

## **Fasting Guide and Roadmap**

As we embark on this corporate fast, let this guide be your companion throughout the day to stay focused, humble, and connected to God's purpose. Use this roadmap to remind yourself why we fast and how to align your heart and spirit with God.

### **Purpose of Fasting**

Fasting is a God-appointed way to humble ourselves and draw closer to Him. It helps remove the barrier of pride, which blocks the flow of God's grace and answered prayer.

Scripture Reference:

"I humbled myself with fasting; And my prayer would return to my own heart." (Psalm 35:13)

### **Key Focus for the Fast**

#### ***Humble Yourself***

Fasting isn't just about going without food; it's about submitting your will, thoughts, and emotions to God.

"Humble yourselves in the sight of the Lord, and He will lift you up."  
(James 4:10)

*Pray:*

"Lord, I come before You in humility. Teach me to let go of my pride, my plans, and my desires so that I can be fully surrendered to Your will. Help me to remain humble in all I do, trusting You to lift me up in due time."

### Seek God's Face

Dedicate time to pray and read His Word. This isn't about a quick prayer—it's about pressing into His presence.

“If My people who are called by My name will humble themselves, and pray and seek My face...” (2 Chronicles 7:14)

*Pray:*

“Father, I long to know You more. As I seek Your face today, draw me closer to You. Let my prayers align with Your heart, and open my eyes to see Your will. Help me to remain steadfast in pursuing Your presence.”

### Expose Hindrances

Ask God to reveal anything in you that hinders your walk with Him.

*Pray:* “Lord, expose what's in me that keeps me from walking closer to You. Reveal any pride, sin, or distraction in my life, and give me the strength to let it go so I can grow deeper in my relationship with You.”

### **How to Approach the Fast**

*With Prayer:*

Use this time to ask God for clarity, direction, and strength. “We fasted and entreated our God for this, and He answered our prayer.” (Ezra 8:23)

*With the Right Heart:*

Avoid fasting for attention or out of ritual. Approach it humbly before God.

“Moreover, when you fast... your Father who sees in secret will reward you openly.” (Matthew 6:16-18)

*With Purpose:*

Remember, fasting isn't just abstaining from food—it's submitting your body and soul to God. Let Him guide you.

### **When It Gets Hard**

*Stay Encouraged:* Use moments of weakness to turn to God. Remind yourself that “His strength is made perfect in weakness.” (2 Corinthians 12:9)

*Speak to Your Flesh:* Take authority over your cravings. Say, “Stomach, you don't control me—I'm submitting to God!”

### **Daily Scriptures to Reflect On**

“For whoever exalts himself will be humbled, and he who humbles himself will be exalted.” (Luke 14:11)

“God resists the proud, but gives grace to the humble.” (1 Peter 5:6)

“In weariness and toil, in sleeplessness often, in fastings often.” (2 Corinthians 11:27)

“Blow the trumpet in Zion, consecrate a fast, call a sacred assembly.” (Joel 2:15)

## **Ending the Fast**

Break your fast with thanksgiving, thanking God for His grace and revelation.

Reflect on how God has worked in you and what He's exposed or spoken to your heart during this time.

## **Encouragement**

This fast is not just about denying yourself food; it's about submitting to God, seeking His will, and positioning yourself to walk closer with Him. Remember, God honors humility, and He will reward your faithfulness.

“He who humbles himself will be exalted.” (Luke 14:11)

Be Blessed,  
PG & PS