

Advanced Fasting

Remember: Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. In the book of Matthew, the bible speaks concerning how private discipline brings you rewards in Heaven.

Over the next 21 days you will undoubtedly discover some amazing benefits of fasting. As God blesses your life, we encourage you to write down your prayers and experiences. Praise God for the renewed relationship you have with Him and for the works He is doing in your life. Prepare to experience the power of a refreshed perspective for the things He has in store for your life in 2026!

What is Fasting

Fasting is the deliberate abstinence from some form of physical gratification, for a period of time, in order to achieve a greater spiritual goal. Fasting usually involves setting aside food, but we can fast from any physical appetite, including sex within marriage (only if spouses are in agreement), television, Internet, social media, etc. The idea is to devote the time we would ordinarily spend on these activities to prayer and worship before the Lord.

Here are some common elements to fasting in scripture:

Humility – Then I proclaimed a fast . . . that we might humble ourselves before our God, to seek from Him. (Ezra 8:21)

Prayer – So we fasted and petitioned our God about this, and he answered our prayer. (Ezra 8:23)

Praise & Worship – They sat there before the Lord and fasted that day until evening and offered burnt offerings and peace offerings before the Lord. (Judges 20:26)

Abstinence from physical gratification – Let neither man nor beast, heard nor flock, taste anything. Let them not feed or drink water . . . and let them call out mightily to God. (Jonah 3:7-8)

Fasting is a way of prostrating ourselves before God. As we say no to fleshly gratifications and “then you will call, and the LORD will answer; You will cry, and He will say, ‘Here I am.’” (Isaiah 58:9)

Note: This fast is **not required** and neither expected of IRMinistries members or anyone else who may want to participate. The fast is completely **voluntary**. **We ask that all who choose to participate should seek the advice of their physician/healthcare provider before participating in this fast.** The 21 day fast is not required, and participants may stop at any time during the fast.

Important Reminder: Drink as much water as possible throughout the fast.

Week One

Note: Those who are fasting with Pastor Davis will NOT consume any meats(this includes fish and chicken).

Week One will focus on SELF as it relates to *ministry*. This week we will be asking God to show us ourselves and reveal to us our purpose for His Kingdom plan on earth.

Foods to Eat: You are able to have baked or broiled fish (No FRIED foods) and Poultry. Only eat foods that are on the list of “foods to eat.”

Day 1: Psalm 51(the entire psalm) Ask God to forgive you for your sins and place yourself in the “I” statements within the **psalm** and pray the psalm out loud. Fast for 20 Hours

Day 2: Daniel 9:3

Fast for 20 Hours

REFLECTION QUESTIONS

- *What experiences have you had with fasting?
- *Why is fasting so important to Christians today?

Day 3: Zechariah 7:5-6

Fast for 20 Hours

REFLECTION QUESTIONS

- *How does fasting help you reorient your priorities in life?
- *What deeper needs can fasting help meet in your life?

Day 4: Isaiah 58:6

Fast for 20 Hours

REFLECTION QUESTIONS

- *What are the areas in your life where you need God to hear you?
- *Why is humility the only proper attitude for seeking God?

Day 5: Joel 2:12-15

Fast for 20 Hours

REFLECTION QUESTIONS

- *What is the basis for God accepting our sacrifice of fasting?
- *What current need in your life would be good to approach with prayer and fasting?

Day 6: Psalm 6:9

Fast for 20 Hours

REFLECTION QUESTIONS

*How can you make sure your prayers are more than just routine?

*Why does God gift us the gift of prayer?

Day 7: Psalm 46:10

Fast for 20 Hours

REFLECTION QUESTIONS -

*What are the things keeping you from spending time alone with God?

*What can you expect to happen as a result of time spent with Him?

Take 5 minutes of silence after prayer and think about the things that come to mind that need changing and write those things down on the daily prayer log. These items will be the ones that you will be in prayer for the next 21 days.

Week Two

Note: Fruits and Vegetables ONLY (for those who want to do so), OR you can stay with the current fast of eating chicken and fish).

Week two will focus on family and structure. We will fast during this week from food for a specified time. Look at the hours of fasting after each day mentioned below. There will be no food consumption for the specified times – only water. This is to prepare us for week 3 where we will fast for longer periods of time.

Prayer: Ask God to show you where you need change and areas in where growth is needed. Write these things down on your log sheet and pray for them for the week. The scriptures are focused on family structure as well as how men and woman are to present themselves in the family. Also, focus on praying for the church body—asking God to bring families and provide resources for those that are to come, through the ministry.

