



FASTING *for a* SPIRITUAL BREAKTHROUGH

A 10-DAY BIBLE STUDY & PRAYER GUIDE



Introduction

Fasting is a time-honored spiritual discipline that has been practiced by believers for centuries as a means to draw closer to God. Rooted in scriptural foundations, fasting invites us into a deeper relationship with God by creating dedicated time and space for prayer, reflection, and spiritual renewal.

Fasting can be found all throughout Scripture, exemplified by figures such as Moses, David, Daniel, and the Lord Jesus Christ. Jesus' instruction in Matthew 6:16-18 provides a foundation where He emphasizes fasting as a private and sincere form of devotion. This means fasting should be done with humility, not for public recognition but as an intimate act of worship.

Matthew 6:16-18

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

17 But when you fast, put oil on your head and wash your face,

18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

In this 10-day Bible study and prayer guide, you will journey through key biblical passages that reveal the profound impact of fasting when done with sincerity and purpose. In this guide we highlight various aspects of fasting, including its role in humility, guidance, spiritual warfare, repentance, and community. Our hope and prayer is that this guide empowers and inspires you to embrace fasting not merely as an abstention from food but as an important spiritual practice that transforms your heart and mind and helps you grow closer to God.

Types of Fasting

Understanding the various types of fasting can help you choose the best practice for your spiritual and physical needs. Here are some common types of fasting, along with practical examples, particularly focusing on partial and intermittent fasts.

1 - Partial Fasts

Partial fasting involves restricting certain types of food or meals rather than abstaining entirely. This type of fast can be more accessible for those who are new to fasting or have dietary or health considerations.

Examples of Partial Fasts

- **Daniel Fast:** Based on the diet Daniel followed in the Old Testament, this involves abstaining from meat, dairy, and sweets while consuming fruits, vegetables, whole grains, and water. It's a popular choice for those seeking a plant-based fast over a set period, such as 10 or 21 days.
- **Juice Fast:** During this fast, you consume natural fruit and vegetable juices while abstaining from solid foods.

This allows for nutrient intake while maintaining the focus on spiritual disciplines.

- **Meal-Specific Fast:** Some may choose to skip one or two meals a day, such as breakfast and lunch, and consume a simple dinner. This can be particularly meaningful when time from those missed meals is dedicated to prayer and meditation.

2- Intermittent Fasts

Intermittent fasting is structured as cycles between fasting and eating periods. It focuses more on the timing of meals rather than the types of food eaten.

Examples of Intermittent Fasts:

- **16/8 Method:** Fast for 16 hours a day and limit eating to an 8-hour window. For instance, eating is restricted between 12 p.m. and 8 p.m., allowing time in the morning for prayer and study.
- **5:2 Method:** Eat normally five days a week and reduce calorie intake on the two remaining days. The "fast" days aren't complete abstinence but involve consuming a smaller number of calories, often focused on simple foods.

- **Alternate Day Fasting:** This involves rotating between regular eating one day and fasting the next. On fasting days, a reduced calorie intake or a simple diet is followed.

When deciding which type of fasting to practice, consider your personal health, lifestyle, and spiritual goals. Start with a type that feels sustainable and leads you into deeper prayer and focus on God. It's important to seek guidance through prayer and possibly consult with a healthcare provider, especially if you have underlying health conditions. Remember, the heart of fasting is not just about physical abstinence but nurturing a spiritual connection with God.

Preparation - The Key to Success

Preparing for a fast is as important as the fast itself, as it sets the groundwork for meaningful spiritual growth and closeness with God. Take some time to prepare and engage in thoughtful self-reflection:

1- Spiritual Preparation

Begin with prayer, seeking God's guidance and aligning your heart with His will. Fasting is a spiritual journey, so setting your intentions and inviting God's presence is crucial.

Thought-Provoking Questions:

- **Why Do I Want to Fast?**

- Reflect on your motivations. Are you seeking spiritual growth, repentance, guidance, or breakthrough?

Clearly identifying your "why" will help focus your fast.

- **What Do I Hope to Achieve?**

- Consider what you hope to gain spiritually from this experience. Are you looking for clarity, healing, or a closer relationship with God?

- **Are There Any Personal Challenges or Struggles I Need to Address?**

- Acknowledge any current spiritual or emotional battles. Fasting can act as a catalyst for confronting these issues with God's help.

2- Physical Preparation

Adjusting your diet before starting a fast can minimize discomfort and allow your body to transition smoothly.

Practical Steps:

- **Gradual Reduction:** Start reducing caffeine, sugar, and processed foods a few days before the fast. This helps minimize withdrawal symptoms and prepares your body for more profound changes.
- **Hydration:** Increase water intake before the fast to ensure your body is well-hydrated.
- **Nutrient-Rich Foods:** Consume nutrient-dense meals rich in fruits, vegetables, and whole grains prior to fasting, which can support stamina and energy levels.

3- Emotional and Mental Preparation

Reflect on your mental readiness and emotional state, preparing to face any challenges that might arise during the fast.

Reflective Questions:

- **Am I Prepared to Face Discomfort?**

- Fasting involves physical, emotional, and spiritual challenges. Are you ready to embrace these in order to grow closer to God?
- **How Will I Handle Temptations or Distractions?**
 - Consider strategies for overcoming cravings or disruptions, such as dedicating time for prayer and reading Scripture at moments of weakness.
- **What Support System Do I Have in Place?**
 - Identify friends or fellow believers who can provide encouragement and accountability during your fast.

4- Setting Intentions and Goals

Clarify your objectives and create a plan for spiritual engagement.

Thoughtful Planning:

- **Scripture and Prayer Focus:** Choose specific scriptures to meditate on and prayers to guide you daily, aligning with your fasting goals.
- **Time Commitment:** Decide how much time you'll dedicate to prayer, meditation, and reflection each day, finding times that work within your daily schedule.

- **Journal Your Journey:** Keep a journal where you can document your thoughts, prayers, and any revelations you receive. Writing can deepen reflection and serve as a record of growth.

By preparing your heart, mind, and body, and asking thoughtful questions, you set yourself up for a meaningful and powerful time with God. This kind of preparation helps you stay focused on what God is doing in your life, making your fasting journey more fulfilling and impactful.

A Prayer to Begin

Loving Father, as I embark on this 10-day journey of fasting and prayer, prepare my heart and mind to receive the truths You wish to impart. Grant me the courage and commitment to pursue this discipline with sincerity, humility, and a desire for spiritual growth. Open my eyes and ears to Your voice, guiding me towards greater intimacy with You. Let this time be filled with Your presence, filling me with wisdom and grace. Enable me to apply what I learn, inspiring others through the transformation You bring in my life. In Jesus' name, I pray. Amen.

