



“Fasting is denying the body to awaken the soul—clearing space for deeper prayer, greater humility, and a closer encounter with God.”

2026 TDP FASTING & PRAYER GUIDE

A BIBLICAL GUIDE FOR DRAWING CLOSER TO GOD

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Introduction: Why Begin the Year with Fasting?

As we step into a new year, we are not simply turning a calendar page—we are positioning our hearts. Throughout Scripture, God’s people often began new seasons with prayer and fasting, setting aside distractions to seek the Lord with clarity, humility, and expectancy.

Fasting is not about religious performance or self-denial for its own sake. It is about **intentional devotion**—temporarily laying aside physical nourishment to pursue spiritual renewal. When we fast, we declare that God Himself is our source, our sustainer, and our greatest desire.

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”

— Matthew 4:4 (NKJV)

This 7-day fast is an invitation: to realign our priorities, sharpen our spiritual sensitivity, and begin the year centered on Christ.

What Is Biblical Fasting?

Biblical fasting is the voluntary abstinence from food for a spiritual purpose. While Scripture acknowledges other forms of self-denial, fasting in the Bible consistently refers to **withholding food** in order to focus on prayer, repentance, worship, or seeking God’s direction.

At its core, fasting is saying **“no” to the flesh** so we can say **“yes” to the Spirit**.

“When you fast...”

— Matthew 6:16

Notice Jesus did not say *if* you fast, but *when*. Fasting is not commanded as a law, but it is assumed as a normal spiritual discipline for believers who desire deeper intimacy with God.

The Purpose of Fasting

Fasting is never meant to manipulate God. Instead, it positions *us* to hear Him more clearly. Scripture reveals several God-ordained purposes for fasting:

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1. To Deepen Intimacy with God

Fasting removes distractions and heightens our awareness of God's presence.

“Draw near to God and He will draw near to you.”

— *James 4:8*

2. To Humble Ourselves Before the Lord

Fasting cultivates humility by reminding us of our dependence on God.

“I humbled myself with fasting...”

— *Psalms 35:13*

3. To Seek Direction and Wisdom

God's people fasted when making major decisions or seeking divine guidance.

“So we fasted and entreated our God for this, and He answered our prayer.”

— *Ezra 8:23*

4. To Break Spiritual Strongholds

Isaiah makes clear that God honors fasting that aligns with justice, repentance, and obedience.

“Is this not the fast that I have chosen: to loose the bonds of wickedness... to break every yoke?”

— *Isaiah 58:6*

5. To Prepare for Ministry and Spiritual Power

Before Jesus began His public ministry, He fasted for forty days.

Luke 4:1–14

What Fasting Is NOT

It's important to clear up a few misconceptions:

- Fasting is **not a hunger strike** to force God's hand
- Fasting is **not a spiritual competition**
- Fasting is **not about public attention**

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- Fasting without prayer is simply dieting

Jesus warned against fasting for appearances:

“That you do not appear to men to be fasting, but to your Father who is in the secret place.”

— Matthew 6:18

Types of Fasts Found in Scripture

For our 7-day fast, participants may choose the approach that best fits their health and spiritual capacity.

COMPLETE FAST

Description:

In a complete fast, the individual abstains from all food and consumes only liquids—typically water, with light juices sometimes permitted.

Biblical Examples:

Esther 4:16 (NKJV) – “Do not eat or drink for three days, night or day.”

Deuteronomy 9:9 – Moses “neither ate bread nor drank water.”

Explanation:

Esther called for a complete fast as the people faced a life-or-death crisis, demonstrating total dependence on God for deliverance. Moses’ forty-day fast on Mount Sinai shows a supernatural season where physical needs were set aside for direct communion with God and the receiving of His law.

SELECTIVE FAST

Description:

A selective fast involves removing certain foods or categories of food while continuing to eat others. **The most well-known example is the Daniel Fast.**

Biblical Example:

Daniel 1:8–16; 10:2–3 (NKJV) – Daniel ate no delicacies, meat, or wine, but only simple foods.

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Explanation:

Daniel's selective fast was an intentional act of consecration in a pagan culture, choosing faithfulness over comfort. His restraint sharpened his spiritual sensitivity and positioned him to receive divine wisdom and revelation from God.

PARTIAL FAST

Description:

Sometimes referred to as a "Jewish fast," this fast involves abstaining from food for a portion of the day—often from morning until evening (sunup to sundown).

Biblical Examples:

Judges 20:26 – The Israelites fasted *"until evening."*

2 Samuel 1:12 – David and his men fasted until evening in mourning.

Explanation:

Partial fasting was commonly practiced in Israel during times of repentance, mourning, or seeking God's direction. This form of fasting teaches discipline and daily dependence on God while still allowing for physical sustainability.

SOUL FAST

Description:

A soul fast focuses on abstaining from non-food activities that distract from spiritual growth—such as media, entertainment, or other habits—in order to refocus the heart on God.

