Prayer and Fasting
Journal

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What is Fasting Anyway?
Purpose of Fasting

Jesus told us in the word that there would be a time for his disciples to fast. That time is now. Fasting is not a sideline practice for a special group of really radical disciples. Fasting is a core practice that every person who calls himself or herself a disciple of Christ participates in.

Discipline

God wants his people to be determined and disciplined in every area of our lives. As children of God we are expected to be disciplined. Fasting is an act that leads us to a disciplined life.

Position

Fasting is not a magic act that when done we can expect God to be at our beck and call. Fasting is simply the act of placing ourselves in a position to hear from God. We take time and food out of our schedule and focus on hearing God. Breakthroughs do happen, healings are a byproduct, and miracles appear, yet that is not the goal of fasting. Our purpose is to align ourselves with His spirit that we may become the tools He can use to advance His Kingdom.

12 Reasons to Fast

1. To Humble Ourselves (Overcome the Flesh).
   Psalm 35:13; Psalm 69:10; 2 Chronicles 7:14
   The word Humble in these verses alludes to humility through fasting. In scripture the form of humility was often fasting. When we fast we bring about humility that Christ had when walked on the earth. He humbled himself not considering his equality with God something to cling to. (Philippians 2:6)

2. To Repent and Seek the Lord
   1 Samuel 7:2-6; 1 Kings 21:27-29
   When we fast it is a sign of repentance. Repentance is a turning away from that which we no longer what to take part in. It is good to take times and seasons where we repent for things in our lives. Without repentance we tend to get slack in our devotion and discipline to God. These times of fasting are times to Seek him, and he has promised we will find Him.

3. For God’s Presence
   The time for fasting is the waiting period for Christ’s return. That is now. Jesus stated that his disciples are to fast when He is no longer with us. Now we fast to be in his presence. When you fast there is a real sense of God’s presence in your life.

4. To Receive Spiritual Direction
   Fasting puts us in the position to hear from God. When we fast we are saying we need guidance and direction in our lives. Fasting not only brings in the presence of God but also His wisdom and guidance. A heightened sense of His active power guiding and directing us is evident. Take time and list some areas in your life you need direction in and inquire of the Lord as to his answer.

5. Spiritual Enlightenment
   Daniel 9:3; Daniel 10:2-3; Acts 10:30-33; Acts 27:9
   During times of fasting God reveals areas in your life that have been confusing. Scriptures and spiritual concepts that have been hard to understand will become understandable. These are times of spiritual enlightenment. If there are things you don’t understand ask God to reveal them to you as you fast.
6. As Part of Our Christian Ministry
2 Corinthians 6:4-5; 2 Corinthians 11:27
We are called to be servants and minister. Part of our Christian service is fasting. Fasting is seen by God as ministry and worship.

7. For Deliverance From Demons
Matthew 17:14-18; Mark 9:28-29
The disciples could not cast out the demon that was possessing the child and when they asked why they couldn’t they were challenged in the faith and their practice. Fasting brings us to a new level of supernatural power and faith. Without fasting we will not see the strongholds in our lives and the lives of others defeated.

8. To Deliver From Trouble
Daniel 6:18; Acts 27:33-34
Fasting brings about deliverance from trouble. As my Mama Calaway would say, “There is nothing a 3 day fast can not cure”. Fasting gets God’s attention to

9. For Finances and Resources
Joel 2:15, 18-19, 24-26; 2 Chronicles 20:3; 2 Chronicles 20:20-25
When we fast it releases the blessings of heaven. God wants to resource his people to carry out His plans. When He sees his people humble themselves in fasting He opens the floodgates of resource. He establishes us in His Kingdom and those around see the prosperity.

10. For Revival and Renewal
Zechariah 8:19
Fasting brings a renewal to our spirit and the Church as we corporately fast. The need for Revival and renewal in our lives comes when we allow our lives to become dry. Revival in the city brings joy, peace, love, cheer, and gladness. As you fast ask God to bring revival to this city and renewal to your soul.

