to the Scripture.

Knock...

Knocking is a persistent, faith-filled prayer.

Intercede for:

The next generation

Discipleship and multiplication

Unity and protection over the church

Leadership to walk in the Spirit

Spirit-Led Prayer

Fatigue often quiets the flesh — this is when spiritual clarity increases.

If the Spirit prompts:

Walk and pray

Kneel

Open your Bible

Sit in silence

Respond immediately and without resistance.

“Those who are led by the Spirit of God are the sons of God.” — Romans 8:14

MEAL 3 MISSED – Afternoon

RECEIVE**

Read Matthew 7:7–8 again.

“Everyone who asks receives...”

Shift from striving to listening.

Ask:

Lord, what are You saying?

What must I surrender?

What promise must I believe?

Write down what He shows you.

Spirit-Led Prayer

This final stretch is about yieldedness.

Pray whatever He brings:

Thanksgiving

Warfare

Encouragement for someone else

Worship with no words

Let the Holy Spirit set the agenda.

“For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us...” —
Romans 8:26

Breaking the Fast – 6 PM

Before eating, read the Scripture one final time.

Give thanks for:

Every prompting

Every prayer

Every moment of weakness that became dependence

Break the fast slowly and with gratitude.

MONTHLY RHYTHM FOR THE FASTING TEAM

On your assigned day:

ASK – with faith

SEEK – His presence above all

KNOCK – with persistence,

PRAY AS THE SPIRIT PROMPTS – with sensitivity and obedience

Not a formula.

A relationship.

Final Exhortation

Fasting is positioning yourself before God so that your heart moves when His heart moves.

“Walk by the Spirit, and you will not gratify the desires of the flesh.” — Galatians 5:16

Church — if we become a people who ask, seek, knock, **and follow the Spirit in real time**, we will watch doors open that no man can shut.