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A 10-Day Journey

Day 1: Seeking God And Aligning To His Will

- **Scripture:** Matthew 6:16-18
- **Focus:** Understanding the purpose and importance of fasting in a biblical context.
- **Prayer:** Ask God to prepare your heart for this journey.
- **Podcast:** [What is Fasting by Pastor Jeff Johnson](#)

Day 2: Fasting as an Act of Humility

- **Scripture:** Ezra 8:21-23
- **Focus:** Discover how fasting humbles us and puts our dependence on God.
- **Prayer:** Pray for humility in your fasting journey.
- **Podcast:** [Fasting: What Works, What Doesn't And Why by Pastor Shane Idleman](#)

Day 3: Fasting for Guidance

- **Scripture:** Acts 13:2-3
- **Focus:** Seeking God's direction and guidance through fasting.

- **Prayer:** Ask God for wisdom and guidance in decisions.
- **Podcast:** [Fasting: A Hunger for God by Pastor Chad Roberts](#)

Day 4: Fasting and Praying for Deliverance

- **Scripture:** Isaiah 58:6
- **Focus:** Understanding fasting as a powerful tool for breaking spiritual strongholds.
- **Prayer:** Pray for freedom and deliverance from any bondage.
- **Podcast:** [The Powerful Practice of Fasting by Dr. Charles Stanley](#)

Day 5: Fasting as Spiritual Warfare

- **Scripture:** Matthew 9:14-15
- **Focus:** How fasting strengthens our spiritual battles.
- **Prayer:** Seek strength from God for spiritual battles.
- **Podcast:** [It's Time to Fast by Scott Pauley](#)

Day 6: Fasting for Repentance

- **Scripture:** Jonah 3:5-10
- **Focus:** Exploring the relationship between fasting and repentance.
- **Prayer:** Confess and turn from sins, seeking God's forgiveness.
- **Podcast:** [What About Fasting? By Steve Brown](#)

Day 7: Fasting with a Heart of Thanksgiving

- **Scripture:** Nehemiah 9:1-3
- **Focus:** Fasting as a time of reflection and gratitude.
- **Prayer:** Thank God for His goodness and mercy.
- **Podcast:** [How to Live by Pastor John Randall](#)

Day 8: Fasting and Grace

- **Scripture:** 2 Corinthians 12:9
- **Focus:** Relying on God's grace during fasting.
- **Prayer:** Seek God's grace and strength in your weaknesses.
- **Podcast:** [Surprise Surprise Surprise by Richard Ellis](#)

Day 9: Fasting with Faith

- **Scripture:** Hebrews 11:6
- **Focus:** Fasting while embracing faith in God's promises.
- **Prayer:** Pray for a deeper faith and trust in God.
- **Podcast:** [Desperate Praying by Pastor Philip Miller](#)

Day 10: Conclusion and Commitment

- **Scripture:** Romans 12:1-2
- **Focus:** Committing your body and life to God as a living sacrifice.
- **Prayer:** Ask for continual strength and dedication to live a spiritually enriched life.
- **Podcast:** [Change Your Thoughts, Change Your Life by Pastor Jack Graham](#)

Bible verses are in NIV and were obtained from [Bible Study Tools](#).

Day 1: Seeking God And Aligning To His Will

Overview

Fasting, as described in Matthew 6:16-18, is a powerful spiritual discipline that the Lord Jesus teaches us to practice with sincerity and humility. On this first day, we focus on understanding fasting not as a mere physical act of abstaining from food, but as a profound spiritual exercise designed to draw us closer to God. Fasting is meant to be done privately, with the right intentions, and for the purpose of communion with God. Today, reflect on the purpose and significance of fasting in your spiritual journey, and commit to this practice with a heart willing to seek God's face and align with His will.

Scripture - Matthew 6

Giving to the Needy

1 “Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

2 “So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full.

3 But when you give to the needy, do not let your left hand know what your right hand is doing,

4 so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

Prayer

5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.

6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

8 Do not be like them, for your Father knows what you need before you ask him.

- 9** “This, then, is how you should pray: “ ‘Our Father in heaven, hallowed be your name,
10 your kingdom come, your will be done, on earth as it is in heaven.
11 Give us today our daily bread.
12 And forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, but deliver us from the evil one. ’
14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you.
15 But if you do not forgive others their sins, your Father will not forgive your sins.

Fasting

- 16** “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.
17 But when you fast, put oil on your head and wash your face,

18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Treasures in Heaven

19 “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal.

20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.

21 For where your treasure is, there your heart will be also.

22 “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.

23 But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

24 “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Do Not Worry

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

27 Can any one of you by worrying add a single hour to your life ?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For the pagans run after all these things, and your heavenly Father knows that you need them.

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Prayer

Heavenly Father, as I begin this journey of fasting, open my heart to understand Your teachings. Help me approach this discipline with sincerity and humility, seeking to know You more deeply. Grant me the strength and grace to focus on You, not just on what I abstain from. Let this time be filled with Your presence, drawing me closer to Your heart. May I be transformed by Your Spirit, gaining insight and wisdom. In Jesus' name, I pray. Amen.

Podcast of the Day

Listen to [*What is Fasting by Pastor Jeff Johnson*](#) as he expands on Matthew 6:16-18 and teaches on fasting, giving and praying. Listen in as Pastor Jeff explores the benefits of fasting, including: spiritual clarity, humility and purification that comes from surrendering our desires and passions to God.

Listen in for the following takeaways:

1. **Start small:** If you're new to fasting, begin with a short fast, like skipping a meal or fasting for 12 hours, and gradually increase your duration as you become more comfortable with the practice.
2. **Set a purpose:** Before fasting, define a specific purpose or prayer request, and focus on that during your fasting period.
3. **Fasting is not just about food:** Remember that fasting is about surrendering your desires and distractions to God, so consider fasting from social media, TV, or other things that consume your time and attention.
4. **Combine fasting with prayer and meditation:** Use your fasting time to pray, read Scripture, and meditate on God's word, allowing His truth to nourish your spirit.
5. **Make fasting a habit:** Incorporate fasting into your spiritual routine, just as you would prayer and Bible reading, to cultivate a deeper relationship with God.
6. **Be flexible:** Don't be too hard on yourself if you fail or struggle with fasting. Instead, learn from your experiences and adapt your approach as needed.

7. **Seek community support:** Consider fasting with a friend or small group to encourage and support one another in this spiritual discipline.