Biblical Principles:

Psalms 101:3 – *"I will set nothing wicked before my eyes."*

1 Corinthians 6:12 – *"All things are lawful for me, but all things are not helpful."*

Matthew 5:29 – Removing what causes spiritual harm.

Explanation:

While Scripture does not label this as a "fast," the principle of removing distractions for spiritual focus is deeply biblical. A soul fast helps realign priorities, quiet the noise of life, and create intentional space for prayer, Scripture, and obedience.

Please consult a medical professional if you have health concerns.

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What to Expect During the Fast

Fasting affects both body and spirit. Knowing what to expect helps us persevere.

Physically

- Hunger pangs (especially days 1–3)
- Headaches or fatigue (often from caffeine/sugar withdrawal)
- Feeling cold or weak at times

These sensations usually subside as the body adjusts.

Spiritually

- Heightened spiritual awareness
- Increased sensitivity to prayer
- Possible spiritual resistance or discouragement

*“**Watch and pray...**” — Matthew 26:41*

How to Fast Successfully

1. Replace Meals with Prayer

Use normal mealtimes as moments of prayer and Scripture reading.

2. Stay Hydrated

Drink plenty of water throughout the day.

3. Keep Your Focus Spiritual

Avoid excessive media. Guard your mind and heart.

4. Maintain a Spirit of Worship

Praise combats discouragement and strengthens faith.

Suggested Prayer Focus for the 7 Days

- **Day 1:** Repentance & Renewal

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- **Day 2:** Personal Holiness
 - **Day 3:** Family & Relationships
 - **Day 4:** Church Unity & Vision
 - **Day 5:** Community & Outreach
 - **Day 6:** Spiritual Breakthrough
 - **Day 7:** Thanksgiving & Consecration
-

Breaking the Fast Wisely

When the fast concludes:

- Eat light and slowly
 - Avoid heavy or greasy foods immediately
 - Thank God for what He has done—seen and unseen
-

Closing Encouragement

Fasting does not earn God’s love—but it creates space to experience it more deeply. This 7-day fast is not about perfection; it’s about pursuit. God honors hearts that seek Him sincerely.

“Then you shall call, and the Lord will answer;
You shall cry, and He will say, ‘Here I am.’”

— *Isaiah 58:9*

May this fast mark the beginning of a year filled with clarity, power, and fresh intimacy with the Lord.

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New Year Fasting Commitment

“Set apart for God. Focused on His presence. Expectant for His work.”

Our Commitment to Seek the Lord

As I begin this new year, I choose to intentionally seek the Lord through prayer and fasting. I understand that fasting is not about earning God’s favor, but about humbling myself, sharpening my spiritual focus, and drawing closer to Him.

I commit to participating in this **7-Day Fast**, trusting that God will meet me as I set aside time, appetite, and distractions to pursue His presence.

“Draw near to God and He will draw near to you.”

— James 4:8 (NKJV)

My Fast Commitment

Fast Duration:

☐ Entire 7 Days ☐ Partial (specify): _____

Type of Fast (check one):

- ☐ Normal Fast (liquids only)
 - ☐ Daniel Fast (fruits, vegetables, water)
 - ☐ Partial Fast (limited meals or foods)
 - ☐ Other (please specify): _____
-

My Spiritual Focus During This Fast (along with the suggested prayer focus)

During this fast, I am intentionally seeking God for:

- ☐ A deeper relationship with Him
- ☐ Spiritual renewal and clarity
- ☐ Direction for the year ahead
- ☐ Breakthrough in a specific area
- ☐ Healing (spiritual, emotional, or physical)
- ☐ Intercession for my family, church, or community

Specific Prayer Focus:

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My Commitment to Prayer

I commit to replacing time normally spent eating with intentional prayer, Scripture reading, and worship. I will guard my heart, reduce distractions, and remain spiritually attentive throughout the fast.

“When you fast...” — *Matthew 6:16*

My Heart Posture

I choose to fast with:

- Humility, not pride
- Faith, not pressure
- Obedience, not obligation
- Expectation, trusting God with the results

“Not by might nor by power, but by My Spirit,” says the Lord.
— *Zechariah 4:6*

Commitment Prayer

Lord, I consecrate this time of fasting to You. I offer my body as a living sacrifice and ask You to align my heart with Your will. Strengthen me by Your Spirit, speak clearly, and be glorified in my life. I trust You to do what only You can do. In Jesus’ name, Amen.

Name: _____

Signature: _____

Date: _____

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7-Day Fasting Prayer Journal

A companion guide for prayer, reflection, and consecration during our church fast

How to Use This Journal

Each day includes a theme, selected Scriptures (NKJV), a brief devotional focus, guided prayer prompts, and space for reflection. Set aside intentional time—especially during normal mealtimes—to read, pray, listen, and write. Let the Holy Spirit lead.

