

Spiritual Fasting Guide



Spiritual Fasting Guide

- **Introduction**

Fasting is a powerful spiritual discipline that allows you to draw closer to The Most High, strengthen your faith, and gain clarity in your journey. It is more than just abstaining from food; it is about deepening your connection through prayer, meditating on scripture, journaling and self-discipline.

This guide will walk you through the process of spiritual fasting with clear instructions, personal insights, and key scriptures to support your journey.

What is Spiritual Fasting?

Spiritual fasting is the act of voluntarily abstaining from food, distractions, or specific habits to focus on prayer, self-reflection, and growth in faith.

It's a time to seek The Most High with a pure heart and open spirit, allowing His presence to lead and strengthen you.



My Fasting Journey

- **My Fasting Journey**

My fasting journey started in 2023. I started my very first fast in January, doing a **21-day Daniel Fast**. I made it to day 18 but had to quit due to a severe migraine. However, I remained committed and fasted every month from **January to April**. Eventually, I became too busy to keep it going.

- In 2024, I felt led by The Most High to start again. That year, I fasted **every month**, sometimes **two or three times a month**, except for **September**. I didn't fast at all that month, but The Most High knew my heart and gave me **grace** to continue my journey.

- Fasting has taught me discipline, humility, and the power of seeking The Most High through sacrifice and obedience. My experience has shown me that fasting is not about perfection but about **consistency, faith, and surrendering to His will**.

Fasting According to Isaiah 58:7-12

- *Is it not to share your bread with the hungry, and to bring the poor who are cast out into your home? When you see the naked, should you not clothe them; and not hide yourself from your own flesh? – **Consider donating old clothes to those in need, for example, to Goodwill or the Salvation Army.***
- *Then your light will break forth like the dawn, and your health will spring up quickly; your righteousness will go before you, and the glory of the Lord will be your rear guard. – **These are the benefits of fasting.***
- *Then you will call, and the Lord will answer; you will cry out, and He will say, Here I am. If you remove the yoke from among you, the pointing of the finger, and speaking wickedness; – **The Most High is present with you.***
- *And if you extend your soul to the hungry and satisfy the afflicted; then your light will rise in darkness, and your gloom will be like the midday sun: – **Consider feeding the homeless.***
- *And the Lord will guide you continually, satisfying your soul in times of drought, and strengthening your bones; you will be like a well-watered garden, like a spring whose waters never fail. – **The Most High provides guidance for you.***
- *And those who come from you will rebuild the ancient ruins; you will raise up the foundations of many generations; and you will be called the repairer of the breach, the restorer of paths in which to dwell. – **You are now the one who restores and fixes what is broken.***

Key Scriptures on Fasting:

- Matthew 6:16-18 – "When you fast, do not look somber as the hypocrites do... But when you fast, anoint your head and wash your face."
- Isaiah 58:6 – "Is not this the fast that I have chosen? To loose the bonds of wickedness, to undo the heavy burdens ..."
- Joel 2:12 – "Even now , declares the Lord, return to me with all your heart, with fasting and weeping and mourning ."

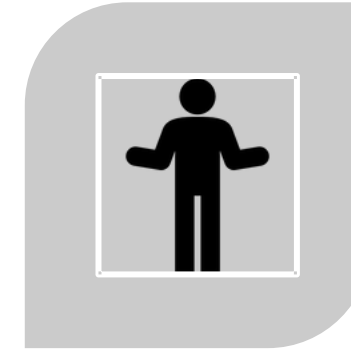
Step-by-Step Fasting Guide

1. Set Your Intentions –
Before starting your fast, be
clear about your purpose.
Are you seeking spiritual
clarity, **healing**,
deliverance, or **direction**?
Write it down and pray over
it.

*Example Prayer: "Father, I
come before You with a
humble heart, seeking Your
guidance and strength as I
enter this fast."*



Do you feel as if The Most High is calling you to fast?



Do you feel as if something is missing or you're feeling stuck - confusion?



Do you feel angry more than you're feeling happy?

