

Spiritual

FASTING & PRAYER

2025 Fasting Guide

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What is Fasting?

Fasting is the willful abstaining from natural pleasures for a spiritual purpose. Fasting causes your spiritual man to be stronger than your natural man. It is a personal commitment to renounce the natural to invoke the spiritual. You have decided that your spirit is more important to you than your flesh is dictating.

The Bible declares in Romans 8:12, “For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

Fasting is mentioned throughout the Bible, in both the Old Testament (written before Jesus’ ministry, death and resurrection) and the New Testament (written after). However, when Christians discuss fasting, two key passages often come up: one from the Old Testament prophet Isaiah and one from Jesus himself.

But neither of these passages gives us specifics on how to abstain from food. **Rather, both focus on the heart of the person fasting.**

In Isaiah 58, God sees the nation of Israel abstaining from food for a day in order to seek help from God: justice for Israel and judgment on those who have oppressed Israel. However, the help does not come, and the people complain.

God turns the tables on Israel, pointing out how the Israelites are oppressing their own people. Employers withhold pay from the workers, and the people act violently toward each other. Through Isaiah, God tells the people that He doesn’t want them to go a day without food; *He wants them to abstain from the ways they’ve oppressed one another.*

The Israelites were merely putting on a show of fasting for God without truly following Him.

Likewise, when Jesus instructs His followers on how to fast, he tells them not to do so for show.

“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. But when you fast, put oil on your head and wash your face, 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.” (Matthew 6:16–18, NIV)

Christians shouldn't fast in order to look pious or righteous. Fasting is a practice of humbling yourself before God. If you're turning a fast into a spiritual ego boost, you've missed the point entirely.

Benefits from Fasting

1. Allows the spirit to dominate the flesh

The more the spirit grows, the less you will walk in the flesh. You will not be inclined to fulfill the lust of the flesh when the spirit dominates. There will be spiritual growth and cleansing when you fast. Fasting opens up the door for the Holy Spirit to come in and do good work in you and in your life. When the spirit grows, then you get closer into the presence of God. Spiritual eyes will be opened and you will be able to see the will of God for your life.

In Galatians 5:16 it says, “This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.” When you fast, you feed the spirit and starve the flesh. Fasting is going the distance to seek the father's face.

2. Allows for Self-Control

Sometimes the benefit of fasting and the results are not seen immediately, but with time you will see the undeniable results. Fasting calls for resistance and abstinence. This will encourage self-control and persistence. Fasting usually is giving up something you enjoy and will help you to exercise control over your desires.

3. Encourages Humility

“Humble yourself in the sight of God and he shall lift you up,” James 4:10.

Humility draws us closer to God. This way we can know God for ourselves. He wants us to come to him like a little child and wait on him to give us his wisdom, knowledge, and understanding. Fasting teaches humility and brokenness before the presence of God. When we humble ourselves before him he will exalt us in due season. We are better able to achieve self-control and humility.

4 Builds Character

Fasting helps you to build strong character. You become a committed person who can withstand attack from the enemy. Food is a necessity and craving. If you can resist the urge to eat then you start to build up self-control and resistance. You become a person of authority and perseverance. It builds up your resistance to the pressures and temptation of the world. It lessens the appetite for things of the flesh. Fasting is a good way to subdue desires, break yokes, remove the heavy burden and open you up to the will of the father.

5. Immediate Miracles

In the bible when many of God's followers and great Kings needed a sudden and immediate miracle; They proclaimed a fast. Ester proclaimed a fast when she was going in to seek help from the King. King Jehoshaphat called for a fast when they were going out against the enemies and needed God's help for victory. We should do the same when we seek immediate answers from God. Miracles, favor, signs, and wonders can manifest when you fast and pray.

