

Fasting Guide

This fasting guide is a tool to effectively plan and finish your fast well. Prayerfully complete each section to design your fast with the Holy Spirit. Strong preparation will lead to a more successful fast and release the spiritual breakthroughs you seek.

Type of Fast (Normal, Daniel, Esther):

Theme or Goal of the Fast:

Start Date and Time:

End Date and Time:

Prayer Objectives:

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Scripture(s) for Study and Meditation:

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Resources (books, YouTube, etc.):

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Design Your Fasting Rhythm

Types of Fasts

The Normal Fast: Matthew 4:2

The Partial Fast: Daniel 1:12, 10:2-3

The Absolute Fast: Esther 4:16

Reasons for Fasting

Victory and Triumph: 2 Chronicles 20:1-30

Protection: Ezra 8:21-23

Life and Death Circumstances: Esther 4:1-17

Revelation and/or Spiritual Breakthrough: Daniel 10:1-11:1

Repentance: Joel 1:13-14

Avoid Calamity: Jonah 3:1-10

Seek and Hunger for God: Matthew 6:16-18

Remove Unbelief and/or Demonization: Mark 9:14-29

Walk in the Power of the Spirit: Luke 4:1-2, 14

Defeat Temptation and Demonic Attacks: Luke 4:1-13

Prepare the Way for New Moves of God: Luke 5:33-39

Commission Leaders: Acts 13:1-3

Destroy Strongholds: 2 Corinthians 10:3-5

Develop a Fasting Rhythm

Prayerfully determine how you will develop a fasting rhythm weekly, monthly, and yearly for yourself personally, and for the church you serve.

Weekly	
Monthly	
Yearly	