Day 2: Fasting as an Act of Humility

Overview

In Ezra 8:21-23, we learn that fasting is an act of humbling ourselves before God, recognizing our need for His guidance and protection. As the Israelites prepared for a perilous journey, they fasted and prayed for a safe passage, acknowledging their reliance on God. Today, focus on how fasting can be a declaration of our dependence on God, putting aside self-sufficiency and turning towards divine help. It is a reminder of our limitations and God's infinite power. As you meditate on this scripture, let humility be the foundation of your fasting, allowing God to work within your heart.

Scripture Ezra 8:15-36

15 I assembled them at the canal that flows toward Ahava, and we camped there three days. When I checked among the people and the priests, I found no Levites there.

16 So I summoned Eliezer, Ariel, Shemaiah, Elnathan, Jarib, Elnathan, Nathan, Zechariah and Meshullam, who

were leaders, and Joiarib and Elnathan, who were men of learning,

17 and I ordered them to go to Iddo, the leader in Kasiphia. I told them what to say to Iddo and his fellow Levites, the temple servants in Kasiphia, so that they might bring attendants to us for the house of our God.

18 Because the gracious hand of our God was on us, they brought us Sherebiah, a capable man, from the descendants of Mahli son of Levi, the son of Israel, and Sherebiah's sons and brothers, 18 in all;

19 and Hashabiah, together with Jeshaiiah from the descendants of Merari, and his brothers and nephews, 20 in all.

20 They also brought 220 of the temple servants—a body that David and the officials had established to assist the Levites. All were registered by name.

21 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.

22 I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road,

because we had told the king, “The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him.”

23 So we fasted and petitioned our God about this, and he answered our prayer.

24 Then I set apart twelve of the leading priests, namely, Sherebiah, Hashabiah and ten of their brothers,

25 and I weighed out to them the offering of silver and gold and the articles that the king, his advisers, his officials and all Israel present there had donated for the house of our God.

26 I weighed out to them 650 talents of silver, silver articles weighing 100 talents, 100 talents of gold,

27 20 bowls of gold valued at 1,000 darics, and two fine articles of polished bronze, as precious as gold.

28 I said to them, “You as well as these articles are consecrated to the LORD. The silver and gold are a freewill offering to the LORD, the God of your ancestors.

29 Guard them carefully until you weigh them out in the chambers of the house of the LORD in Jerusalem before the leading priests and the Levites and the family heads of Israel.”

30 Then the priests and Levites received the silver and gold and sacred articles that had been weighed out to be taken to the house of our God in Jerusalem.

31 On the twelfth day of the first month we set out from the Ahava Canal to go to Jerusalem. The hand of our God was on us, and he protected us from enemies and bandits along the way.

32 So we arrived in Jerusalem, where we rested three days.

33 On the fourth day, in the house of our God, we weighed out the silver and gold and the sacred articles into the hands of Meremoth son of Uriah, the priest. Eleazar son of Phinehas was with him, and so were the Levites Jozabad son of Jeshua and Noadiah son of Binnui.

34 Everything was accounted for by number and weight, and the entire weight was recorded at that time.

35 Then the exiles who had returned from captivity sacrificed burnt offerings to the God of Israel: twelve bulls for all Israel, ninety-six rams, seventy-seven male lambs and, as a sin offering, twelve male goats. All this was a burnt offering to the LORD.

36 They also delivered the king's orders to the royal satraps and to the governors of Trans-Euphrates, who then gave assistance to the people and to the house of God.

Prayer

Lord Almighty, I come before You seeking humility in my life. I recognize that without You, I can do nothing. Through fasting, teach me to rely on Your strength and wisdom. Reveal areas where pride has taken root, and help me to surrender all control to You. As I humble myself, let Your guidance lead my steps, Your understanding fill my mind, and Your love surround my spirit. Make me a reflection of Your grace to others, living a life that honors and glorifies You. In Jesus' precious name, I humbly pray. Amen.

Podcast of the Day

Listen to [*Fasting: What Works, What Doesn't And Why by Pastor Shane Idleman*](#) as he teaches us that we all face seasons of spiritual dryness, complacency, or even rebellion, but God is always willing to help us regain the ground we've lost.

The sermon is based on 2 Kings 13:14-25, which tells the story of King Jehoash, who was instructed by the prophet Elisha to strike the ground with an arrow to symbolize the defeat of their enemies. However, Jehoash only struck the ground three times, and as a result, the Israelites only gained limited victory. This story helps to illustrate the importance of fully following God's instructions and persevering in our spiritual journeys.

Listen in for the following takeaways

- 1. Acknowledge and confess:** Recognize when you've lost ground spiritually and confess your sins and shortcomings to God.
- 2. Repent and return:** Make a conscious decision to turn back to God and recommit to your relationship with Him.
- 3. Re-prioritize your life:** Re-evaluate your priorities and make time for spiritual disciplines like prayer, Bible reading, and fellowship with other believers.
- 4. Don't settle for partial victory:** Don't be content with limited spiritual growth or victory; instead, strive for complete surrender and obedience to God's will.

5. Persevere in the process: Regaining lost ground takes time, effort, and perseverance. Don't give up, even when the journey gets tough or progress seems slow.

6. Seek accountability and support: Surround yourself with people who will encourage and support you in your spiritual journey, just as Elisha supported King Jehoshaphat.

7. Celebrate small victories: Acknowledge and celebrate small wins along the way, as these can help motivate you to continue pressing forward.

8. Focus on obedience, not performance: Remember that regaining lost ground is not about achieving a certain level of spiritual performance, but about obedience to God's will and pursuing a deeper relationship with Him.

9. Practice self-reflection and evaluation: Regularly examine your heart and life to identify areas where you may be losing ground and make adjustments as needed.

10. Keep your eyes on God: Stay focused on God's character, promises, and faithfulness, rather than your own strengths or weaknesses, to maintain the motivation and confidence to regain lost ground.

Day 3: Fasting for Guidance

Overview

Acts 13:2-3 presents fasting as a way to seek divine guidance. The early church fasted and prayed before making significant decisions, such as sending out Barnabas and Saul for their mission work. Fasting sharpens our spiritual senses, making us more receptive to God's voice and leading. Today, consider your own decisions and the areas where you need God's direction. As you dedicate time to fasting, approach God with an open heart and a listening spirit. Trust that He will speak and guide you in His perfect timing and wisdom. Embrace the clarity and direction that comes from prayerful fasting.

Scripture - Acts 13:1-12

Barnabas and Saul Sent Off

1 Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul.

2 While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

3 So after they had fasted and prayed, they placed their hands on them and sent them off.

On Cyprus

4 The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus.

5 When they arrived at Salamis, they proclaimed the word of God in the Jewish synagogues. John was with them as their helper.

