



SUGGESTIONS FOR FASTING (MEDITATION)

“As the hart panteth after the water brooks, so panteth my soul after thee, O God.”
(Ps. 42:1)

FASTING

“For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.” (Rom. 14:17)

FAST WITH A SMILE ON YOUR FACE

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.” (Matt. 6:16-18)

WE NEED SPIRITUAL FOOD

“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matt. 4:4)

AN ACCEPTABLE FAST TO GOD

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.” (Isa. 58:6-8)

Read the entire chapter of *Isaiah 58* (out loud) two or three times a day during your fast. Meditate on it. It will encourage and strengthen you to fast with a purpose and to see results.

When you fast, you release God’s magnificent power and blessings in your life and the lives of others.

SUGGESTED THINGS TO PRAY FOR WHEN FASTING (MEDITATION)

When Jesus fasted forty days and forty nights (Matt. 4:2) he began one of the greatest ministries ever known unto man. The bible indicates that some things only come out by prayer and fasting.



THE HARVEST (SOULS)

“... The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.” (Matt. 9:37-38)

BOLDNESS

“... that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.” (Eph. 6:19-20). “... the righteous are as bold as a lion.” (Prov. 28:1)

A RIGHT MIND

“Let this mind be in you, which was also in Christ Jesus:” (Phil. 2:5)

WISDOM

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.” (James 1:5)

GOD’S POWER

Pray for power over the enemy (Luke 10:19)

HEALING

“... they shall lay hands on the sick, and they shall recover.” (Mark 16:18)

DELIVERANCE FROM FEAR

“For God hath not given us the spirit of fear; but of power, and of love and of a sound mind.” (2 Tim. 1:7)

“The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?” (Ps. 27:1)

GOD’S PROTECTION

Pray for God’s protection over your life and the life of your family members. “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.” (Ps. 91:1) Read entire chapters of Psalm 91 and 27.

FASTING ALLOWS GOD TO REWARD YOU OPENLY (MEDITATION)



"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." (Matt. 5:16)

TIME WITH GOD

"Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice." (Ps. 55:17)

"But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." (Heb. 11:6)

AFFECTIONS ON GOD

"Set your affections on things above, not on things on the earth." (Col. 3:2)

STUDYING BIBLE

"Study to show thyself approved unto God, a workman that needed not to be ashamed, rightly dividing the word of truth." (2 Tim. 2:15)

PERSONAL MINISTRY

". . . walk worthy of the vocation wherewith ye are called." (Eph. 4:1)

RESIST THE DEVIL

Jesus said: "Get thee hence Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve." (Matt. 4:10)

"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you . . ." (James. 4:7-8)

PRAYER REVIVALS

Pray that God will lay it on people's hearts to start prayer ministries and bible groups throughout the world.

COUNTRYMEN

Pray for heads of countries, states, local governments, managers, supervisors, and co-workers that God may bless them with a spirit of wisdom, peace, prosperity and faith.

BEING THANKFUL

". . . be filled with the Spirit; Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ . . ." (Eph. 5:18-21)