

# Committing to a Fast

## Prayer for committing to a fast

### Beginning a Fast

#### Introduction

There are different kinds of fasts: a total fast from foods and liquids for a short interval of time; a liquid fast, in which only water may be drunk; a juice fast, which involves drinking water and a given amount of juices at normal mealtimes; a fast from meats, in which only fruits and vegetables may be eaten.

It is important to understand the effects of fasting on the spirit, soul, and body. Before committing to a fast, I encourage you to study the Word of God and to read books that provide important nutritional and other health information. Understanding will help to avoid harm and injury — both physically and spiritually.

Do not flaunt your fast, but do talk with your family and close associates if necessary to let them know what you are doing.

(Personal note: During times of fasting I continue to prepare meals at home for my family.)

#### Prayer

Father, I consecrate this fast to You and set my mind to gain understanding in these matters for which I am concerned. (Write your concerns out and keep them before your eyes. Do not lose sight of the reason for your fast.)

I humble myself before You, Most High God. In accordance with Daniel 10:1-3, I will eat no \_\_\_\_\_ for the period of \_\_\_\_\_.

I obey the words of Jesus by putting on festive clothing, so that no one will suspect that I am fasting.

Father, You know every secret, and I look to You for my reward. I am assured that You hear me when I pray according to Your will, and I know that I shall have the petitions that I desire of You.

Father, I delight myself in You, and You cause my desires to be agreeable with Your will.

I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will not turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your glory, Lord, will be my rear guard.

Father, thank You for cleansing me — spirit, soul, and body. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to You, and my plans will succeed. I thank You that it is You Who give the wise answer of the tongue.

Forever, O Lord, Your Word stands firm in heaven. Your faithfulness extends to every generation, like the earth You created; it endures by Your decree, for everything serves Your plans.

In Jesus' name, amen.

### Ending a Fast

#### Introduction

It is best to break a fast by eating fruit, broth, or a light salad, gradually adding other foods day by day depending upon the length of the fast.

#### Prayer

Father, in the name of Jesus, You are my Light and my Salvation; whom shall I fear? You are the Strength of my life; of whom shall I be afraid?

Father, You have given me the desires of my heart. You have heard and answered my prayers. To You be the glory! Great things You have done!

I rest in You, awaiting the manifestation of all that I required and inquired of You.

I thank You for giving me Your strength to face each day full of sap [of spiritual vitality]. Today I break this fast as You have directed. I thank You for this food because it is consecrated by Your Word and prayer.

In Jesus' name, amen.

#### Scripture References:

Matthew 6:17,18 TLB 1 Thessalonians 5:23

1 John 5:14,15 Proverbs 16:2,3 NIV

Psalms 37:4 Proverbs 16:1

Proverbs 16:3 AMP Psalm 119:89-91 TLB

Isaiah 58:6-8 TLB

Psalms 27:1 Psalm 92:14 AMP

Psalms 37:4 1 Timothy 4:4,5 AMP

Psalms 34:4 AMP