6 They traveled through the whole island until they came to Paphos. There they met a Jewish sorcerer and false prophet named Bar-Jesus,

7 who was an attendant of the proconsul, Sergius Paulus. The proconsul, an intelligent man, sent for Barnabas and Saul because he wanted to hear the word of God.

8 But Elymas the sorcerer (for that is what his name means) opposed them and tried to turn the proconsul from the faith.

9 Then Saul, who was also called Paul, filled with the Holy Spirit, looked straight at Elymas and said,

10 “You are a child of the devil and an enemy of everything that is right! You are full of all kinds of deceit and trickery. Will you never stop perverting the right ways of the Lord?

11 Now the hand of the Lord is against you. You are going to be blind for a time, not even able to see the light of the sun.” Immediately mist and darkness came over him, and he groped about, seeking someone to lead him by the hand.

12 When the proconsul saw what had happened, he believed, for he was amazed at the teaching about the Lord.

Prayer

Gracious Lord, I seek Your guidance and wisdom in my life. As I fast, quiet my heart to hear Your voice and discern Your will. Illuminate the path You want me to take, and give me courage to follow where You lead. In decision-making, let Your wisdom guide me, and Your peace assure me. Remove confusion, replacing it with clarity and purpose. Thank You for being my guide, my counselor, and my

refuge. I trust in Your perfect plan and timing. In faith and obedience, I offer my prayer, in the name of Jesus. Amen.

Podcast of the Day

Listen to [*Fasting: A Hunger for God by Pastor Chad Roberts*](#), which highlights the radical change that occurs when we come to know Christ. Pastor Roberts focuses on the phrase "But God..." (Ephesians 2:4) as a turning point in the message, emphasizing that God's grace intervenes in our lives, rescuing us from spiritual death and enabling us to live a new life in Christ.

Here are some takeaways to listen for:

- 1. Recognize your spiritual poverty:** Acknowledge your need for God's grace, recognizing that you are spiritually bankrupt and unable to save yourself.
- 2. Embrace the "But God..." moment:** Identify the turning points in your life where God's grace intervened, and celebrate His work in your life!
- 3. Understand the depth of your depravity:** Recognize the gravity of your sin and the depth of your need for God's

grace, rather than downplaying or minimizing your mistakes.

4. Marvel at God's riches: Focus on the immense riches of God's grace, which are freely given to you in Christ, rather than trying to earn or deserve them.

5. Live as a beneficiary of grace: As a recipient of God's grace, live a life that reflects your new identity in Christ, characterized by humility, gratitude, and generosity.

6. Don't let shame hold you back: Don't let past mistakes or failures define you; instead, remember that God's grace has freed you from shame and guilt, and live in the light of His forgiveness.

7. Celebrate the "in Christ" life: Emphasize the reality of your new life in Christ, where you are seated with Him in the heavenly realms and have access to His power and wisdom.

8. Practice gratitude and praise: Develop a habit of thanksgiving and praise, acknowledging God's grace and provision in your life.

9. Remember your true identity: As a child of God, remember that your identity is secure in Christ, and live

accordingly, rather than seeking validation from others or your circumstances.

10. Share the gospel with others: As a beneficiary of God's grace, share the Good News of Christ with others, that they too might experience the life-changing power of His grace.

Day 4: Fasting and Praying for Deliverance

Overview

Isaiah 58:6 describes fasting as a spiritual tool for breaking the chains of injustice and oppression. It is not merely about abstaining from food but involves loosening the bonds of wickedness and setting the oppressed free. Today, focus on the power of fasting to bring about deliverance in your own life or the lives of others. Reflect on any areas where you feel trapped or bound and seek freedom through fasting and prayer. Trust that God desires to release you from burdens and curses, allowing you to live with fullness and freedom as He intended.

Scripture - Isaiah 58

True Fasting

1 “Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins.

2 For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is

right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.

3 ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers.

4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

6 “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.

9 Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk,

10 and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

11 The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

12 Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

13 “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and

if you honor it by not going your own way and not doing as you please or speaking idle words,

[14](#) then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the LORD has spoken.

Prayer

Mighty God, I lift up my prayers for deliverance today. In my fasting, reveal to me the chains that bind me, whether spiritual, emotional, or physical. Break every stronghold that prevents my freedom and peace. Let Your power liberate me from any bondage, filling me with hope and joy. Replace my burdens with Your yoke of grace and love. Help me to walk in the freedom You have promised. Use my life as a testimony of Your mighty deliverance, that others may know Your power and love. In Jesus' powerful name, I pray. Amen.

Podcast of the Day

Listen in to [*The Powerful Practice of Fasting by Dr. Charles Stanley*](#) as he emphasizes the importance of

God's Word in our lives, highlighting its power to transform, guide, and strengthen us. Dr. Stanley focuses on Hebrews 4:12, which describes the Word of God as living, active, and sharper than any two-edged sword.

Listen in as Dr. Stanley teaches us about the characteristics of God's Word, including its:

- 1. Life-giving power:** The Bible has the power to bring new life, hope, and purpose to those who receive it.
- 2. Piercing conviction:** God's Word can convict us of sin, revealing our true nature and need for redemption.
- 3. Discerning guidance:** The Bible provides wisdom, guidance, and direction for our lives, helping us distinguish between right and wrong.

Day 5: Fasting as Spiritual Warfare

Overview

In Matthew 9:14-15, the disciples of John the Baptist approach Jesus with a question about fasting. They ask why they and the Pharisees often fast, but Jesus' disciples do not. Jesus responds with an analogy of a wedding feast, likening His presence among His disciples to the presence of a bridegroom with his friends. He explains that fasting—a practice often associated with mourning or repentance—is inappropriate while the bridegroom is present. However, He adds that the time will come when the bridegroom will be taken away from them, and then fasting will be appropriate. This response highlights the unique nature of Jesus' ministry and the joyful intimacy of being in His presence. It also foreshadows His eventual departure, pointing to His crucifixion and ascension.

Scripture - Matthew 9

Jesus Forgives and Heals a Paralyzed Man

1 Jesus stepped into a boat, crossed over and came to his own town.

2 Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, “Take heart, son; your sins are forgiven.”

3 At this, some of the teachers of the law said to themselves, “This fellow is blaspheming!”

4 Knowing their thoughts, Jesus said, “Why do you entertain evil thoughts in your hearts?”

5 Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk’?

6 But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the paralyzed man, “Get up, take your mat and go home.”

7 Then the man got up and went home.

8 When the crowd saw this, they were filled with awe; and they praised God, who had given such authority to man.

The Calling of Matthew

9 As Jesus went on from there, he saw a man named Matthew sitting at the tax collector’s booth. “Follow me,” he told him, and Matthew got up and followed him.