Take 5 minutes after you pray and focus on listening to God. Write down anything that comes to mind during this time.

Day 8: Matthew 4:4

****Fast for 20 hours****

REFLECTION QUESTIONS

*What is your approach to the Bible? Do you go to it for information or for nourishment?

*What can you do to make reading the Bible more of a priority in your life?

Day 9: Matthew 6:33

****Fast for 20 hours****

REFLECTION QUESTIONS

*What does it mean to put God's kingdom first?

*What areas of your life need to be realigned to God's purpose and plan for the world as a whole?

Day 10: Psalm 103:19

****Fast for 20 hours****

REFLECTION QUESTIONS

*Is your life fully surrendered to the sovereignty of God?

*What blessings come from surrendering to Him?

Day 11: Ezekiel 37:1-3

****Fast for 20 hours****

REFLECTION QUESTIONS

- *What steps do you need to take when you are in a time of spiritual dryness?
- *What is God's remedy for hopelessness and helplessness?

Day 12: Ephesians 2:8-9

****Fast for 20 hours****

REFLECTION QUESTIONS

- *What is the source of our power to live a truly Christian life?
- *How does grace change our perspective on living righteously?

Day 13: Micah 6:8

****Fast for 20 hours****

REFLECTION QUESTIONS

- *Who in your life has needs that you can help meet?
- *What is Jesus' definition of being a good neighbor?

Day 14: Galatians 5:16

****Fast for 20 hours****

REFLECTION QUESTIONS

- *What is the destination of your life?
- *How dedicated are you to walking by God's Spirit instead of your own power?

Week Three

Note: Fruits and Vegetables ONLY (for those who want to do so), OR you can stay with the current fast of eating chicken and fish). On DAY 17, this will be a WATER/LIQUID FAST ONLY for those who are fasting with Pastor Davis. ON Day January 17(at midnight), the fast will be liquid ONLY. Again, this is only for those who are advanced in their fasting and have consulted with your physician. Please see the fasting guidelines regarding the 5 days liquid fast.

Week three will focus on your area in ministry and the importance of the task that God has assigned you to do for this season. During this time, please read the book of Psalms as much as you can. Psalms are meditations expressing the love and one on one relationship with God. **Prayer:** Prayer should be focused on God revealing your ministry gifts to you so that they can be used for His Kingdom. These prayers should be specific and to the point. **After prayer, spend some time** each day concentrating on the scriptures and what God may be saying to you.

Day 15: Romans 2:4

****Fast for 20 hours****

Reflection Topic: Kindness in the Culture

REFLECTION QUESTIONS

- *Why is kindness so contagious?
- *What can you do to make the world a kinder place?

Day 16: Hebrews 10:25

****Fast for 20 hours****

Reflection Topic:

Why We Need the Church

REFLECTION QUESTIONS

- *Why is it so important for Christians to meet together and function as a community?
- *What attitudes do you have toward church that may require some adjustment?

LIQUID FAST BEGINS

Day 17: John 17:20-21

****Fast for 24 hours****

Reflection Topic: Jesus' Prayer

REFLECTION QUESTIONS

- *Why do you think Jesus put such an emphasis on unity?
- *What can you do to help bring greater unity in your own personal world?

Day 18: Ephesians 2:14-15

****Fast for 24 hours****

Reflection Topic: Accepting One Another

REFLECTION QUESTIONS

- *Am I showing an attitude of love and acceptance even toward those who are different from me?
- *What does it mean to accept someone else as Christ as accepted you?

Day 19: Colossians 3:2

****Fast for 24 hours****

Reflection Topic: A Kingdom Focus

REFLECTION QUESTIONS

- *What is the source of your power to fight your spiritual battles?
- *Where should you keep your focus if you want to experience victory?

Day 20: 1 Thessalonians 5:18

****Fast for 24 hours****

Reflection Topic: The Weapon of Thankfulness

REFLECTION QUESTIONS

- *How can you change your attitude from complaining to giving thanks?
- *Why does thankfulness work as a weapon against Satan?

Day 21: 2 Genesis 1:27-28

****Fast for 24 hours****

Reflection Topic: Living on Purpose

REFLECTION QUESTIONS

- *How can you discover your purpose in life?
- *Are you ready to commit yourself to living out God's purpose for you?