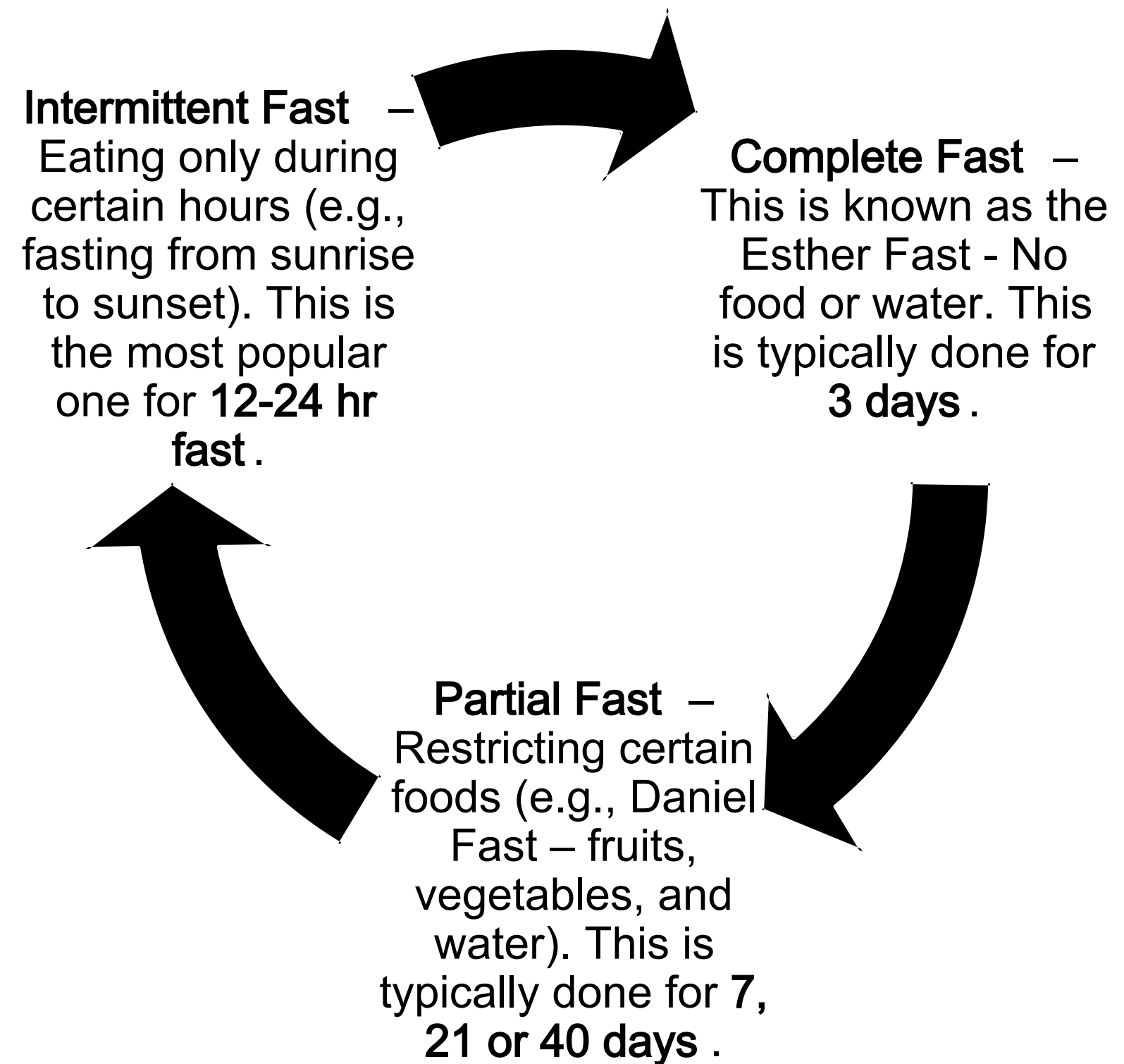


Are you trying to break a soul tie, generational curse or a demonic spirit?