10 While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples.

11 When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?"

12 On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick.

13 But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners."

Jesus Questioned About Fasting

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

16 “No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse.

17 Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.”

Jesus Raises a Dead Girl and Heals a Sick Woman

18 While he was saying this, a synagogue leader came and knelt before him and said, “My daughter has just died. But come and put your hand on her, and she will live.”

19 Jesus got up and went with him, and so did his disciples.

20 Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak.

21 She said to herself, “If I only touch his cloak, I will be healed.”

22 Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed at that moment.

23 When Jesus entered the synagogue leader's house and saw the noisy crowd and people playing pipes,

24 he said, "Go away. The girl is not dead but asleep." But they laughed at him.

25 After the crowd had been put outside, he went in and took the girl by the hand, and she got up.

26 News of this spread through all that region.

Jesus Heals the Blind and the Mute

27 As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!"

28 When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied.

29 Then he touched their eyes and said, "According to your faith let it be done to you";

30 and their sight was restored. Jesus warned them sternly, "See that no one knows about this."

31 But they went out and spread the news about him all over that region.

32 While they were going out, a man who was demon-possessed and could not talk was brought to Jesus.

33 And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, “Nothing like this has ever been seen in Israel.”

34 But the Pharisees said, “It is by the prince of demons that he drives out demons.”

The Workers Are Few

35 Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.

36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

37 Then he said to his disciples, “The harvest is plentiful but the workers are few.

38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

Prayer

Sovereign Lord, equip me for the spiritual battles I face. As I fast, strengthen my faith and renew my courage to stand firm against the forces of darkness. Open my eyes to the spiritual realities around me, and fill me with Your Spirit's power. Let Your truth be my shield and Your peace my guide. Teach me to wield the weapons of prayer and fasting with wisdom and assurance, trusting in Your ultimate victory. Guard my heart and mind in Christ, and lead me to triumph for Your glory. In Jesus' mighty name, I pray. Amen.

Podcast of the Day

Listen to [*It's Time to Fast by Scott Pauley*](#) as he teaches on the key principles found in Matthew 9:14-15:

1. **Context of Fasting:** Fasting is a time for prayerful devotion to commune with God; to humble our souls before God and concentrate wholly upon Him.
2. **Joy in Christ's Presence:** Seek Jesus and intimately connect with Him through fasting as we wait for His return.

3. **Foreshadowing the Cross:** In Matthew 9:14-15, Jesus hints at His suffering and departure, reminding us of His redemptive mission.
4. **Enjoying Fasting for Spiritual Growth:** The discipline of fasting leads to the joy of fasting.

Day 6: Fasting for Repentance

Overview

Jonah 3:5-10 illustrates the profound impact of fasting and repentance. When the people of Nineveh heard Jonah's message, they fasted and repented, turning away from their evil ways. This act moved God to extend His mercy and withhold judgment. Reflect on the connection between fasting and genuine repentance in your own life. Fasting creates a space for self-examination and renewal, encouraging you to confess sins and turn back to God. Today, focus on areas where repentance is needed, knowing that God is faithful and just to forgive and cleanse you from unrighteousness as you seek His grace.

Scripture - Jonah 3

Jonah Goes to Nineveh

1 Then the word of the LORD came to Jonah a second time:

2 “Go to the great city of Nineveh and proclaim to it the message I give you.”

3 Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it.

4 Jonah began by going a day's journey into the city, proclaiming, "Forty more days and Nineveh will be overthrown."

5 The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

6 When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust.

7 This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink.

8 But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence.

9 Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish."

10 When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

Prayer

Merciful Father, I come before You with a contrite heart. Through fasting, show me the areas in my life where I need to change and repent. Forgive me for my sins, and cleanse my heart from all unrighteousness. Restore to me the joy of Your salvation, and renew a right spirit within me. Lead me away from paths of sin, and guide me into Your truth. Let my life reflect Your grace and forgiveness. Thank You for Your patience and love. I commit to walking in Your ways, with gratitude and humility. In Jesus' name, Amen.

Podcast of the Day

Listen to [*What About Fasting? By Steve Brown*](#) as he teaches that fasting is not about earning brownie points with God or trying to manipulate Him, but rather about Surrendering to God's will and allowing Him to work in our lives. Fasting is a way to silence the noise of the world, quiet our souls, and tune in to God's voice.

Listen in for a fresh perspective on fasting, such as:

1. **Fasting is about surrender, not sacrifice:** Fasting is not about giving up food or other earthly comforts, but about surrendering our desires and will to God. Recognize that fasting is an act of surrender, and approach it with a humble and willing heart.
2. **Fasting helps you identify and break patterns of idolatry:** Fasting can reveal the things we've made idols in our lives, such as food, social media, or other distractions. Use fasting as an opportunity to identify and break free from these patterns, and instead, focus on God.
3. **Fasting increases spiritual hunger:** When we fast, we create space for God to move in our lives. As we deny our physical hunger, we can increase our spiritual hunger for God, His Word, and His presence.
4. **Fasting can lead to spiritual breakthroughs:** Through fasting, you can experience spiritual breakthroughs, such as a deeper understanding of God's character, increased faith, and a greater sense of peace and clarity.

Day 7: Fasting with a Heart of Thanksgiving

Overview

Nehemiah 9:1-3 gives a picture of fasting combined with giving thanks. As the Israelites gathered, they recounted God's faithfulness while confessing their sins. Fasting isn't just a time for petitions but also a powerful expression of gratitude for God's blessings. Today, let your fasting be tempered with thanksgiving as you reflect on God's goodness in your life. Consider the many ways God has been faithful, even during challenging times. By focusing on gratitude, you align your heart with God's desires and open yourself up to His continued provision and grace.

Scripture - Nehemiah 9

The Israelites Confess Their Sins

1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads.

2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors.

3 They stood where they were and read from the Book of the Law of the LORD their God for a quarter of the day, and spent another quarter in confession and in worshipping the LORD their God.

4 Standing on the stairs of the Levites were Jeshua, Bani, Kadmiel, Shebaniah, Bunni, Sherebiah, Bani and Kenani. They cried out with loud voices to the LORD their God.

5 And the Levites—Jeshua, Kadmiel, Bani, Hashabneiah, Sherebiah, Hodiah, Shebaniah and Pethahiah—said: “Stand up and praise the LORD your God, who is from everlasting to everlasting. ” “Blessed be your glorious name, and may it be exalted above all blessing and praise.

6 You alone are the LORD. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you.

7 “You are the LORD God, who chose Abram and brought him out of Ur of the Chaldeans and named him Abraham.