11. For the Salvation of your family
Isaiah 58:12
Fasting brings about a restoration of the generations. Those in your family who do not know the Lord are on God’s hit list as you fast. As you fast ask the Lord to give you opportunity to see the restoration of your family through salvation.

12. For Mercy and Grace
1 Kings 21:27-29; Genesis 24:33; Exodus 34:28; Matthew 4:2, 6:16-18
Grace and Mercy are the byproducts of fasting. God sees the humble and has mercy on them. As you fast remember he has graced you with gifts to carry out what He has called you to do. Operate in the grace he as bestowed on you.

Length of Fasts – Periods of Breakthrough

<table>
<thead>
<tr>
<th>Fast Type</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>½ Day Fast</td>
<td>until 3pm daily</td>
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<tr>
<td>3 Day Fast</td>
<td>– breakthrough</td>
</tr>
<tr>
<td>7 Day Fast</td>
<td>– 21 meals – Completion</td>
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<td></td>
<td>7 days to create the earth</td>
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<td></td>
<td>7 days to complete the temple</td>
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<td></td>
<td>7-fold spirit of God</td>
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<td></td>
<td>7 churches; lampstands</td>
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<tr>
<td>21 Day Fast</td>
<td>Holy Perfection</td>
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<tr>
<td></td>
<td>Spiritual Break through</td>
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<tr>
<td></td>
<td>Daniel fasted for 21 days</td>
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<tr>
<td>30 Day Fast</td>
<td>– New Habits</td>
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<tr>
<td>40 Day Fast</td>
<td>– Testing</td>
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<td></td>
<td>40 days Moses and Jesus Fasted</td>
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<td></td>
<td>40 years in the wilderness</td>
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<td></td>
<td>40 days of rain</td>
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<td>50 Day Fast</td>
<td>– Jubilee</td>
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<td></td>
<td>Debts released</td>
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<td></td>
<td>All forgiven</td>
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<td></td>
<td>Celebration</td>
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<td></td>
<td>Restoration/Reconciliation</td>
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<td>Release of the Holy Spirit</td>
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Kinds of Fasts

Understand that fasting is abstaining from food for a season of time. While it is beneficial to abstain from other things to keep your focus, true fasting is not anything else other than abstaining from food. Therefore there are several different kinds of fasts that are seen in scripture. The following is a guideline for these different fasts.

Daniel Fast – Fruits and Vegetables

Included
• Vegetables, Preferably fresh or frozen. Vegetables such as potatoes, beans, soybeans will help provide substance.
• Nuts.
• Pure fruit juices or fruit (no sweetened drinks or sweetened fruit: apple juice, orange juice, grapefruit juice, cranberry juice
• It is advisable to take vitamin, mineral, and possible protein supplements if needed

Not Included
• Sugar and sugar products (desserts, soft drinks, heavily sweetened foods, etc.)
• Drinks including caffeine (coffee, tea, etc.)
• Bread, grains, and rice
• Meats, fish, poultry, dairy products, and eggs

Juice Fast – 100% fruit or vegetable juice
• This is typically a fast that is done for 3-7 days. However if you feel lead to do a juice fast for longer than a week consult your doctor and the counsel of an elder.

Meal Fast – Skip 1 or 2 meals a Day
• This is typically a fast until 3 or 6pm each day.

Complete Fast – Only Water
• Make sure God is calling you to this. This is a radical fast that many are not called to for longer than 3-7 days. Ask an elder to seek God with you to confirm that God is truly asking you to make the sacrifice.
Important To Know
The information below is important to take into consideration. While fasting is a spiritual discipline it is also a physical discipline. Becoming too emotional and making an unwise decision without the guidance of the Holy Spirit, Elders, and your physician is possible. I encourage you to pray and ask God how he wants you to follow the discipline of fasting. Also seek the counsel of an elder.

Water
Drink 8 glasses of water daily throughout the fast. This very important

Important exceptions
Anyone with a medical condition related to eating or under the treatment of a physician must consult his or her doctor. Children, especially small children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health. Also, if you have extreme difficulty with the fast, such as impairment of your ability to work at your job you will have to make adjustments. This is not a failure of will but is wisdom. Seek the Lord and discuss it with other Christians involved in the fast to find alternatives.

Entertainment and Schedule
It will be difficult for you to consecrate yourself if you feed yourself on television and movies during times of fasting. It will also be difficult and physically daunting if you keep a very full schedule. During your fast, try to look at ways you spend your time and become more conscious of where you need to make adjustments

10 Expectations During your Fast

1. Headaches, bad breath, body odor, run down feelings – fast is working
2. Will not harm your health
3. Fasting increases Faith – Romans 10:8
4. Drink plenty of liquids
5. Fasting is constant intercession
6. Fasting strengthens your inner will – James 1:6-8
7. Focus on the Word of God
8. Prayers need to be specific
9. Victory often comes after the fast is over – Luke 4:14
10. Use wisdom in breaking the fast
Benefits of fasting
There are benefits to fasting that come in the form of breakthroughs. The Word of God shows different areas of our lives that sometimes need a supernatural breaking. Below are 6 areas that fasting breaks or brings in our lives.

Breaks Temptation
Temptation is not wrong in and of itself. Christ was tempted yet is an incredible weapon that the enemy uses to bring forth sin. Fasting breaks the hold of temptation and brings self-control.

Breaks Addiction
Fasting breaks the addiction to food and appetite. The word appetite is also the word desire. It is where we get the idea of lusting and sensual desires. Our appetite is where we get “hooked” or addicted. Fasting breaks that area of our lives and brings our appetites under submission.

Breaks Fear – 2 Timothy 1:7
For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
Fasting breaks the grip of fear in our lives. Fear is a spirit from hell and is never from God. When we fast a power and anointing comes on us that breaks those mindsets the cause fear.

Bring Boldness – Proverbs 28:1
The wicked flee when no one is pursuing, But the righteous are bold as a lion.

Boldness is a sign of the true disciple of Christ. Fasting brings a boldness that causes a confidence to carry out what God has called his followers to do.

Brings Humility – Daniel 10:12
Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.
When we fast we say to God we cannot do this alone. We completely trust you. It makes on sense to fast if we are not submitted to God. Therefore, humble yourself and accept all that God speaks even if you do not like what He says.

Brings Health - Isaiah 58:8
...your recovery will speedily spring forth...
Isaiah states that when we fast our recovery from sickness and disease will be speedy. If there is a need for healing in you or those around you ask God for the healing while you fast.
Prayer and Fasting Journal
Instructions for Using the Fasting Journal

During the fast it is important to replace the time you usually spend eating with prayer. Each day whether it is actually at the time you eat or a different time, spend that time reading the word of God and praying. One of the best ways to make the fast as effective is possible is to journal your thoughts, prayers, and revelations God gives you.

We have provided a scripture reading for each day and a basic thought to guide you in prayer for each day. This will serve as a written testimony for years to come as you look back and realize God answered prayers and provided insight during this fast.
This scripture is the foundation of the 21 Day Fast. God hears your prayers and will act. Take this time to write down what you expect during this fast.

1 Chronicles 21:18-27
What are you going to sacrifice during this fast? It should cost you something. Lay it on the Altar by Writing it down, telling a friend for accountability, and committing it to God.

During the fast there will be times of distraction and temptation to deviate from the fast. Commit to God to keep the standard you have set and stay focused.
Psalm 119

How is your passion for God’s Word? Psalm 119 is about passion for God’s Word. Commit to reading it through this year.

Matthew 6:5-18

What is your motive during this fast? Jesus teaching is not as much about secrecy as it is heart motive. Write down your motives and ask God to search your heart.

Isaiah 58

It is easy to confuse true fasting with trying to manipulate God into doing what you want. This chapter tells us what God wants. Allow this time to convict you to help the poor and hurting.
DaySeven

The picture of the broken vase and perfume poured out should be a picture of our lives broken and poured out for Christ. Ask God how you can be broken and poured out as an offering to Him.