“Return to Me with all your heart, with fasting, with weeping, and with mourning.”
— Joel 2:12 (NKJV)

Day 1 – Repentance & Renewal

Key Scriptures: Psalm 51:1–12; 1 John 1:7–9; Isaiah 1:18

Devotional Focus: We begin the fast by realigning our hearts. Biblical repentance is more than remorse—it is a turning. God invites us to come honestly, confident in His mercy and cleansing power. Renewal starts when we agree with God about sin and receive His grace.

Prayer Prompts: - Ask the Lord to search your heart and reveal anything that needs confession. - Confess known sin and receive God’s forgiveness by faith. - Pray for a renewed spirit and restored joy.

**Write Your Prayer /
Reflections**

Pastoral Encouragement: *God is not looking for perfection today—He is responding to honesty. Every surrendered heart is fertile ground for renewal.*

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Day 2 – Personal Holiness

Key Scriptures: 1 Peter 1:15–16; Romans 12:1–2; Psalm 119:9–11

Devotional Focus: Holiness is not perfection; it is devotion. As we fast, we consecrate ourselves anew—mind, body, and spirit—asking God to shape our desires and daily conduct to reflect Christ.

Prayer Prompts: - Offer your body as a living sacrifice to the Lord. - Ask God to renew your mind and cleanse your desires. - Commit areas of struggle to the sanctifying work of the Spirit.

Write Your Prayer / Reflections:

Pastoral Encouragement: *Holiness grows one surrendered decision at a time. Stay yielded—God is doing deeper work than you can see.*

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Day 3 – Family & Relationships

Key Scriptures: Joshua 24:15; Colossians 3:12–14; Ephesians 4:31–32

Devotional Focus: God cares deeply about our relationships. Fasting softens hearts and opens the door for healing, forgiveness, and unity within families and close connections. Revival often begins at home.

Prayer Prompts: - Pray for your immediate and extended family by name. - Ask God to heal strained or broken relationships. - Commit to walking in forgiveness, patience, and love.

Write Your Prayer /

Reflections

Pastoral Encouragement: *God can restore what time, tension, and pain have strained. Keep praying—grace is working in places you cannot reach.*

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Day 4 – Church Unity & Vision

Key Scriptures: Acts 2:42–47; Ephesians 4:1–6; Habakkuk 2:2–3

Devotional Focus: The early church fasted, prayed, and moved in unity—and God responded with power. As a body, we seek fresh vision, deeper unity, and greater obedience to God’s mission for our church.

Prayer Prompts: - Pray for unity among leaders, members, and ministries. - Ask God to clarify vision and direction for the church. - Intercede for spiritual growth, protection, and fruitfulness.

**Write Your Prayer /
Reflections**

Pastoral Encouragement: *When God unites hearts, He releases power. Unity is not uniformity—it is shared devotion to Christ and His mission.*

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Day 5 – Community & Outreach

Key Scriptures: Matthew 5:14–16; Micah 6:8; Matthew 9:36–38

Devotional Focus: True fasting moves us beyond ourselves. God calls His people to shine His light, demonstrate compassion, and proclaim the gospel. As we fast, we ask God to awaken our burden for the lost and the hurting.

Prayer Prompts: - Pray for your neighborhood, city, and surrounding communities. - Ask God to open doors for gospel witness and service. - Pray for boldness, compassion, and divine appointments.

Write Your Prayer / Reflections:

Pastoral Encouragement: *The light God places in you is meant to shine beyond you. Someone's breakthrough may be waiting on your obedience.*

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Day 6 – Spiritual Breakthrough

Key Scriptures: Isaiah 58:6–9; Mark 9:28–29; 2 Corinthians 10:3–5

Devotional Focus: Some breakthroughs come only through prayer and fasting. Today we stand in faith, believing God to break yokes, dismantle strongholds, and bring victory where resistance has lingered.

Prayer Prompts: - Identify areas where you are believing God for breakthrough. - Declare God's power over spiritual opposition. - Trust God's timing and sovereignty, regardless of how you feel.

Write Your Prayer / Reflections:

Pastoral Encouragement: *Delay is not denial. Stand firm—God is working even when the breakthrough hasn't fully manifested yet.*

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Day 7 – Thanksgiving & Consecration

Key Scriptures: Psalm 100; Romans 11:36; Romans 6:13

Devotional Focus: We conclude the fast with gratitude and surrender. Whether God has answered visibly or is still working quietly, we respond with thanksgiving and renewed dedication to His purposes.

Prayer Prompts: - Thank God for His presence and sustaining grace during the fast. - Reflect on what God has spoken or revealed. - Consecrate the coming year to the Lord.

Write Your Prayer / Reflections: _____

Pastoral Encouragement: *What you consecrate, God continues to cultivate. Carry the posture of this fast into the days ahead.*

Closing Prayer

Lord, thank You for meeting me during this time of fasting. I consecrate myself afresh to You. May the fruit of this fast continue to shape my walk, my witness, and my worship throughout the year. In Jesus' name, Amen.