8 You found his heart faithful to you, and you made a covenant with him to give to his descendants the land of the Canaanites, Hittites, Amorites, Perizzites, Jebusites and Girgashites. You have kept your promise because you are righteous.

9 “You saw the suffering of our ancestors in Egypt; you heard their cry at the Red Sea.

10 You sent signs and wonders against Pharaoh, against all his officials and all the people of his land, for you knew how arrogantly the Egyptians treated them. You made a name for yourself, which remains to this day.

11 You divided the sea before them, so that they passed through it on dry ground, but you hurled their pursuers into the depths, like a stone into mighty waters.

12 By day you led them with a pillar of cloud, and by night with a pillar of fire to give them light on the way they were to take.

13 “You came down on Mount Sinai; you spoke to them from heaven. You gave them regulations and laws that are just and right, and decrees and commands that are good.

14 You made known to them your holy Sabbath and gave them commands, decrees and laws through your servant Moses.

15 In their hunger you gave them bread from heaven and in their thirst you brought them water from the rock; you told them to go in and take possession of the land you had sworn with uplifted hand to give them.

16 “But they, our ancestors, became arrogant and stiff-necked, and they did not obey your commands.

17 They refused to listen and failed to remember the miracles you performed among them. They became stiff-necked and in their rebellion appointed a leader in order to return to their slavery. But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love. Therefore you did not desert them,

18 even when they cast for themselves an image of a calf and said, ‘This is your god, who brought you up out of Egypt,’ or when they committed awful blasphemies.

19 “Because of your great compassion you did not abandon them in the wilderness. By day the pillar of cloud did not fail to guide them on their path, nor the pillar of fire by night to shine on the way they were to take.

20 You gave your good Spirit to instruct them. You did not withhold your manna from their mouths, and you gave them water for their thirst.

21 For forty years you sustained them in the wilderness; they lacked nothing, their clothes did not wear out nor did their feet become swollen.

22 “You gave them kingdoms and nations, allotting to them even the remotest frontiers. They took over the country of Sihon king of Heshbon and the country of Og king of Bashan.

23 You made their children as numerous as the stars in the sky, and you brought them into the land that you told their parents to enter and possess.

24 Their children went in and took possession of the land. You subdued before them the Canaanites, who lived in the land; you gave the Canaanites into their hands, along with their kings and the peoples of the land, to deal with them as they pleased.

25 They captured fortified cities and fertile land; they took possession of houses filled with all kinds of good things, wells already dug, vineyards, olive groves and fruit trees in

abundance. They ate to the full and were well-nourished; they reveled in your great goodness.

26 “But they were disobedient and rebelled against you; they turned their backs on your law. They killed your prophets, who had warned them in order to turn them back to you; they committed awful blasphemies.

27 So you delivered them into the hands of their enemies, who oppressed them. But when they were oppressed they cried out to you. From heaven you heard them, and in your great compassion you gave them deliverers, who rescued them from the hand of their enemies.

28 “But as soon as they were at rest, they again did what was evil in your sight. Then you abandoned them to the hand of their enemies so that they ruled over them. And when they cried out to you again, you heard from heaven, and in your compassion you delivered them time after time.

29 “You warned them in order to turn them back to your law, but they became arrogant and disobeyed your commands. They sinned against your ordinances, of which you said, ‘The person who obeys them will live by them.’ Stubbornly they turned their backs on you, became stiff-necked and refused to listen.

30 For many years you were patient with them. By your Spirit you warned them through your prophets. Yet they paid no attention, so you gave them into the hands of the neighboring peoples.

31 But in your great mercy you did not put an end to them or abandon them, for you are a gracious and merciful God.

32 “Now therefore, our God, the great God, mighty and awesome, who keeps his covenant of love, do not let all this hardship seem trifling in your eyes—the hardship that has come on us, on our kings and leaders, on our priests and prophets, on our ancestors and all your people, from the days of the kings of Assyria until today.

33 In all that has happened to us, you have remained righteous; you have acted faithfully, while we acted wickedly.

34 Our kings, our leaders, our priests and our ancestors did not follow your law; they did not pay attention to your commands or the statutes you warned them to keep.

35 Even while they were in their kingdom, enjoying your great goodness to them in the spacious and fertile land you gave them, they did not serve you or turn from their evil ways.

36 “But see, we are slaves today, slaves in the land you gave our ancestors so they could eat its fruit and the other good things it produces.

37 Because of our sins, its abundant harvest goes to the kings you have placed over us. They rule over our bodies and our cattle as they please. We are in great distress.

38 “In view of all this, we are making a binding agreement, putting it in writing, and our leaders, our Levites and our priests are affixing their seals to it.”

Prayer

Faithful God, thank You for Your constant love and mercy in my life. As I fast, fill my heart with gratitude for all You have done. Let every moment be a reminder of Your blessings and faithfulness. Teach me to appreciate both the big and small gifts, seeing Your hand in every detail. May my gratitude be a testimony to Your goodness, drawing others to recognize Your love. Transform my heart to seek You with thanksgiving in all circumstances, trusting in Your perfect plan. I give You praise and thanks, in Jesus' name. Amen.

Podcast of the Day

Today's podcast is called [*How to Live by Pastor John Randall*](#). Fasting is presented as a means to quiet our souls, refocus our attention on God, and express gratitude for His presence and provision in our lives. By embracing fasting with a thankful heart, Pastor John Randall teaches us how we can experience a deeper connection with God and discover the joy of living a life surrendered to Him.

Listen in for the following takeaways:

1. **Recognize God's provision in the midst of scarcity:** When you fast, acknowledge God's presence and provision, even in the midst of physical or emotional scarcity. This helps to shift your focus from what you lack to what you already have in Christ.
2. **Silence your soul to hear God's whisper:** Fasting creates space for God to speak into your life. As you quiet your soul, listen for God's whisper and express gratitude for His guidance and direction.
3. **Exchange your anxiety for thanksgiving:** When fears and worries arise, fast and pray, exchanging your

anxiety for thanksgiving. Focus on God's character and promises, and let gratitude fill your heart.

4. **Fast to remember God's faithfulness:** Use fasting as an opportunity to reflect on God's faithfulness in your life. Remember His past provisions, miracles, and blessings, and rejoice in gratitude for His continued presence and guidance.
5. **Pray with thanksgiving, not just petition:** When you fast, be sure to incorporate thanksgiving into your prayers. Express gratitude for answers to prayer, even if they haven't yet manifested, and for God's sovereign plan in your life.
6. **Find joy in the journey, not just the outcome:** Fast with a focus on the journey, not just the outcome. Express gratitude for the process of spiritual growth, even in the midst of challenges and struggles.

