

FASTING AND PRAYER

Hungry for God

Helpful Guidelines:

IT IS IMPORTANT TO GO TO BED EARLY THE NIGHT BEFORE STARTING A FAST, AS WE NEED TO BE INTENTIONAL. THIS WILL HELP YOU START THE FAST FEELING REFRESHED AND EARLY. BY BEING INTENTIONAL, WE HONOUR GOD.

If necessary, set an alarm to wake up on time.



DURING THIS PERIOD, PLEASE READ AND MEDITATE ON THE DAILY SCRIPTURES PROVIDED. TAKE TIME TO REFLECT ON THE SCRIPTURES.



WHEN PRAYING ALONE OR WITH A GROUP, TRY TO SPEAK YOUR WORDS OUT LOUD. THIS IS A POWERFUL FORM OF PRAYER, AS MENTIONED IN THE SCRIPTURES (DANIEL 9:20-21).



Write down your personal praises and prayer points clearly so you can keep track and record them.

You can choose to fast from 6am to 3pm or 6am to 6pm. During either period, make sure to stay focused and spend time reading and meditating on scripture, as well as praying out loud.

Helpful Guidelines:



Use worship music to help you experience the tangible presence of God. In 2 Kings 3:15, it says, "But now bring me a musician. Then it happened, when the musician played, that the hand of the Lord came upon him."

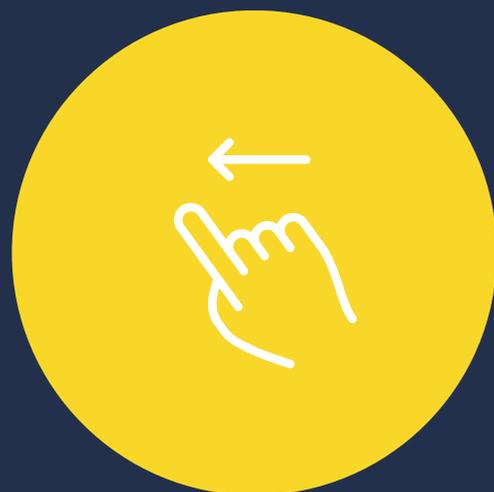


**DON'T
QUIT**

Helpful Guidelines:



**USE
THIS
OUTLINE
INSTEAD**



Helpful Guidelines:





**REMEMBER TO STAY
HYDRATED THROUGHOUT
THE DAY BY DRINKING
WATER.**



Try to decrease the time spent talking, as talking consumes energy. Instead, use your time for meditation, unless it is necessary.





HELPFUL GUIDELINES:

**DO YOU THINK
YOU'LL GIVE
THIS A TRY?**



save for later

