



ACTS 6:7

**AND THE WORD OF GOD
INCREASED; AND THE NUMBER
OF THE DISCIPLES MULTIPLIED
IN JERUSALEM GREATLY!**

prayer & fasting



THE YEAR OF

MULTIPLICATION

The attitude of fasting

Fasting is a spiritual practice meant to be approached with humility and a joyful heart.

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting... But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” – Matthew 6:16–18

When you fast, avoid appearing downcast or drawing attention to your efforts. Fasting is not about impressing others or boasting about its duration. Instead, it is an act of humbling your soul before God, seeking His presence, and inviting Him to respond to your prayers.

During your fast, dedicate as much time as possible to prayer, reading Scripture, and meditating on God's Word. Drawing on the Lord's strength is essential, as it sustains and empowers you throughout the fast.

Let fasting be a private, sacred connection between you and God, filled with grace, purpose, and renewal.

Let the Scriptures Speak

1. Dedicate adequate time to reading and meditating on God's Word. Allow the scriptures to guide and transform your heart during this sacred time.
2. Create intentional moments to be still and quiet, free from the rush of daily life. Unhurried and focused time with God allows you to deepen your connection with Him.
3. Keep a journal to capture what you read, hear, think, and feel during your fast. Journaling helps you reflect and remember the insights God reveals to you.
4. Use this time to worship—sing, listen to praise music, or simply meditate on God's goodness. Setting your heart on Him through praise creates an atmosphere of intimacy and gratitude.
5. Remember, fasting without prayer is simply a diet. When combined with prayer, fasting invites God into the process, aligning your heart and spirit with His will.

Why do we fast?

The true purpose of fasting is to shift your focus from the distractions of this world and turn your heart fully toward God. It is a sacred way to demonstrate both to God and to yourself the depth of your commitment to your relationship with Him.

Through fasting, you gain a fresh perspective and a renewed sense of dependence on God. It allows you to quiet the noise of life and draw closer to His presence, deepening your faith and reliance on His strength.

Fasting allows for...

This is our season—both personally and as a congregation—to grow in every dimension of our faith and ministry:

- Deeper in our relationship with God, rooted in His Word and presence.
- Higher in stature, visibility, and spiritual maturity.
- Wider in influence, extending our ministry to reach more lives.
- Stronger in Jesus Christ, honouring and serving God with dedicated prayer and fasting (Luke 2:37; Acts 13:1-3).

As we fast, let our hearts be aligned with humility and repentance. Let us:

- Mourn and Repent for the state of our nation and its people, seeking God's mercy and healing (Isaiah 58:3-12; 2 Chronicles 7:14; Nehemiah 1:4; Psalm 69:11).
- Emphasize Our Plea for Revival—crying out to the Lord with sincerity and urgency, both for ourselves and for our congregation (Daniel 9:20; Ezra 8:23; Judges 20; Nehemiah 1:4-11).
- This is a time to deepen our devotion, align our hearts with God's will, and seek His guidance and power for transformation. Let us pursue this season of growth with earnest prayer, fasting, and unwavering faith.

What do I fast from?

While fasting in Scripture typically refers to abstaining from food, there are other meaningful ways to fast. Anything you can temporarily give up to better focus on God can be considered a fast (1 Corinthians 7:1-5).

For example, you might follow the Daniel Fast, which focuses on a plant-based diet, or abstain from certain types of food while dedicating the time to prayer and worship.

Not everyone can fast from food—for instance, those with medical conditions such as diabetes—but everyone can participate by giving up something significant in their lives, and replacing it by spending dedicated and intentional time with God.

What is a Daniels fast?

The concept of a Daniel fast originates from Daniel 1:8-14. In this passage, Daniel and his friends chose to abstain from the rich foods and wine offered to them in favor of a diet of vegetables and water. This fast was not only a matter of personal discipline but also a way to maintain their focus on God and His ways.

A Daniel fast, consisting primarily of vegetables and water, can be particularly beneficial for those who carry a heavy workload. It provides the nourishment needed for sustained energy and clarity of mind while dedicating more time to prayer and meditation. This fast is about prioritising spiritual health over physical indulgence, aligning our hearts and minds with God's will.

- Daniel fast: Eating only fruits and vegetables for a specific period, abstaining from meat products, sugar, fatty foods, white flour, and any products containing these ingredients.
- We read of Daniel's fast of twenty-one days in Daniel 10:2-3: "I ate no pleasant bread; neither came flesh nor wine in my mouth..."
- Then in verse twelve, we find an angel's message about Daniel: "...from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words."
- Daniel's prayer, backed by the power of fasting, was answered.

What is a water fast?

A water fast is when the believer only consumes water for the duration of the fast. It is crucial to drink plenty of water, as this fast can lead to a drop in stamina and energy. Therefore, it's important not to overexert yourself. Water fasts are recommended for those who do not carry a heavy workload and can spend sufficient time in prayer and resting in God's presence.