

STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to [2 Chronicles 7:14](#). Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast ([Matthew 6:16-18](#); [9:14,15](#)) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast – one meal, one day, one week, several weeks, forty days (Beginners should start slowly, building up to longer fasts)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Here are several things you can do to prepare your heart:

- Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness ([1 John 1:9](#)).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you ([Mark 11:25](#); [Luke 11:4](#); [17:3,4](#)).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in [Ephesians 5:18](#) and His promise in [1 John 5:14,15](#)
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature ([Romans 12:1,2](#)).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others ([Psalm 48:9,10](#); [103:1-8](#), [11-13](#)).
- Begin your time of fasting and prayer with an expectant heart ([Hebrews 11:6](#)).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit ([Galatians 5:16,17](#)).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.

* Prepare your body.

- Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast