

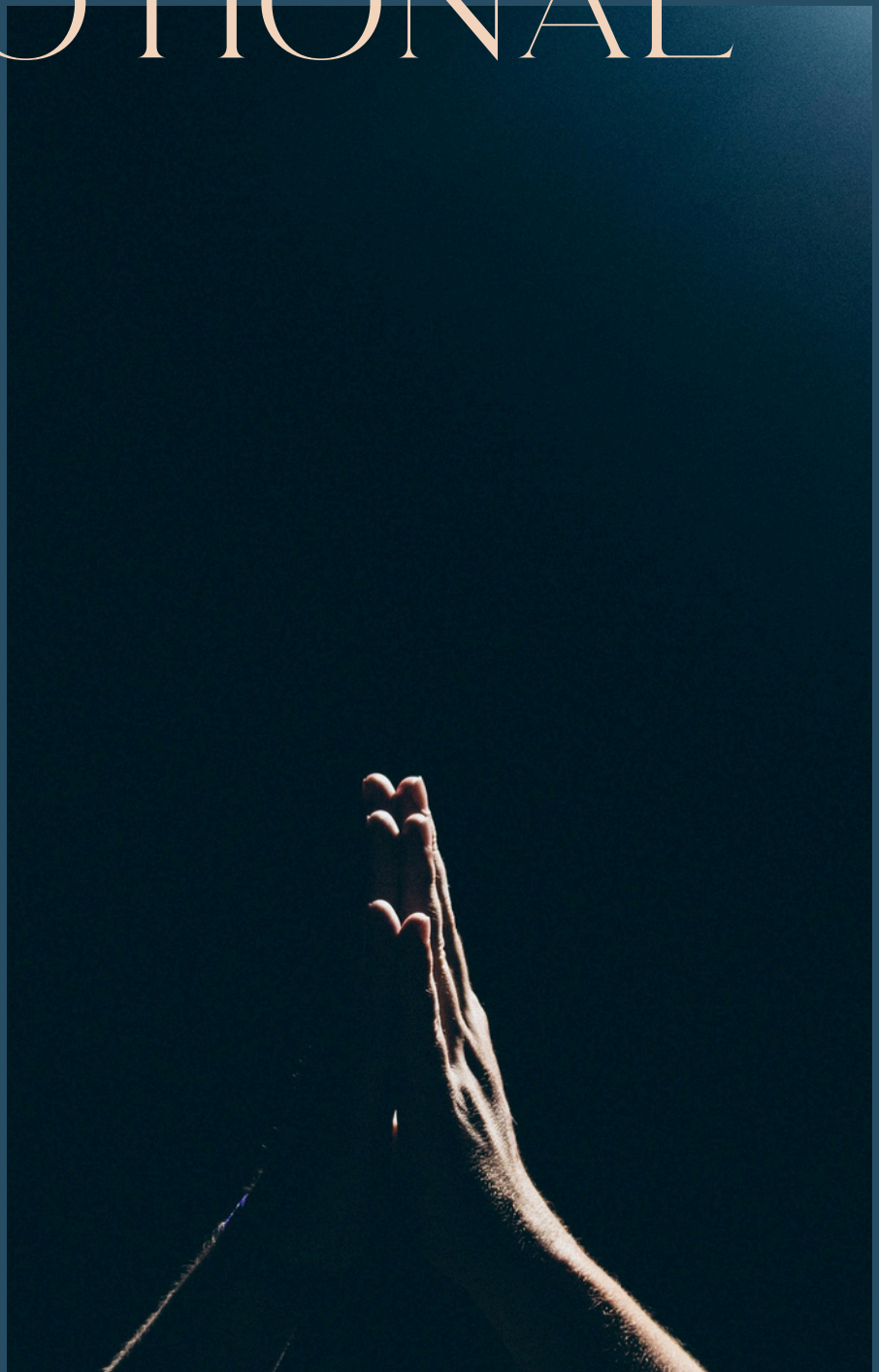
THE BOUNDLESS

# PRAYER & FASTING DEVOTIONAL

MON 04 - WED 06 MAY

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AWE & FIRE 26



# WHY WE FAST

Fasting is a biblical practice that positions us to seek God with greater clarity, humility, and hunger. It is not a way to earn God's right standing, but a way to realign our hearts and make space for His presence. Jesus assumed His followers would fast, saying, "When you fast..." (Matthew 6:16), making fasting a normal rhythm in the life of a believer.

## 1. FASTING RECENTRES US ON GOD

Fasting reminds us that God is our source and priority. By intentionally laying aside food or other distractions, we declare that our deepest hunger is for Him alone.

*"Man shall not live on bread alone, but on every word that comes from the mouth of God."*  
— Matthew 4:4

## 2. FASTING HUMBLÉS AND ALIGNS OUR HEARTS

Scripture often connects fasting with humility and repentance. It softens our hearts, increases our dependence on God, and realigns areas that may have drifted.

*"I humbled myself with fasting."* — Psalm 35:13  
*"Return to Me with all your heart, with fasting..."* — Joel 2:12

## 3. FASTING SHARPENS SPIRITUAL SENSITIVITY

When the flesh is quieted, the Spirit becomes clearer. Fasting creates space to hear God's voice, receive direction, and respond in obedience.

