

EMBRACING THE DISCIPLINE OF FASTING

FLIGHT
HOUSE

THE CALL TO SPIRITUAL DISCIPLINE

TODAY, WE EMBARK ON A 30-DAY PRACTICE OF FASTING, NOT MERELY AS
A RELIGIOUS RITUAL, BUT AS A TRANSFORMATIVE DISCIPLINE THAT CREATES
SPACE FOR GOD TO WORK IN OUR HEARTS AND LIVES.

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WHAT IS FASTING?

FASTING IS THE VOLUNTARY ABSTINENCE FROM FOOD, OR OTHER LEGITIMATE PLEASURES, FOR SPIRITUAL PURPOSES. IT IS A DELIBERATE CHOICE TO SAY "NO" TO THE PHYSICAL IN ORDER TO SAY "YES" TO THE SPIRITUAL. THROUGH FASTING, WE ACKNOWLEDGE OUR DEPENDENCE ON GOD AND CREATE SPACE FOR HIS VOICE TO BE HEARD MORE CLEARLY IN OUR LIVES.

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THE IMPORTANCE OF FASTING

SPIRITUAL FOCUS AND CLARITY

FASTING REMOVES DISTRACTIONS AND HELPS US FOCUS ON WHAT TRULY MATTERS—OUR RELATIONSHIP WITH GOD. WHEN WE DENY OUR PHYSICAL APPETITES, WE OFTEN DISCOVER A DEEPER SPIRITUAL HUNGER.

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THE IMPORTANCE OF FASTING

HUMILITY AND DEPENDENCE

FASTING REMINDS US OF OUR COMPLETE DEPENDENCE ON GOD. IT
BREAKS DOWN OUR SELF-SUFFICIENCY AND PRIDE, CREATING SPACE FOR
HUMILITY AND SURRENDER.

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THE IMPORTANCE OF FASTING

INTERCESSION AND BREAKTHROUGH

THROUGHOUT SCRIPTURE, FASTING IS OFTEN ASSOCIATED WITH SEEKING
GOD'S INTERVENTION, BREAKTHROUGH, AND ANSWERS TO PRAYER. IT
INTENSIFIES OUR SPIRITUAL SEEKING AND PETITION.

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THE IMPORTANCE OF FASTING

SELF-DISCIPLINE AND CHARACTER FORMATION

FASTING STRENGTHENS OUR SPIRITUAL MUSCLES AND DEVELOPS THE
DISCIPLINE NEEDED FOR OTHER AREAS OF SPIRITUAL GROWTH.

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BIBLICAL EXAMPLES OF FASTING

MOSES: SEEKING GOD'S PRESENCE

MOSES FASTED FOR 40 DAYS ON MOUNT SINAI WHILE RECEIVING THE
TEN COMMANDMENTS (EXODUS 34:28). HIS FAST WAS ABOUT
COMMUNION WITH GOD AND RECEIVING DIVINE REVELATION.

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BIBLICAL EXAMPLES OF FASTING

DANIEL: SPIRITUAL WARFARE AND UNDERSTANDING

DANIEL FASTED FOR 21 DAYS WHILE SEEKING UNDERSTANDING ABOUT A VISION (DANIEL 10:3). HIS FAST RESULTED IN ANGELIC VISITATION AND PROPHECIC INSIGHT.

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BIBLICAL EXAMPLES OF FASTING

ESTHER: CRISIS AND DELIVERANCE

QUEEN ESTHER CALLED FOR A THREE-DAY FAST BEFORE APPROACHING THE KING TO SAVE HER PEOPLE (ESTHER 4:16). THIS FAST PRECEDED GOD'S MIRACULOUS DELIVERANCE OF THE JEWISH PEOPLE.

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BIBLICAL EXAMPLES OF FASTING

JESUS: PREPARATION FOR MINISTRY

JESUS FASTED FOR 40 DAYS BEFORE BEGINNING HIS PUBLIC MINISTRY
(MATTHEW 4:1-2). HIS FAST WAS PREPARATION FOR THE SPIRITUAL
BATTLES AND MINISTRY AHEAD.

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BIBLICAL EXAMPLES OF FASTING

THE EARLY CHURCH: SEEKING DIRECTION

THE CHURCH IN ANTIOCH FASTED AND PRAYED BEFORE SENDING OUT
PAUL AND BARNABAS AS MISSIONARIES (ACTS 13:2-3). FASTING
ACCOMPANIED MAJOR DECISIONS AND COMMISSIONING.

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ILLUSTRATION |

EASTING:

PASTOR JEREMY

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YOUR 30-DAY FASTING JOURNEY: PRACTICAL IMPLEMENTATION

WEEK 1: FOUNDATION BUILDING (DAYS 1-7)

FOCUS: REGULAR MEAL FASTING

- MONDAY & WEDNESDAY: SKIP LUNCH, SPEND THE TIME IN PRAYER AND SCRIPTURE READING
- FRIDAY: FAST FROM DINNER, USE EVENING FOR WORSHIP AND JOURNALING
- DAILY PRACTICE: BEGIN EACH DAY WITH 10 MINUTES OF PRAYER, ASKING GOD TO PREPARE YOUR HEART

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YOUR 30-DAY FASTING JOURNEY: PRACTICAL IMPLEMENTATION

WEEK 2: EXPANDING THE PRACTICE (DAYS 8-14)

FOCUS: EXTENDED FOOD FASTING + MEDIA FASTING

- MONDAY: 24-HOUR WATER-ONLY FAST (DINNER TO DINNER)
- WEDNESDAY: DAWN-TO-DUSK FAST WITH PRAYER FOCUS ON A SPECIFIC NEED
- ALL WEEK: FAST FROM SOCIAL MEDIA AND ENTERTAINMENT TV
- DAILY PRACTICE: REPLACE SCROLLING TIME WITH SCRIPTURE MEDITATION

