



21 DAYS *of*
PRAYER
& FASTING
FASTING MANUAL

Bridge City
CHURCH

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DEAR FRIEND

We are so glad you have decided to participate in an extended time of prayer and fasting. We truly know of no more powerful tool than fasting and prayer to bring about spiritual revival and breakthroughs in areas where we feel stuck in our lives. Even before we held our first formal service as a church in January 2019, we wanted to emphasize the importance of prayer. As a church, we aim to be driven by the Holy Spirit and saturated in prayer.

Over the years, we have personally experienced the power of spending time fasting and praying. Prayer draws us closer to God, and fasting distances us from the world. When these two things happen simultaneously, great miracles occur. We are convinced that when God's people fast with a biblical motive, seeking God's face with a broken, repentant, and contrite spirit, God hears from heaven and heals our lives, our churches, our communities, our nation, and the world. Fasting and prayer can bring revival and a change in the direction of our lives, families, nation, and the fulfillment of the Great Commission in all nations of the world.

Remember, in every circumstance, to pray first—because prayers change everything.

Let's keep building bridges together,

Federico y Antonia Serrano

Pastors, Bridge City Church

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A Practical Guide to Fasting



WHY FAST?

The primary purpose of fasting is to draw closer to God. While you may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), biblical fasting is always about removing distractions for a spiritual purpose—to have a personal encounter with God.

When we fast, we make an internal adjustment to our soul, and it renews us from the inside out. Jesus knew He would need spiritual strength to fulfill His purposes. The same applies to us; we will need God's strength and guidance to accomplish all that He has prepared for us in this new year. Fasting makes us spiritually strong and prepares us to do God's work.

Other Biblical fasts include:

- Special revelation — Exodus 34:27-28
- In times of war — Judges 20:26
- Courage and wisdom — Esther 4:3,16
- In times of grief — Nehemiah 1:4; 2 Samuel 1:12
- Spiritual recovery — 1 Kings 19:1-9
- Mourning — Daniel 10:1-3
- Repentance — Jonah 3:5; Daniel 6:18
- Ministerial preparation — Matthew 4:2
- Spiritual power — Mark 9:29
- Spiritual discipline — 1 Corinthians 11:24-28

Fasting was a spiritual discipline practiced in both the Old and New Testaments. For example, Moses fasted for at least two recorded periods of forty days. Jesus fasted for 40 days and reminded His followers to fast.



BENEFITS OF FASTING

Fasting has many benefits, including:

IT MAKES US MORE SENSITIVE TO THE HOLY SPIRIT

When we deny ourselves natural cravings and worldly distractions, we become more sensitive to the voice of God. This allows us to focus better on God and submit to His will.



“One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” **Acts 13:2**

IT BRINGS REVIVAL

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us to prevail in prayer and intercession.



“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.” **2 Chronicles 7:14**

IT IS HEALTHY

Fasting cleanses your digestive system of toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.



TYPES OF FASTS

COMPLETE FAST. In this type of fast, only liquids are consumed, usually water with light juices as an option. Water-only fasts that last more than a few days should be done only with complete rest and under medical supervision.

SELECTIVE FAST. This type of fast involves removing certain items from your diet. An example of a selective fast is the Daniel Fast, during which you eliminate meat, sweets, and bread from your diet and consume water and juice for liquids and fruits and vegetables for food.

PARTIAL FAST. This fast is sometimes called a “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This may correlate to specific times of the day, such as 6:00 a.m. to 3:00 p.m., or from sunrise to sunset.

SOUL FAST. This fast is an excellent option if you are not experienced in fasting, have health issues that prevent you from fasting, or if you want to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television during the fast, and then carefully reintroduce that element into your life in healthy doses after the fast.

NOTE: Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Consult a doctor, especially if you are pregnant, nursing, or taking medication. If your situation does not allow for a complete fast, determine what will work best for you.



