

Fasting and Prayer Protocols

If this is your first time fasting, here are some details.

What is fasting?

The simple definition of fasting is not eating. People who fasted in the Bible did it for spiritual purposes. Fasting typically involves abstaining from all food, solid or liquid, but not water, for a determined amount of time with specific spiritual goals. It is not dieting. You may shed a few pounds or lose a couple of inches, but that is not the sole purpose of calling a fast.

IF OUR FAST IS NOT UNTO THE LORD, THEN IT HAS FAILED.

Isaiah 58:6-9 describes the type of fast God desires (a holy fast).

"No, this is the kind of fasting I want: Free those wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. Then, when you call, the Lord will answer. 'Yes, I am here,' he will quickly reply. "Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors!" Isaiah 58:6-9 NLT

The focus of the fast must be God. Our attention during a fast must be entirely on God.

- **Can I still fast if I take medication?** If you take medication or have a condition that requires you to eat, please check with your doctor before fasting. We strongly suggest that you follow your doctor's orders.
- **Can pregnant women fast?** Please check with your OB/GYN before fasting. We strongly suggest following your doctor's advice.

WAYS TO FAST

- **Normal Fast** - No food, Water only.
- **Absolute Fast/Supernatural Fast** - Absolutely no food or Water (Caution: This should not last over three days and only then if you have a clear directive from the Lord and are in good health).
- **Partial Fast**- This could mean fasting certain meals of the day or abstaining from certain foods (e.g., no meat or sweets, soup only, fruit and vegetables only, etc.).
- **Daniel Fast** (Daniel 10:3) ate no pleasant bread). The Daniel Fast is a fasting option for those who take medication, have a medical condition, or pregnant mothers.
- **Juice Fast** - Fruit and vegetable juices only.
- **Corporate Fast** - A church or group of people who fast together for a certain period.

FASTING PRODUCES THE FOLLOWING OUTCOMES:

- 1. To loosen the bonds of wickedness, i.e., break sin's addiction.**
- 2. To undo heavy burdens, i.e., to solve problems.**
- 3. To let the oppressed go free, i.e., for revival and soul-winning.**
- 4. To break every yoke, i.e., to overcome discouragement or despondency.**

The enemy knows the power of Prayer and Fasting and will do everything to stop you. Intercessors who begin to fast can expect to encounter much spiritual resistance. We must be committed to fasting; the rewards far outweigh the enemy's obstacles.

BENEFITS OF FASTING:

- (Isa. 2:15, 18-19, 24-26) of poverty over your lie and will prepare the way for prosperity
- Fasting will break the power of fear that tries to oppress you (Joel 2:21).
- Fasting will break the stronghold of sexual impurity.
- Fasting will break the power of sickness and infirmity and release healing in your life (Isa. 58:5-6, 8).
- Fasting will release God's glory for your protection (Isa. 58:8)
- Fasting will result in answered prayer (Isa. 58:9).
- Fasting releases divine guidance (Isa. 58:11).
- Fasting will break generational curses (Isa. 58:12).
- Fasting closes breaches and brings restoration and rebuilding (Isa. 58:12; Neh. 1:4).
- Fasting will cause you to have great victory against overwhelming odds (2 Chron. 20:3).
- Fasting will prepare the way for you and your children and deliver you from enemies that lie in wait (Ezra 8:21, 31).
- Fasting will break the powers of carnality, division, and strife (Phil. 3:19).
- Fasting will break the powers of pride, rebellion, and witchcraft (Ps. 35:13; Job 33:17-20).
- Fasting will cause the Lord's joy and presence to return (Mark 2:20).
- Fasting will release the power of the Holy Spirit for the miraculous to occur (Luke 4:14, 18).
- Fasting breaks unbelief and doubt (Matt. 13:58; 17:20).

HOW OFTEN SHOULD I PRAY DURING THE FAST:

Remember, God is the main PRIORITY. As soon as you wake up, pray within the first 15 minutes.

Pray, worship, and study the scriptures as often as you can. If this level of fasting and prayer is new to you, try setting an alarm to pray when you usually eat.

"Hey Siri, set an alarm to pray at 5:30 am, 7:00 am, 11:45 am, 5:00 pm, 9:00 pm".

Read your bible BEFORE reading anything. This includes social media, emails, text messages, bank accounts, etc.

Repeat after me:

"I WILL TALK TO GOD BEFORE TALKING TO ANYONE ELSE." Pray During Hunger or Weakness at some point; you will likely feel hungry and/or weak. You may have headaches, irritability, or fatigue.

This is a good time to increase the intensity of your prayers. Declare over your life, "I am graced to fast in Jesus' name. My mind is not set on earthy things. The god of my belly does not lead me."

"Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things." **Philippians 3:19**

What are Prayer Directives?

"I will **declare** the decree of the LORD: He said to Me, 'You are My Son; This day [I] proclaim] I have begotten You. Ask of Me, and I will assuredly give [You] the nations as Your inheritance And the ends of the earth as Your possession. You shall break them with a rod of iron and shatter them [in pieces] like earthenware.'" **Psalms 2:7-9 AMP**

DIRECTIVES- official instructions issued by a person in authority.

Examples of directives are:

: Orderands

- Warrants
- Citations
- Mandates
- Decrees
- Subpoenas
- Cease
- Desist

Prayer Directives are prayers prayed in faith based on the word of God. Our prayers should be packed with the Word of God.

• "Declaring the end and the result from the beginning, And from ancient times the things which have not [yet] been done, Saying, 'My purpose will be established, And I will do all that pleases Me and fulfills My purpose.'" **Isaiah 46:10 AMP**

• "And all things, whatsoever ye shall ask in prayer, believing, ye shall receive." **Matthew 21:22 KJV**

Prayer Directives do not put God in remembrance of His word.

Praying with authority, using scripture-based (prayer) directives, reminds us of God's unfulfilling promise within His word.

ADVANTAGES OF UTILIZING PRAYER DIRECTIVES:

Well, since Jesus did it, so should we.

- "Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. He fasted for forty days and forty nights and became very hungry." **Matthew 4:1-2 NLT**

- "But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" **Matthew 4:4 NLT**

The Word of God is living and active.

- "For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires." **Hebrews 4:12 NLT**

- "Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God." **Ephesians 6:17 NLT**

Prayer Directives should be personalized and prayed in the present tense.

Ex. "I am steadfast, unmovable, I always abound in the work of the Lord." **I Corinthians 15:58**

The Word of God creates. The Word of God cannot return void.

- "It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it." **Isaiah 55:11 NLT**

Like drones, scripture-based Prayer Directives find their target in the realm of the spirit and blow it up.

Speak your prayers aloud into the air to renounce the devil's power.

- He is the prince of the power of the air.
- Faith-filled language spoken under the anointing is a spiritual combination.

Prayer is like a gun.

- Faith is like the barrel of a gun.
- The Name of Jesus is the trigger.
- The word God is the bullet.
- **Don't go easy on the devil; attack him with the Sword of the Spirit, which is the word of God.**