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YOUR 30-DAY FASTING JOURNEY: PRACTICAL IMPLEMENTATION

WEEK 3: DEEPENING SPIRITUAL FOCUS (DAYS 15-21)

FOCUS: DANIEL FAST + INTENSIVE PRAYER

- ENTIRE WEEK: DANIEL FAST (VEGETABLES, FRUITS, WATER ONLY - NO MEAT, SWEETS, OR PROCESSED FOODS)
- TUESDAY & THURSDAY: ADD EXTENDED PRAYER TIMES (1-2 HOURS)
- WEEKEND: ATTEND ADDITIONAL WORSHIP SERVICE OR PRAYER GATHERING
- DAILY PRACTICE: JOURNAL GOD'S FAITHFULNESS AND ANSWERED PRAYERS

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YOUR 30-DAY FASTING JOURNEY: PRACTICAL IMPLEMENTATION

WEEK 4: BREAKTHROUGH AND COMPLETION (DAYS 22-30)

FOCUS: CORPORATE FASTING + SPIRITUAL WAREARE

- DAYS 22-24: 3-DAY PARTIAL FAST (BREAKFAST ONLY, PRAYER FOR LUNCH AND DINNER)
- DAYS 25-27: FAST FROM COMPLAINTS AND NEGATIVE SPEECH
- DAYS 28-30: TECHNOLOGY FAST (MINIMAL PHONE/COMPUTER USE)
- DAY 30: CELEBRATION FEAST WITH TESTIMONY SHARING

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TYPES OF FASTING TO IMPLEMENT

1. THE NORMAL FAST (WATER ONLY)

- SKIP 1-3 MEALS, DRINK ONLY WATER
- BEST FOR: BEGINNERS, SPECIFIC PRAYER REQUESTS
- EXAMPLE: SKIP LUNCH ON WEDNESDAYS, SPEND LUNCH HOUR IN PRAYER

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TYPES OF FASTING TO IMPLEMENT

2. THE PARTIAL FAST (LIMITED FOODS)

- ELIMINATE CERTAIN FOODS (SWEETS, MEAT, CAFFEINE)
- CONTINUE FOR DAYS OR WEEKS
- EXAMPLE: DANIEL FAST - ONLY FRUITS, VEGETABLES, AND WATER FOR 7-21 DAYS

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TYPES OF FASTING TO IMPLEMENT

3. THE ABSOLUTE FAST (NO FOOD OR WATER)

- CAUTION: ONLY FOR SHORT PERIODS (MAXIMUM 3 DAYS) WITH MEDICAL CLEARANCE
- FOR EXTREME SPIRITUAL CRISES
- EXAMPLE: ESTHER'S 3-DAY FAST BEFORE APPROACHING THE KING

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4. THE CORPORATE FAST (COMMUNITY FASTING)

- FAST TOGETHER AS A FAMILY, SMALL GROUP, OR CHURCH
- SHARED PURPOSE AND ACCOUNTABILITY
- EXAMPLE: CHURCH-WIDE 30-DAY FAST FOR CLARITY AND DIRECTION

5. THE NON-FOOD FAST (MEDIA/TECHNOLOGY)

- ABSTAIN FROM TV, SOCIAL MEDIA, ENTERTAINMENT
- CREATES SPACE FOR SPIRITUAL ACTIVITIES
- EXAMPLE: SOCIAL MEDIA FAST FOR 30 DAYS, REPLACING SCROLL TIME WITH BIBLE READING

DAILY RHYTHM SUGGESTIONS

MORNING (6:00-7:00 AM)

- BEGIN WITH PRAYER AND SCRIPTURE READING
- DECLARE YOUR FASTING INTENTION FOR THE DAY
- ASK GOD TO USE THIS SACRIFICE FOR HIS GLORY

MIDDAY (12:00-1:00 PM)

- WHEN HUNGER STRIKES, TURN TO PRAYER
- READ DEVOTIONAL OR A PLAN FROM THE BIBLE APP.
- PRAY FOR SPECIFIC NEEDS AND PEOPLE

EVENING (6:00-8:00 PM)

- REFLECT ON GOD'S FAITHFULNESS DURING THE DAY
- JOURNAL INSIGHTS AND SPIRITUAL BREAKTHROUGHS
- END WITH THANKSGIVING AND WORSHIP

HOUSE
OF
GOD

BREAKING YOUR FAST PROPERLY

- AFTER SHORT FASTS (1-3 MEALS): BEGIN WITH LIGHT FOODS LIKE FRUIT OR SOUP
- AFTER EXTENDED FASTS (3+ DAYS): GRADUALLY REINTRODUCE FOODS OVER 24-48 HOURS
- ALWAYS: BREAK YOUR FAST WITH PRAYER AND THANKSGIVING
- CELEBRATE: SHARE TESTIMONIES OF GOD'S FAITHFULNESS DURING YOUR FAST

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REMEMBER: THIS IS YOUR JOURNEY WITH THE LORD

EACH PERSON'S FASTING JOURNEY WILL LOOK DIFFERENT. LISTEN TO THE HOLY SPIRIT'S LEADING, CONSIDER YOUR HEALTH CIRCUMSTANCES, AND REMEMBER THAT THE GOAL IS DEEPER INTIMACY WITH GOD, NOT LEGALISTIC PERFORMANCE. LET THIS 30-DAY JOURNEY TRANSFORM YOUR HEART AND STRENGTHEN YOUR FAITH AS YOU DISCOVER THE POWER OF THIS ANCIENT SPIRITUAL PRACTICE.

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