*"While they were worshiping the Lord and fasting, the Holy Spirit said..."* — Acts 13:2

## 4. FASTING FUELS SPIRITUAL FIRE AND AUTHORITY

There are moments when deeper consecration is required. Fasting strengthens our devotion and positions us for breakthrough and renewed spiritual fire.

*"This kind does not go out except by prayer and fasting."* — Matthew 17:21

## 5. FASTING ALIGNS US CORPORATELY AS GOD'S PEOPLE

When a church fasts together, unity is strengthened and hearts are aligned. Corporate fasting creates space for God to move powerfully among His people.

*"So we fasted and petitioned our God about this, and He answered our prayer."* — Ezra 8:23

# PRACTICAL FASTING TIPS

## 01 HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you want to grow closer to God? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily using our prayer points and follow daily bible reading schedule.

## 03 DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, partial fast or you may desire to do a selective fast like Daniel, who abstained from sweets and meats, and only drank liquids. Remember to replace that time with prayer and Bible study.

## 05 WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## 02 PREPARING SPIRITUALLY

This is a time where we disconnect from the world to connect with God in prayer and meditation. Give of yourself in sacrifice. Dedicate your heart and time (Romans 12:1-2). Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

## 04 DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer and do the full seven days. Use wisdom and pray for guidance. Beginners are advised to start slow.

## 06 HOW TO END

Give God praise in advance for results. Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



## TYPES OF FAST

COMPLETE FAST	PARTIAL FAST	SELECTIVE FAST (DANIEL FAST)
NO FOODS, LIQUIDS ONLY YOU ESTABLISH NO. OF DAYS	NO FOOD DURING SPECIFIC TIMES 6AM TO 3PM OR 6PM	NO MEATS, SWEETS, BREADS, DIARY PRODUCTS

## DANIEL FAST LIST

FOODS TO INCLUDE IN YOUR DIET	FOODS TO AVOID ON THE DANIEL FAST
<p><b>All fruits.</b> These can be fresh, frozen, dried, juiced or canned.</p> <p><b>All vegetables.</b> These can be fresh, frozen, dried, juiced or canned.</p> <p><b>All whole grains,</b> including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.</p> <p><b>All nuts and seeds,</b> including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.</p> <p><b>All legumes.</b> These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.</p> <p><b>All quality oils</b> including but not limited to olive, canola, grape seed, peanut, and sesame.</p> <p><b>Beverages:</b> spring water, distilled water or other pure waters, juices</p> <p><b>Other:</b> tofu, soy products, vinegar, seasonings, salt, herbs and spices.</p>	<p><b>All meat and animal products</b> including but not limited to beef, lamb, pork, poultry, and fish.</p> <p><b>All dairy products</b> including but not limited to milk, cheese, cream, butter &amp; eggs.</p> <p><b>All sweeteners</b> including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia and cane juice.</p> <p><b>All leavened bread</b> including Ezekiel Bread (it contains yeast and honey) and baked goods.</p> <p><b>All refined and processed food</b> products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.</p> <p><b>All deep fried</b> foods including but not limited to potato chips, French fries, corn chips.</p> <p><b>All solid fats</b> including shortening, margarine, lard and foods high in fat.</p> <p><b>Beverages</b> including but not limited to coffee, tea, herbal teas, Sodas, energy drinks, and alcohol.</p>

## REMEMBER

While we agree that the emphasis so far is on what you are to eat and not to eat, this by no means is meant to be legalistic in nature or that a particular set of rules exist or must be followed. Decide what foods you'll avoid and commit to it. We fast because we seek a more intimate relationship with God. We fast because we want to honor God with our first fruits of the new year, and to thank Him for what He has already done and what He will do in our lives in the future.

# DAY 1- SEEK ME AND FIND ME

## SCRIPTURE REFERENCE:

Jeremiah 29 vs 13 “

You will seek me and find me when you seek me with all your heart.”

## DAILY MEDITATION

God reveals Himself in the secret place

## PRAYER POINTS

- Father, give me a heart that is devoted to seeking you
- Lord, help me to recognise your voice more clearly
- Lord, reveal yourself to me as I diligently seek you- Make me more aware of your Presence

## DAY 2- BAPTISM OF FIRE



### SCRIPTURE REFERENCE:

#### Luke 3 vs 16

“ John answered them all, “I baptize you with[a] water. But one who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. He will baptize you with[b] the Holy Spirit and fire.”

### DAILY MEDITATION

The Holy Spirit will ignite the fire of His Presence as we surrender to Him

### PRAYER POINTS

- Lord let the fire of the Holy Spirit be ignited within me
- Lord sustain the fire of revival within me
- Lord let fresh fire fall in our services

## DAY 3- POWER TO EVANGELISE

### SCRIPTURE REFERENCE:

Acts 1 vs 8

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

### DAILY MEDITATION

The baptism of fire empowers us to preach the gospel and be witnesses for Christ

### PRAYER POINTS

- Father, give me the boldness to spread the gospel
- Lord, I pray that the gifts of the Holy Spirit would be awakened within me to minister
- Father, I pray for the salvation of the lost and for souls to be added to the Kingdom

FASTING DEVOTIONAL

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