DayEight

Spend today praising God and being filled with Gratitude. You are in the second week of the fast. This is a time that can be difficult. Focus on praise and thanksgiving.

DayNine

You are a living sacrifice. How are you being a living sacrifice to God. This passage lists ways we are to be a living sacrifice. Ask God to reveal to you new ways of worship and sacrifice in your life.
Day Ten

Luke 4

Forty days – Wow Jesus came out of that wilderness stronger and prepared for the purpose God had for Him. What purpose does God have for you? Are you feeling strengthened or overwhelmed? Ask God to strengthen you during this time and reveal to you His purpose for you.

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Day Eleven

James 1

This is a rich full chapter of challenge and conviction. The focus on faith and action challenges us not to be just hearers but also doers of the word. What areas are you lacking in action? Put your faith in action during the last half of the fast.

___________________________________________________________________________________

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Day Twelve

2 Corinthians 1

How often have you been thinking about food, weight loss, what you have given up? This could be revelation of addiction. Ask God to break addictions in your life and draw you closer to Him.

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___________________________________________________________________________________
DayThirteen

What a thought – You are chosen by God. You are Royal, Priestly, and prepared to do good things. Take time today to thank Him for believing, trusting, and choosing you.

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DayFourteen

Matthew 5:1-14

Do you hunger? Blessed are those who hunger. Focus on the beatitudes today and thank God for his blessings. Write them down today.

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DayFifteen

Psalm 51

This is the third and final week. You may feel like you have made it but sometimes this week can be the most difficult. Share your experience and testimony of what God has done so far with someone who is fasting with you.

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Psalm 27

Spend today simply seeking God. Not seeking what He can do for you but simply seeking him. It is the difference between seeking his hand or seeking his face.

Daniel 3

Truth sometimes contradicts facts. The truth is that God will deliver you but if he doesn’t then He doesn’t. What facts are you facing, what furnace are you facing. The truth is God is right there with you. You will come out not even smelling like smoke.

Joel 2:12-32

Cry out to God and tear your heart open and let his compassion, mercy, and conviction flood in. Ask him to show you new visions and dreams.
Psalm 84

There is no better place to be than in the house of God. To be a gatekeeper, servant in his presence is the highest calling. Today sing out this Psalm to him.

Zechariah 7

Are you considering extending your fast. God set up an entire calendar of fasts and feasts for his people. He wants us to have a fasted lifestyle. Ask God how you can further discipline yourself to draw closer to Him.

Ezekiel 47:1-12

Continue to go deeper in God. Deep calls unto deep. Wade into the river of God and get into the deep parts that are over your head that you may get swept away by His current.
Hundred Fold Blessing – Matthew 13:23

Jesus was using a parable to establish the pattern of a 100% disciple. The thirty, sixty, one hundred signifies the completion of our devotion. If you want 100% in your life then pray, give, and fast.

Whenever fasting is mentioned in the Bible it is always linked to prayer and giving. These three disciplines create a trio of communication to God that opens up the windows of heaven and God begins to communicate with us and blesses us.

100% Living

- Pray without ceasing – 30 fold blessing
  When you pray you are living at 30% of a disciples expectation
- Giving in Tithes and Offerings – 60 fold blessing
  When you pray and give of your finances and Servanthood, you are living at 60% of a disciples expectation
- Fasting – As we give and pray – 100 fold blessing
  Fasting, when joined with prayer and giving elevates the disciple to 100% expectation. This level of living opens the blessings of God beyond

Fasted lifestyle schedule

I believe God wants us to continue to fast. Jesus teaches that fasting is the third part of our spiritual communication with God. In every area where fasting is mentioned it is an expectation and not a suggestion.

Here is a suggested fasted lifestyle schedule:

1. Day a week 24 hours – 6pm-6pm
2. 3 Days a month – complete fast (only water)
3. 21 days every six months – Daniel Fast or juice/complete fast only water