6. Breaks stubborn problems

If you are facing strongholds and surmounting problems that seemed too big for you to handle. Then fasting can break these mountains. If you feel like you are in a constant circular cycle, where your life is going like a merry-go-round, you need to add fasting to your prayers to break these strongholds. The bible says in Mark 9:29 "This kind can come out by nothing but prayer and fasting." Some stubborn demons can only move when you pray and fast. If this is your case, then you need to turn down your plate and turn up your spirit to God. Past problems that keep following you and your family, will be broken when you fast and pray.

7. Brings us closer to God

Fasting is designed to bring us closer to God. It is a gesture of sacrifice, giving up something to seek the face of God. Closeness to God is the goal. God wants us to live in his presence and see his glory. "God is a spirit and they that worship him must worship him in spirit and in truth," John 4:24. When we fast the spirit rise and overpower the flesh. This way we come closer into the presence of God. The more time you spend with God the more you will know about him. The more you know about him the more you will want to be in his presence. A deeper spiritual connection with God leads to a more fulfilled life and life more abundantly. God is the reason for living, in him, we live, move, and have our being. Fasting helps us to know more about God.

There are many spiritual benefits of fasting:

Fasting produces a hunger to be closer to God and learn more about him.

Fasting helps to satisfy spiritual growth.

Fasting allows the spirit man to rise while crucifying the things of the flesh.

Fasting cleanses the soul and helps to draw us closer to God.

Our spiritual gifts and abilities will become evident when we fast.

When we fast we learn to appreciate God more. Fasting shows that we set aside valuable time to seek his face.

Fasting breaks addiction and unwanted habits.

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Types of Fasts

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

The goal of your group experience is to develop relationships while also growing spiritually. This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Prayer during fasting

Dear heavenly Father, I come to you in Jesus' name. I thank you that you are able to sustain me through every trial and season in my life. Father give me the courage and strength to make it through this fast. Draw me closer to you and let me experience the power of your Holy Spirit. Help me to have an encounter with you, like never before. Father, please break all the stubborn resistance to my breakthrough today. Wash me again Lord from the crown of my head to the soles of my feet. Give me a fresh anointing to seek you more and more each day. In Jesus' name, I pray. Amen.

FIRST FRUIT FASTING GUIDELINES 2025

This is not the Daniel 21 day fast but very similar with food selections / restrictions.

KCM's First Fruit Fast **01/05/2025 - 01/31/2025**

At a glance (Foods Not Allowed on this fast)

- 1. All meats and animal products including:**
 - a. Beef
 - b. Lamb
 - c. Pork
 - d. Poultry
 - e. Fish
- 2. All dairy products including:**
 - a. Milk
 - b. Cheese
 - c. Cream
 - d. Butter
 - e. Eggs
- 3. All sweeteners including:**
 - a. Sugar
 - b. Syrup
 - c. Honey
 - d. Molases
- 4. Leavening agents including:**
 - a. Bread
 - b. Baked Goods
- 5. All deep fried foods including:**
 - a. Potato Chips
 - b. French Fries
 - c. Corn Chips
- 6. Beverages - No carbonated sodas - No alcohol.**
 - a. You are allowed 100% juice.

Foods Allowed

1. All fresh, frozen, dried and canned vegetables.
2. All fresh, frozen, dried or canned fruit.
3. All whole grains and legumes.
4. All healthy oils.
5. All nuts and seeds.
6. Soy milk.

Prayer Requirements

1. 5am early morning prayer!
2. Add 2 additional prayers daily totaling 3 prayers per day.

Additional Requirements

1. **Abstain from grotesque vulgar worldly music.**
 - a. listening to non-vulgar music is allowed but the preference is Christian Worship Music.
2. **Abstain from un-godly conversations of any kind.**
 - a. Do not allow your ear gates to be a portal for the enemy to attack you while on this fast.
3. **Read and learn a scripture a day for 31 days.**
4. **Donate \$250 above tithes and offerings.**

God had entrusted me to lead an incredible group of born again believers and my sincere prayer for you in 2024 is for you to have a more intimate relationship with God and every blessing will follow!

