

Prayer And Fasting Guide



*2 Corinthians 3:15-18 KJV*¹⁵ But even unto this day, when Moses is read, the vail is upon their heart.¹⁶ Nevertheless when it shall turn to the Lord, the vail shall be taken away.¹⁷ Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.¹⁸ But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

Word of Faith Grand Rapids

Rev. Thomas G. Wilson Pastor ~ Bishop Keith A. Butler Founder

Things You Should Know About Fasting:

As we put into practice this spiritual discipline of fasting there are some natural things we need to focus on in order to have a healthy and successful fast.

The Benefits of Fasting:

- Rapidly rids the body of waste and toxins
- Can lower blood pressure
- Helps rebalance your body's pH level
 - The average American diet is mostly acid forming
 - An acidic body causes weight gain and contributes to cancer along with other diseases
- Fasting resets the metabolism similar to rebooting your phone or computer
- Fasting gives the digestive tract a rest, which helps the digestive system heal
- Allergy symptoms improve
- Helps lower blood sugar

What to Do Before Fasting:

Our bodies need to be prepared before doing a fast especially one that extends more than two days. Here are some ways to prepare your body for fasting:

- Eat fresh fruit, raw vegetables, fruit or vegetable juices, and oatmeal
- Eat smaller meals a few days before the fast
- Avoid high-fat and sugary foods prior to fasting
- Caffeine cravers! – Wean yourself off Caffeine several days before fasting. Some people experience unbearable headaches when ceasing to drink caffeinated products

- Make your commitment and determine the length of your fast

What To Do While Fasting:

- **DRINK PLENTY OF WATER!**- Drink at least half of your body weight in ounces of water per day. (Ex: If you weighed 200lbs you want to drink 100 ounces of water)
- Avoid caffeinated, sugary drinks, and soy protein drinks, which have been known to cause health problems during a fast.
- Expect some physical discomforts such as hunger pains, dizziness, weariness, nausea, headaches, and sleepiness. These are normal and part of the detoxification process
- Prepare for opposition: On the day of your fast every person in your life will bring you food. Food will come from everywhere, but press through. Remember Satan tempted Jesus on his fast and we should expect the same.
- Replace your food prep and eating time with reading the Word and prayer
 - Fasting without quality time in prayer and the Word is just a diet
- Feel free to rest a lot and participate in gentle exercise such as walking outdoors. Your body is working to eliminate toxins, remove damaged cells, and restore vitality. While all this work is going on inside you rest, avoid exhausting work, get fresh air and sun, and go to bed early.
- Breakthroughs often come after a fast. Jesus returned in the power of the Spirit after his fast not during and we can expect the same.

What To Do After Fasting:

- Break your fast gradually: Eat light meals and foods that are easy to digest such as grapes, a shredded apple, watermelon, or steamed vegetables

- A fast of three days or more should never be broken by eating a normal meal because it shocks the digestive organs which have been resting throughout the fast
- Drink fruit or vegetable juices and avoid bananas because they have no juice in them and can cause constipation

Consult with Doctor

- Consult with your doctor before fasting if you are dealing with any medical conditions.
- There are other types of fasts you can participate in if your medicine requires to be taken with food but still consult with your doctor before partaking in any of these fasts:
 - One meal a day: Fast from one meal within your day
 - Daniel fast: vegetables and water only
 - Fruit or vegetable juice fast
- This information does not replace advice from your doctor

Sample Prayers

COMMITTING TO FAST

Father I consecrate this fast to You and set myself to gain wisdom and understanding in the affairs of my life. I humble myself before You Father in prayer and fasting, enlighten the eyes of my understanding that revelation may quickly come. You know every secret and I look to You for my reward. I fast as You have chosen Lord to loose the bands of wickedness, undue the heavy burdens, to let the oppressed go free, and break every yoke!

COMMITTING TO FAST *(cont'd)*

Therefore I declare an end to wicked bondage, heaviness, worry, fear, anxiety and any other burden or oppression in my life. This is the beginning of my liberty. I am yoked to Jesus Christ only and therefore every ungodly yoke to people or things is broken in my life. Father I thank You for cleansing me - spirit, soul, and body during this time of fasting and prayer. I look forward to the glory, Your glory resting on me.

In The Name of Jesus, Amen!

PLEADING THE BLOOD

Father, I plead the Blood of Jesus over my life and all that belongs to me as well as over everything over which You have made me steward. I believe I am protected by the Blood of the Lamb which gives me access to the Holy of Holies, the secret place of the Most High. I plead the Blood over my children, my grandchildren and their children, on all those You have blessed me with in this life. Lord the Blood of Jesus is the Blood of the New Covenant of which I am a partaker. Thank You for cleansing and making me whole and for giving me access Your tender care and protection.

In The Name of Jesus, Amen!

TITHING

Father Your word commands that a tenth of all increase be set aside as the tithe, it is holy to You. Father I commit myself to set aside and promptly bring all the tithe to the church, Your storehouse for my spiritual growth and provision. It is my delight to bring my tithe according to Your word. I thank You for opening the windows of heaven to my family and pouring out a blessing that there is not even room to receive. In addition, the devourer is rebuked for my sake. Thank You for delivering my family from the power of darkness and bringing us into the kingdom of Your dear Son, Jesus Christ, who is our Lord in all.

In The Name of Jesus, Amen!

THE ARMOR OF GOD

Thank You Lord for my salvation. I experience it in fresh and new ways daily and declare that nothing can separate me from Your love which is in Christ Jesus. I put on and wear daily the breastplate of righteousness to protect me from all condemnation and corruption. It also defends me from all assaults against my heart: my loins girt about with truth, integrity and honesty. I thank You that through truth You expose all lies and show me the truth I need for each day: my feet shod with the preparation of the Gospel, the very power of God, I choose to live by what that Gospel provides and walk in the strength of it every day of my life: Salvation is my helmet to protect my thoughts and emotions: the shield of my faith also protecting me from every fiery attack of the enemy, therefore nothing coming today can overcome or overpower me in the Name of Jesus: Lord this is my prayer, my sword of the spirit, the declaration of Your word over my life for daily victory!
In The Name of Jesus, Amen!

POWER TO PERSEVERE

Father it is clear that this time of prayer and fasting in my life is a divinely orchestrated course for me right now. Father, You are the Gardener and Jesus is the Vine and I am the Branch. I'm commanded to abide, settle down in, and take up residence in the Vine. Thereby accepting and acting in accordance with Your rule, decisions and judgments. As I remain in Jesus and He in me, my prayers bear much fruit and apart from Him I can do nothing. Therefore, when I am tempted to give up, take a break, or continue without passion, I will press toward the mark for the prize of the high call heavenly. I will not loosen nor relax my faith. I am eternally yoked with Jesus. He said I ought always to pray and not faint (turn coward, lose heart and give up). I declare myself to be earnest, passionate, and steadfast in prayers, therefore my time of prayer and fasting makes tremendous power available to me dynamic in it's working. To this end, I lay aside every weight and

the sin which could hinder and entangle me. I fix the whole of my being on hearing from You, the Author and Finisher of my faith. I thank You Lord for the joy of victory and deliverance that is before me as I remain consistent to the end.

In Jesus Name I pray, Amen!

SPECIFICS AREAS TO PRAY FOR:

Nation

President and Cabinet

Israel

Local Government Officials

The Military

Congress

Senate

Supreme Court Justices

Bishop Keith & Pastor Deborah Butler

Pastors Thomas & Adriane Wilson

WOF Satellite Churches

WOFICC & WOFICC Satellite Churches

F4L Churches

Church Leadership

Media

Family Unit

Educational System