

[HOW TO PRAY AND FAST](#)



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During my forty-day fast, God impressed me to pray that two million Christians in North America will fast for forty days by the end of the year 2000, and pray for national and worldwide revival and for the fulfillment of the Great Commission.

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Pray for guidance on which type of fast to perform. A traditional fast involves fasting from food, but you can also fast from media or different habits. An absolute fast or water fast requires you to abstain from all solids and liquids aside from water.

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Personal Guide to Fasting Cru

How to Fast. It is a way to align our hearts with the psalmist, My soul thirsts for God, the living God (Psalm 42:2). It is a means of God's grace to strengthen and sharpen our Godward affections, writes David Mathis in his book, Habits of Grace . Through fasting and prayer, the Holy Spirit can transform your life.

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Pray, confessing every one of your sins, and inviting the Holy Spirit to lead your life. Let Jesus know you wish to know Him personally. Acknowledge that He lived without sin, died in our place, on the cross for our sins and rose 3 days later, freeing us from condemnation, and giving us His free gift of eternal life.

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The Power of Prayer and Fasting Spiritual Life in God

Fasting and praying are not part of a human-engineered method or plan. They are not the means to manipulate a situation or to create a circumstance. Fasting and praying are Bible-based disciplines that are appropriate for all believers of all ages throughout all centuries in all parts of the world.

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How to Fast and Pray Powerful Biblical Steps

Both fasting and prayer are personal between us and the Father. There are no hard and fast rules about how often we should pray and fast within the New Covenant, but it cannot be ignored that God wants us to devote ourselves to these things, he makes that very clear throughout Scripture.

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