Day 8: Fasting and Grace

Overview

In 2 Corinthians 12:9, the Apostle Paul reminds us that God's grace is sufficient for us, even in our weaknesses. Fasting is a time to lean into God's grace, recognizing that despite our frailties, His strength is made perfect. As you fast, allow God's grace to fill the gaps in your weaknesses. Reflect on areas where you need His strength and rely on His unfailing love to sustain you. Recognize that fasting does not make you perfect, but it invites God's perfect grace into your life. Embrace His strength and grace, finding comfort and assurance in His presence.

Scripture - 2 Corinthians 12

Paul's Vision and His Thorn

1 I must go on boasting. Although there is nothing to be gained, I will go on to visions and revelations from the Lord.

2 I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows.

3 And I know that this man—whether in the body or apart from the body I do not know, but God knows—

4 was caught up to paradise and heard inexpressible things, things that no one is permitted to tell.

5 I will boast about a man like that, but I will not boast about myself, except about my weaknesses.

6 Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say,

7 or because of these surpassingly great revelations.

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me.

8 Three times I pleaded with the Lord to take it away from me.

9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast

all the more gladly about my weaknesses, so that Christ's power may rest on me.

10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Paul's Concern for the Corinthians

11 I have made a fool of myself, but you drove me to it. I ought to have been commended by you, for I am not in the least inferior to the "super-apostles," even though I am nothing.

12 I persevered in demonstrating among you the marks of a true apostle, including signs, wonders and miracles.

13 How were you inferior to the other churches, except that I was never a burden to you? Forgive me this wrong!

14 Now I am ready to visit you for the third time, and I will not be a burden to you, because what I want is not your possessions but you. After all, children should not have to save up for their parents, but parents for their children.

15 So I will very gladly spend for you everything I have and expend myself as well. If I love you more, will you love me less?

16 Be that as it may, I have not been a burden to you. Yet, crafty fellow that I am, I caught you by trickery!

17 Did I exploit you through any of the men I sent to you?

18 I urged Titus to go to you and I sent our brother with him. Titus did not exploit you, did he? Did we not walk in the same footsteps by the same Spirit?

19 Have you been thinking all along that we have been defending ourselves to you? We have been speaking in the sight of God as those in Christ; and everything we do, dear friends, is for your strengthening.

20 For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be discord, jealousy, fits of rage, selfish ambition, slander, gossip, arrogance and disorder.

21 I am afraid that when I come again my God will humble me before you, and I will be grieved over many who have sinned earlier and have not repented of the impurity, sexual sin and debauchery in which they have indulged.

Prayer

Gracious Lord, I thank You for Your sufficient grace in my life. As I fast, I acknowledge my weaknesses and limitations, trusting in Your strength to fill the gaps. Let Your grace sustain and empower me, especially when I feel inadequate or overwhelmed. Teach me to rest in Your promises, leaning on Your love and mercy. May Your strength be made perfect in my weaknesses, reflecting Your power and glory to those around me. I am grateful for Your unfailing love and grace that hold me steady. In Jesus' precious name, I pray. Amen.

Podcast of the Day

Listen in to [Surprise Surprise Surprise by Richard Ellis](#) as he teaches on how God is never surprised by what happens to us, even when we are caught off guard. Richard encourages us to spend time with God through prayer and fasting as a means to acknowledge and surrender our weaknesses to God, seeking His grace and strength in our most vulnerable moments.

Listen in and be on the lookout for some key takeaways, including:

1. **Acknowledge your weakness, don't hide it:**

Recognize your weaknesses and be honest with God about them. Fasting provides an opportunity to surrender your weaknesses to Him, rather than trying to hide or compensate for them.

2. **Fast to humble yourself, not to earn God's favor:**

Approach fasting with a humble heart, acknowledging that you need God's grace and strength. Recognize that fasting is not a means to earn God's favor, but to surrender to His will.

3. **God's strength is made perfect in your weakness:**

Embrace the truth that God's strength is made perfect in your weakness (2 Corinthians 12:9). When you fast, seek God's strength to overcome your weaknesses, rather than trying to rely on your own abilities.

4. **God's presence is your greatest need:** When you fast, remember that God's presence is your greatest need. Seek to experience His presence and comfort, even in the midst of weakness and struggle.

5. Fasting is a declaration of dependence on God:

Fasting is a physical declaration of your dependence on God. As you fast, be reminded of your need for God's grace and strength, and trust in His ability to sustain and empower you.

Day 9: Fasting with Faith

Overview

Hebrews 11:6 reminds us that faith is essential to please God and that fasting is an act of faith, trusting in His promises and provision. As you fast, lean on faith to guide your journey, believing in the unseen works of God in your life. Reflect on the promises that God has made and hold them close as you seek Him through fasting. This spiritual discipline requires faith in His goodness and His plans for you. Embrace the opportunities that fasting presents to strengthen and grow your faith, knowing that God rewards those who earnestly seek Him.

Scripture - Hebrews 11:1-26

Faith in Action

1 Now faith is confidence in what we hope for and assurance about what we do not see.

2 This is what the ancients were commended for.

3 By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

4 By faith Abel brought God a better offering than Cain did. By faith he was commended as righteous, when God spoke well of his offerings. And by faith Abel still speaks, even though he is dead.

5 By faith Enoch was taken from this life, so that he did not experience death: "He could not be found, because God had taken him away." For before he was taken, he was commended as one who pleased God.

6 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

7 By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that is in keeping with faith.

8 By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.

9 By faith he made his home in the promised land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise.

10 For he was looking forward to the city with foundations, whose architect and builder is God.

11 And by faith even Sarah, who was past childbearing age, was enabled to bear children because she considered him faithful who had made the promise.

12 And so from this one man, and he as good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore.

13 All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth.

14 People who say such things show that they are looking for a country of their own.

15 If they had been thinking of the country they had left, they would have had opportunity to return.

16 Instead, they were longing for a better country—a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared a city for them.

17 By faith Abraham, when God tested him, offered Isaac as a sacrifice. He who had embraced the promises was about to sacrifice his one and only son,

18 even though God had said to him, “It is through Isaac that your offspring will be reckoned.”

19 Abraham reasoned that God could even raise the dead, and so in a manner of speaking he did receive Isaac back from death.

20 By faith Isaac blessed Jacob and Esau in regard to their future.

21 By faith Jacob, when he was dying, blessed each of Joseph’s sons, and worshiped as he leaned on the top of his staff.

22 By faith Joseph, when his end was near, spoke about the exodus of the Israelites from Egypt and gave instructions concerning the burial of his bones.

