

Fasting Guidelines:

- Check with your doctor before beginning a fast, especially if you have any medical conditions or are taking any medications.
- Decide on the length and type of fast that you will do. This guide is designed for a 24-hour fast, but you may choose a different length or type of fast that is more appropriate for your needs.
- Drink plenty of water and stay hydrated during the fast.
- Avoid any strenuous physical activity or exercise during the fast.
- Take time to rest and reflect during the fast. Avoid unnecessary distractions or activities that may interfere with your time of prayer and fasting.
- Use the time of fasting to focus on God and deepen your relationship with Him. Avoid any activities or habits that may distract or pull you away from your time of prayer and reflection.
- Use any cravings or hunger pangs to turn your thoughts to prayer and focus on Christ's presence in your life.
- If you experience any adverse symptoms during the fast, such as dizziness or weakness, break the fast immediately and seek medical attention if necessary.

When the fast is over, break the fast slowly and with intention. Avoid overeating or consuming heavy or greasy foods, as this can cause discomfort and digestive issues. Start with small, light meals and gradually increase the amount and complexity of foods over time.

Fasting Rhythm

Sunday Evening

7:00-9:00 PM -Begin the fast with prayer and intention setting. Ask God to guide you through the fast and reveal anything in your heart that needs to be surrendered to Him. Take some time to reflect on your motives for fasting and what you hope to gain from this time of prayer and fasting. Spend time in worship and prayer, praising God for who He is and all He has done for you. Take time to read and meditate on Scripture, focusing on verses that speak to fasting and prayer. Consider reading Psalm 42.

9:00-11:00 PM - Spend time in silence, allowing God to speak to you through His Spirit. Listen for His voice and any messages He may have for you. Reflect on what God has been showing you in your life and how He is leading you through this fast.

Monday Morning:

(15 min) 6:00-8:00 AM - Wake up and spend some time in prayer and meditation, focusing on your intentions for the fast and asking God to guide you through the day. Take time to read and meditate on Scripture, focusing on verses that speak to fasting and prayer. Consider reading Matthew 6:16-18 or Acts 13:2-3.

(15 min) 8:00-10:00 AM - Spend time in prayer for your personal spiritual growth and development. Ask God to reveal any areas in your life where you need to grow and surrender to Him. Take some time to read and meditate on Scripture, focusing on verses that speak to fasting and prayer. Consider reading 2 Chronicles 7:14 or Joel 2:12-13.

(15 min) 10:00 AM-12:00 PM - Take a break from work or other activities and spend time in silence and reflection. Step away from and set aside things that may distract you from your ability to focus. Use this time to listen to God's voice and reflect on what He may be revealing to you through this fast. Spend time in prayer for your family and loved ones, asking God to bless and protect them. Pray for Legacy.

Monday Afternoon:

(15 min) 12:00-2:00 PM - Take some time to read and meditate on Scripture, focusing on verses that speak to fasting and prayer. Consider reading Matthew 9:14-15 or Luke 18:9-14. *Remember you are fasting to become more aware of Christ's presence in your life.*

(15 min) 2:00-4:00 PM - Take a break from work or other activities and spend time in silence and reflection. Use this time to listen to God's voice and reflect on what He may be revealing to you through this fast.

(15 min) 4:00-6:00 PM - Spend time in worship and prayer, praising God for who He is and all He has done for you. Take some time to read and meditate on Scripture, focusing on verses that speak to fasting and prayer. Consider returning to some of the scripture passages that you have been drawn to through of the fast.

6:30PM – Attend the corporate Night of Prayer at a local campus. Gather with others who have been fasting and spend time in prayer, praising God for His faithfulness and guidance. As you gather with the other believers who have been fasting - *consider the grace and strength that comes from being formed together as a community of faith in Christ!*

