

8 Steps for Biblical Fasting and Prayer¹

1. **Pray...asking God what the purpose of your FAST should be.** What are you longing for? What are you asking Jesus to do in your life or in others? It could be for things like spiritual revival or renewal; for breaking the power of sin, unhealthy habits or addictions; for His direction, protection, healing or renewed vision or strength.
2. **Pray...asking God what He would have you focus your FAST on.** As you lean into your spiritual health and fitness, decide what needs attention, what you will stop or omit from your life (fast) and for what period of time. This could be food, some kind of drink (alcohol/coffee/pop/etc), caffeine, sugar, Netflix/movies/etc, social media, shopping, worry, complaining, video games, cell phone, negative thinking or something else that He reveals.

NOTE: Deciding on the timing details of your fast is important. When will you start and stop your fast? If you are fasting food, will it be for one meal or a specific time period? For one day or more days? If you are fasting something else when will you start your fast? When will it end? Some people may choose to do a full 40 day fast. It may be helpful to fast something for one week and re-evaluate each week asking, what will I fast from this week? Options!

3. **Make preparations for your fast.** If it's a food fast, make a plan to be prepared and well hydrated for your fast. If it's another type of fast, pray and think through how you will do it. Get really practical and commit this to God for His purposes in your life. Do some reading to be aware and wise about fasting especially if it's a food fast. Things like levels of activity, exercise and hydration are important considerations.
4. **Decide how you will set aside time for prayer and how you will fill the void from what you are fasting with time with God.**
5. **Plan some time for writing or journaling what you sense Jesus is doing or saying to you during this time.** Pay attention to how He is at work.
6. **Be on your guard from the enemy's attacks.** Spending time in God's word is a powerful way to build spiritual awareness and strength. Some powerful apps for leaning into God during this time are: YouVersion Bible app - <https://www.youversion.com/the-bible-app/>
Pause - <https://www.pauseapp.com> Lectio365 - <https://www.24-7prayer.com/dailydevotional>
7. **Give yourself grace. You don't have to do this perfectly. If you slip, do a reset.**
8. **End the fast with celebration and thanks.**

¹ Adapted by Brad Miller from "How to Fast and Pray - Important Steps to Follow" by Cally Logan Crosswalk.com