23 By faith Moses’ parents hid him for three months after he was born, because they saw he was no ordinary child, and they were not afraid of the king’s edict.

24 By faith Moses, when he had grown up, refused to be known as the son of Pharaoh’s daughter.

25 He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin.

26 He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.

Prayer

Faithful Father, I approach You with a heart full of faith, trusting in the promises You've made. As I fast, increase my faith and help me to stand firm on Your Word. Open my eyes to see Your hand at work in every situation and give me confidence in Your plans. Let my fasting be a declaration of trust in Your goodness and sovereignty. Though I may not see all You are doing, I believe in Your perfect timing and wisdom. Strengthen my faith, that others may see Your light in me. In Jesus' name, I pray. Amen.

Podcast of the Day

Listen to today's podcast titled [*Desperate Praying by Pastor Philip Miller*](#) as he explores the concept of fasting as a means to deepen our faith and trust in God. As we have learned, fasting is a spiritual discipline that helps us to

surrender our lives to God, seek His guidance, and trust in His sovereignty. In this podcast, Pastor Philip Miller dispels the misconceptions about fasting and highlights the physical and spiritual benefits of it. Listen in for the following takeaways:

1. **Fasting helps you surrender your life to God:** Fasting is an act of surrender, where you surrender your physical needs and desires to God. As you fast, seek to surrender your entire life to God, trusting in His sovereignty and guidance.
2. **Trust God's sovereignty, even in uncertainty:** Fasting helps you to trust God's sovereignty, even in the midst of uncertainty and trial. Remember that God is in control, and He has a plan to prosper you, not to harm you (Jeremiah 29:11).
3. **Fasting helps you focus on eternal things:** Fasting helps you to focus on eternal things, rather than temporary pleasures. As you fast, seek to focus on your eternal destiny and the things that will last forever.
4. **God's presence is your greatest comfort:** When you fast, remember that God's presence is your

greatest comfort. Seek to experience His presence and comfort, even in the midst of trial and uncertainty.

5. Fasting is a declaration of trust in God's

goodness: Fasting is a physical declaration of your trust in God's goodness and sovereignty. As you fast, proclaim your trust in God's goodness, even when you don't understand what's happening.

6. Cultivate a long-term perspective: Fasting helps you to cultivate a long-term perspective, recognizing that God's plans and purposes may take time to unfold. Trust that God is working everything out for your good, even when you can't see it.

Day 10: Conclusion and Commitment

Overview

Romans 12:1-2 calls us to offer our bodies as living sacrifices and to be transformed by renewing our minds. This final day marks a commitment to a lifestyle of spiritual dedication, embracing what you've learned about fasting as part of your walk with God. Reflect on the journey over these two weeks, recognizing the growth and insights God has given you. Commit to making fasting a regular practice in your spiritual life, allowing it to continue shaping and renewing you. Trust in God's ongoing work in you, living as a testament to His transformative power and love.

Scripture - Romans 12

A Living Sacrifice

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will

be able to test and approve what God's will is—his good, pleasing and perfect will.

Humble Service in the Body of Christ

3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

4 For just as each of us has one body with many members, and these members do not all have the same function,

5 so in Christ we, though many, form one body, and each member belongs to all the others.

6 We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophecy in accordance with your faith;

7 if it is serving, then serve; if it is teaching, then teach;

8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

Love in Action

9 Love must be sincere. Hate what is evil; cling to what is good.

10 Be devoted to one another in love. Honor one another above yourselves.

11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

12 Be joyful in hope, patient in affliction, faithful in prayer.

13 Share with the Lord's people who are in need. Practice hospitality.

14 Bless those who persecute you; bless and do not curse.

15 Rejoice with those who rejoice; mourn with those who mourn.

16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.

18 If it is possible, as far as it depends on you, live at peace with everyone.

19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

20 On the contrary: “If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.”

21 Do not be overcome by evil, but overcome evil with good.

Prayer

Transforming Lord, I commit my whole self to You as a living sacrifice. As this fasting journey comes to an end, let its fruits be evident in my life. Renew my mind and transform my heart to reflect Your will. Help me to embrace fasting as a continual practice of faith and commitment. Strengthen my resolve to live out Your purpose, shining Your love and light in my daily walk. I trust in Your ongoing work and the power of Your Spirit in my life. May my life bring glory to Your name. In Jesus' precious name, I pray. Amen.

Podcast of the Day

Today we turn to [Change Your Thoughts, Change Your Life by Pastor Jack Graham](#) for inspiration as we conclude our 10-day guide on fasting. Listen in as Pastor Graham

teaches that if we keep our minds on God's Word, we will find the wisdom of God, the ways of God and the will of God accomplished in our lives. Listen for the key takeaways below for a perfect close to our fasting guide:

1. **Renew your mind with the Word of God:** Let the truth of God's Word transform your thoughts and actions, empowering you to live a life that honors Him.
2. **Live out God's will for your life:** Seek to discern God's will and live it out, empowered by His power and guidance.
3. **Commit to a life of service and dedication:** Use your gifts, talents, and resources to serve others and glorify God, making a meaningful impact in the world.
4. **Prioritize God's kingdom:** Make God's kingdom and His righteousness your top priority, above all else.
5. **Declare your commitment to God:** Declare your commitment to God and His kingdom, living a life that honors Him in all you do.
6. **Make surrender a lifestyle:** Make surrender a regular part of your daily life, living a life of dedication and commitment to God.

Conclusion

Congratulations on completing this 10-day study on fasting! By staying committed to this spiritual journey, you have accomplished something truly remarkable. You have not only engaged in a transformative practice but have also drawn closer to God in a profound way. As you reflect on the insights and revelations gained, consider how fasting has served as an avenue for spiritual renewal, aligning your heart with God's will. Through passages such as Isaiah 58:8-9, you've learned about the incredible rewards that come from sincere fasting, including healing, answered prayers, and renewed strength.

This journey is not the end but a beginning. As you move forward, continue to integrate the discipline of fasting into your spiritual walk, allowing it to shape your life and deepen your faith. The principles and lessons you have learned here can guide you in navigating life's challenges and opportunities, drawing you ever closer to God's heart.

Prayer

Gracious God, I declare my commitment to nurturing the seeds of growth planted during this fast. Empower me to live out the principles I've learned, embracing humility, faith, and obedience in my daily life. Guide my steps and decisions with the wisdom and insights You've revealed. Let my life be a testimony of Your grace and transformation, reflecting Your love and light to others. Strengthen my resolve to seek Your presence through fasting and prayer regularly. As I continue this journey, fill me with courage and joy, knowing that You are with me every step of the way. In Jesus' name, I pray. Amen.

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