PLANNING YOUR FAST



“Then Joshua told the people, “Purify yourselves, for tomorrow the Lord will do great wonders among you.” **Joshua 3:5**

PREPARE YOUR HEART IN PRAYER

Spend time reading the Bible before the fast and ask the Holy Spirit for guidance. Be willing to listen to what God desires you to change and the steps of obedience He wants you to take. Write down the goals of your fast on a piece of paper: faith goals, specific prayers, and requests for your family, friends, church, and nation.

COMMIT

Pray about the type of fast you will undertake and commit to it. Ask God for grace to help you follow through with your decisions.

PREPARE

Preparation is key in fasting. Prepare yourself mentally, emotionally, and physically for the fast. Depending on the type of fast, buy the necessary foods to have everything ready before the fast. Also, start eating smaller portions of food high in sugar and fat a few days before the fast. Prepare your schedule as well, noting the specific time you will spend in prayer.

ACT

Start the fast with faith, believing that God will do supernatural work in your life. Ask someone to be your prayer partner throughout the fast.



WHILE FASTING



*"But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" **Matthew 4:4***

STAY FOCUSED

Set aside time to read the Bible and spend time with God. Be sensitive to taking steps of obedience to God's Word and the Holy Spirit's guidance.

PRAY

Spend time in prayer, bringing your prayer requests to the throne. Also intercede for your family, church, pastors, city, state, and nation.

REPLENISH

Drink plenty of water and rest as much as you can. Be prepared, especially at the beginning of the fast, for times of physical weakness and headaches that may leave you impatient and irritable.



BREAKING THE FAST

“And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.” **1 John 5:14-15**

EAT GRADUALLY

Reintroduce solid foods gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salads, then add more vegetables. Eat small portions throughout the day.

PRAY

Don't stop praying! Let this newfound passion for God continue throughout the year.



The Daniel Fast



THE DANIEL FAST

There are two mentions of fasting in the biblical book of Daniel, from which the concept of the “Daniel fast” was extracted. Chapter 1 describes how Daniel and three of his friends decide to eat only vegetables and drink exclusively water. At the end of the 10-day trial period at the Babylonian court, Daniel and his friends looked healthier than the other people who ate the food from the royal table. In chapter 10, Daniel fasts again, abstaining from “pleasant foods,” meat, and wine.

WHAT TO EAT?

Whole grains: Rice, oats, barley, wheat...

Legumes: All types

Fruits: Any kind of fruit

Vegetables: Any variety

Nuts and seeds: All types such as almonds, walnuts, peanuts, natural peanut butter, natural almond butter, ground flaxseed, etc.

Liquids: Water, 100% natural fruit and vegetable juices.

WHAT TO AVOID?

- All meats and animal products: Including all types of meat and dairy products (milk, cheese, cream, butter, and eggs)
- All sweeteners: including sugar, honey, syrups, etc.
- All leavened bread and refined and processed foods: including White rice, White flour, artificial flavors, chemicals, additives, etc.
- All fried foods: including French fries, chips, etc.
- Beverages: including coffee, tea, herbal tea, carbonated drinks, energy drinks, and alcohol.



STAYING FOCUSED

While the primary goal of fasting is to draw closer to God, there are likely specific areas in your life where you desire God to intervene in a real and tangible way. Feel free to write down those areas in the section below, not being afraid to be as specific as you want in your requests, while also being open to how God chooses to respond in those areas. Don't forget to spend daily time with God, reading the Bible and praying.

Our book ***"Pray First"*** might be a good place to start if you don't know how to pray or simply want to grow in your intimacy with God and the time you spend praying

During this fast, I am praying and believing God for:

Personal Faith Goals

Spiritual revival / Physical or emotional healing / Freedom from addictions...

My Family

Restoration of relationships / Salvation of a family member / Children...

My Work/Finances

Promotion / New job / Own business / More resources / Prosperity.

Others

Ministry / Salvation of friends / Calling / Church / Pastors / City...

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Bridge City Church exists to connect people far from God with the hope of life in Jesus. Our desire is to see people embark on a spiritual journey where they know God, find freedom, discover their purpose, and make a difference.

Notes

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