

## 21 Days of Prayer and Fasting Finding the Best Fasting Plan for Me

### What is Fasting?

Throughout history, followers of Jesus have participated in spiritual practice of fasting and prayer. Fasting is the abstaining from certain foods for a period of time to seek God in prayer and reflection. In Matthew chapter four, Jesus spent 40 days alone in the wilderness to fast and pray. During this period he overcame temptation, and God prepared him for his public ministry.

Fasting changes us, not only physically, but spiritually! Fasting heightens our awareness of God's presence and draws us closer to him.

### How do I fast?

First, choose a period of time to observe a fast. It may be a twenty-four hour period, it may be a few days, or a full week. Second, determine which food you will be going without. Some may choose to eat no food and only drink water. Others may choose to remove a delicacy or skip a daily meal, and instead of eating that meal they use that time period to pray.

### What is the Daniel Fast Plan?

The Daniel Plan has its origins in the book of Daniel in the Bible. Daniel dedicated twenty-one days to prayer and fasting in order to seek God and grow his faith:

*In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks. (Daniel 10:2-3)*

For generations, followers of Jesus have followed Daniel's model of eating only fruits and vegetables and avoiding meats and animal products for twenty-one days. For some, this model is sustainable for an extended period of time.

You can find more information about this type of plan by visiting this link:

<https://www.21dayprayer.com/daniel-fast>

## How do I pray during a fast?

You can use the daily prayer guide as a template during your time of fasting. You can also dedicate a specific time of the day to pray. It's also recommended that you listen for God's Spirit and hear what he may be speaking. Times of fasting have a way of sharpening our spiritual listening skills to be more open to his presence.

## Why should I fast?

Fasting is not about trying to impress God with a spiritual discipline. Rather, fasting is an act of humility, which demonstrates our need and dependence on God. In other words, fasting is one way of saying, "God, in this time period, I need you more than I need this particular food."

## What considerations should I make while fasting?

Remember to observe your health and dietary needs. Each person's body and biological needs are different, and you should never observe a type of fast that would jeopardize your health. If you currently see a physician or dietitian for personal health needs, you should consult them before beginning a fasting plan. We all have physical limits, and if you experience any sort of harmful physical effects, you should eat something and contact a doctor, immediately.