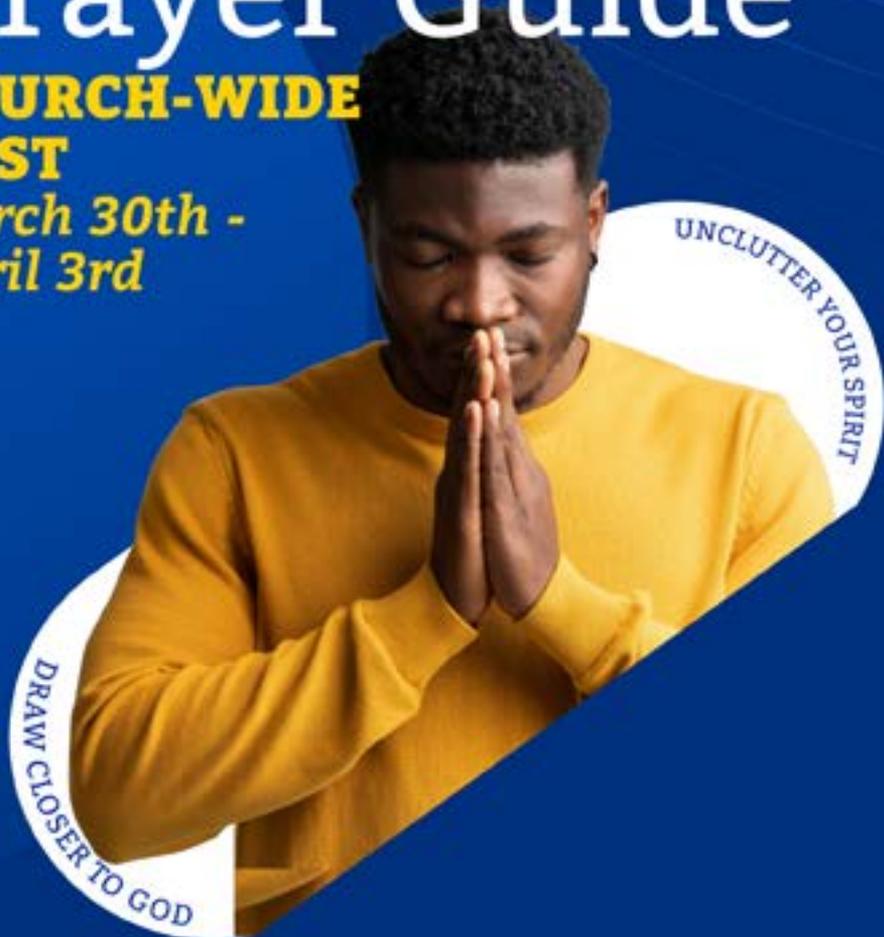


2026

Fasting & Prayer Guide

**CHURCH-WIDE
FAST**

*March 30th -
April 3rd*



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Dr. James Thornton, Pastor

Jentezen Franklin in his book titled Fasting states that Jesus lays out three specific duties for the Christian. Jesus said, "When you give..." "When you pray ..." and "When you fast." Jesus makes it clear that fasting is just as important as giving and praying.

The story is told in Matthew of a father who has a demon possessed son. The father had watched the young lad for many years suffer with severe convulsions. The attacks would become so severe that the young lad would throw himself into the fire and into the water.

The father brought his young boy to Jesus' disciples and asked them if they could heal his son. They were very unsuccessful. Jesus comes down from the Mountain of Transfiguration and witnesses a commotion. He queries the disciples as to what is going on. The father explains to Jesus the situation, that he brought his son to Jesus' disciples and they could not do anything. Jesus takes matters into his own hands and heals the man's son. Later at dinner Jesus' disciples ask Him, "Master, why couldn't we release the demon from the boy?" Jesus responds, "This kind comes only through fasting and praying."

Major breakthroughs in our lives will come about when we give, pray and fast.

Before starting any fasting regimen, it's crucial to consult with your doctor, especially if you have underlying health conditions or take medications.

What is fasting?

Franklin in his book titled Fasting states that fasting is not going without food for a period of time. Fasting is not dieting. Fasting is not something that one should be pretentious about. Stated simply, fasting is refraining from food for a spiritual purpose. Fasting is a normal part of a relationship with God.

When we eliminate food from our diet for a number of days our spirits become uncluttered by the things of the world. We become more sensitive to the things of God when we seek God in meditation and prayer.

There are basically four types of fasts: an Absolute fast, a Normal fast, a Partial fast and a Daniel fast.

Absolute Fast

This is an extreme fast and should only be done for a very short period of time. On an Absolute Fast, you take in nothing - no food, no water. Depending on your health, this fast should only be attempted with medical consultation and supervision.

Normal Fast

On a Normal Fast, you typically go without food of any kind for a certain number of days. You do drink, water, plenty of it. Depending on the length of the fast, you may also choose to take clear broth and juices in order to maintain your strength.

Partial Fast

A partial fast is a type of fasting where you restrict what you eat and when you eat.

In a partial fast one should elect not to eat for a period of time. Our Muslim brothers and sisters, during Ramadan, do not eat during this season from dawn (6 a.m.) to sunset (6 p.m.). This is a time to purify the body.

This partial fast usually involves giving up particular foods and drinks (e.g. alcohol, meat, chocolate, pasta, and dairy products). The objective is to spend time in prayer and meditation, purifying not only the body, but also the mind. Perhaps a good menu to consider for a partial fast are the elements used in the Daniel Fast.

The Daniel Fast

In the beginning of his captivity in Babylon, Daniel and his three companions refused to eat the choice meats and sweets, from the king's table. They asked to be fed only fruits and vegetables for a period of 10 days. Daniel and his friends asked that if, after this period, they appeared stronger and healthier than those who ate from the king's table, they could be allowed to continue this fast.

4 WAYS TO FAST:

ABSOLUTE FAST

- No food
- No water

NORMAL FAST

- Drink water or broth
- No food

PARTIAL FAST

- restrict what you eat and when you eat

DANIEL FAST

- Vegetables & fruits
- Legumes
- Whole grains
- Raw nuts & seeds
- Plant based oils

FOODS TO AVOID:

- MEAT/EGGS/DAIRY
- BEVERAGES
- BUTTER/MARGARINE/LARD
- CHEWING GUM
- PROCESSED FOODS
- MINTS
- SUGAR/HONEY/SWEETNERS



Prayer Points for Fasting & Praying

March 30

Pray for unity in our homes, church and country.

*Ephesians 4:1-6,
Psalm 133:1*

March 31

Pray for more love for one another, family, friends, and even our enemies.

*Read John 13:34,
1 John 4:1-7*

April 1

Pray for our government: President, Vice-President, Cabinet, Legislature, Senate, Congress, Supreme Court, Appellate Court, Civil Courts.

Read 1 Timothy 2:1-4

April 2

Pray for world peace and harmony

*Read John 16:33,
Colossians 3:15*

April 3

Pray for our young people, who are our future. Pray for babies yet unborn.

*Read Ephesians 4:32,
Jeremiah 29:11*

*“Howbeit this kind
goeth not out but
by prayer and
fasting.”
~ Matthew 17:21*