Step-by-Step Fasting Guide

2. Choose Your Type of Fast

There are different types of fasts. Choose one that aligns with your spiritual and physical needs:

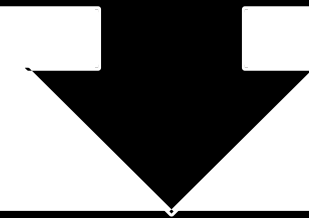


Step-by-Step Fasting Guide

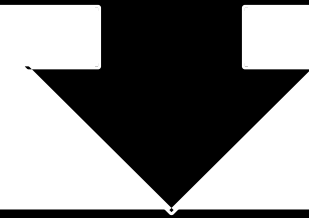
3. Prepare Spiritually and Physically

- Pray for strength and clarity before beginning.
- Reduce heavy meals a day or two before fasting.
- Eliminate distractions to focus on your spiritual growth.

Speak with The Most High asking HIM for clarity on what kind of fast you should do ex: Intermittent, Partial or Complete Fast.



How long should you fast ex; how many days & what hours?



What are you willing to sacrifice during this fast ex; food, alcohol, sex, social media etc?

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4. Dedicate Time for Prayer and Scripture

Fasting without prayer is just dieting. Dedicate specific times to pray, **meditate on scripture**, and listen to The Most High's voice.

Suggestion: Start your day with a prayer of gratitude, midday with a scripture reading, and evening with a reflection on what you learned.

Ex: Intermittent Fasting for 12 -24 hrs . My intentions are to fast from 6am – 6pm. I will start my day at 5am, so for me from 5am to 6am (or until The Most High is done speaking to me) with The Most High,

I will start my fast at 6am – 6pm. If I'm giving up food during my fast, during the time I would normally have lunch or dinner I don't eat & I spend that time talking & praying with the Most High, reading scriptures, meditating or journaling.

Step-by-Step Fasting Guide

5. Journal Your Experience

Write down your thoughts, revelations, and struggles during the fast. This will help you track your spiritual growth and recognize how The Most High is moving in your life.



What I've discovered on my journey of fasting & prayer is that The Most High will give me a song early in the morning. There is a message in that song. If this happens for you, please listen to the song & receive the message.



If possible after you have your morning prayer or conversation with The Most High start writing in your journal so that you capture all of what was said during your 1 on 1 time.

Step - by -Step Fasting Guide

6. Break Your Fast Wisely

- End your fast with a prayer of thanksgiving.
- Reintroduce food slowly, starting with fruits or soups.
- Reflect on what you learned and how you will apply it moving forward.



Personal Insights on Fasting

- Fasting has been a life-changing practice in my journey. It has helped me heal, gain clarity, and strengthen my relationship with The Most High. Some days were challenging, but the peace and breakthroughs I received were worth every moment of discomfort. I encourage you to stay committed, even when it gets tough—the reward is greater than the sacrifice.
- When you start Fasting this is strictly between you & The Most High UNLESS you're fasting with a group of people, but ONLY you & the one's you're fasting with should know.
- Be aware of the test & temptations that come along with fasting. The devil will use your family & those closest to you to attack you when fasting.
- There will be times when you feel like giving up & giving in – DON'T GIVE UP keep PUSHing = Praying Until Something Happens
- If you're giving up food, alcohol, social media, sex, etc when you feel tempted – DON'T GIVE IN keep PUSHing – Praying Until Something Happens

Encouragement & Final Thoughts

- Fasting is a journey of faith, discipline, and spiritual renewal. It allows you to strip away distractions and fully surrender to The Most High. If you feel discouraged, remember that every step you take brings you closer to divine wisdom and strength.
- *“Blessed are those who hunger and thirst for righteousness, for they will be filled.” – Matthew 5:6*
- *There are certain things that can only be done with fasting & prayer Mark 9:29 – ex; soul ties, demonic spirits & generational curses*
- *If you're seeking guidance, clarity, or needing to find purpose in life – incorporate fasting & prayer*
- Are you ready to begin your fasting journey? Trust the process, stay faithful, and watch how The Most High moves in your life.