

# 7 Day's Fasting & Prayer

**11-17 April 2022**



FASTING AND PRAYER  
TO THE MUCH MORE

**Metro Tabernacle is turning forty this year!** Throughout the last four decades, Metro has seen many divine interventions, favourable leading and the supernatural providence of God. We have tasted so much of God's faithfulness and goodness, and we are ever so grateful and thankful for His blessings upon the family of Metro Tabernacle. And we should not stop there as God still has MUCH MORE for us. He is just waiting to release them to you – every person, every family, and every generation of Metro Tabernacle!

But we need to do our part first. You may ask,

*“What should we do for the MUCH MORE?”*

For these seven days of fasting and prayer, we will look at seven key fasting points and many fasting stories from the Bible that resulted in the MUCH MORE in the lives of the person(s) who fasted and prayed.

*“Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God.”*

*- Andrew Murray*

May this time of fasting and prayer will refresh you personally as you seek His Face and His ways. We pray that you will experience the presence, the power, and blessings of God in an extraordinary way too. We pray that your hearts will be open to His leading and that you will see many breakthroughs and victories. May you get closer to God than ever before as you seek Him over the next seven days.

We are excited for you as you seek and partner with God for what He has in store for you this year. Therefore, we would like to stand together with you in prayers and run the exciting journey with you. Submit to us your prayer(s) that you really want to see a breakthrough this year here.

<https://metrotab.org/pray/>



Finally, be available to pray and spend time with God daily. Fix a place and time where you can seek Him every day. If you do not plan to fast and pray, you will not.

# IS THIS YOUR FIRST TIME PARTICIPATING IN THE FASTING & PRAYER?

## What is Fasting?

Fasting positions us for what God desires to do in our lives. It will deepen our hunger for God and sharpen our focus on Him as it demonstrates our dependence on God. Furthermore, it is our spiritual duty. (Mark 2:20)

## What is Prayer?

Prayer is making our requests to God based on a relationship with Him. He wants us to spend time in getting to know Him and His purposes and His ways as we pray. He wants to reveal to us things about our lives and our part in His plan for His glory.

## Why do we Fast?

Prayer can be effective alone, and God certainly answers prayer even if it is not accompanied by fasting. But when you combine fasting and prayer, they become even more powerful (Matthew 17:21). You strategically target your need with the greatest spiritual strength that is available to you - fasting restores and strengthens prayer!

# TYPES OF FASTING

*There are many types of fasting as listed below:*

## TOTAL FAST

Abstain from solid food for 24 hours. Take only water. If you choose to go for a total fast for over 21 days, please seek the advice of your doctor.

## PARTIAL FAST

Abstain from solid food for an extended part of the day. Take only water. The time frame is a matter of the individual's commitment to the Lord. For example, some may keep it at 12 hours from 7 a.m. to 7 p.m. Others may prefer a shorter period, from 8 a.m. to 4 p.m., breaking fast with a light snack.

## ONE-MEAL FAST

Sacrifice one full meal a day. For example: lunch fast or dinner fast.

## DANIEL FAST

Abstain from meat and other delicacies. Take only small portions of fresh fruit, vegetables, and juices.

## LIQUID FAST

During a fast, some people drink only water. Others take various kinds of fluid, such as fruit juices, broth, soya bean, etc. It is wise to abstain from strong stimulants, such as tea or coffee.

## OBJECT FAST

Some people decide to fast from something completely unrelated to food, such as TV or computer time and other activities that take away their attention from God.

# FASTING & PRAYER GUIDE

## When is a suitable time of day for us to begin?

Do plan to be available to pray and spend time with God daily. Fix a place and time where you can seek Him in the 'secret place'. If you do not plan to pray, you will not.

There is no fixed rule as to when is a good time. Some prefer mornings while others, nights (Ps. 55:17, 63:1). The principal issue is we set aside a time for prayer. This requires discipline.

Since it is also the fasting week, we can opt to set aside our lunch time to pray.

## How do we begin?

The Bible says, "Let us enter the gates with thanksgiving..." (Ps 100:4)

Begin with praise and thanksgiving to God for all He has done and is going to do. Prepare some familiar praise and worship songs as you begin your daily session.

Take some time to read the daily verses given. Allow the Holy Spirit to speak/minister to you through these verses. You can use the prayer guide for our prayer items.

End your session also with praise and thanksgiving.

## How long is long enough?

Where are you in your walk with God? Maybe you never think at all about prayer. For some of you, prayer is something new. At the beginning, it may be just few minutes. As time goes on, your communion with God should last longer.

There is no rule to say how long you should pray. The effective prayer is not measured by how loud or how long or how eloquent you are. Your prayer will be effective and touch the heart of God when you are sincere and when you ask for things according to His will. God looks at your heart, not your external appearance. (1 Sam. 16:7)

## A SIMPLE GUIDELINE FOR BEGINNERS

*10 mins*  
**In Worship**

+

*10 mins*  
**In Reading The Word**

+

*10 mins*  
**In Prayer!**

## Fasting as part of our worship and devotion to God

Fasting is our spiritual feasting. More than abstaining from food, it is getting more of whom we desire and want more of. It is the shift in our physical hunger to a spiritual hunger – we no longer crave for physical food but for the presence of God.

*Luke 2:36-38 tells the story of an eighty-four-year-old prophetess named Anna. She did not depart from the temple, worshiping with fasting and prayer night and day. She was so devoted to God, that fasting was one expression of her worship and love for Him.*

*Matthew 6:18 says that our fasting must not be seen by others but by God who is in secret. And God who sees in secret will reward us. We fast as our devotion to God, and not for public acknowledgment or as an obligation.*

- Ask for the desire, determination, and continuous strength to fast for these seven days.
- Ask for God to remove all distractions and temptations that hinder our fasting.
- Spend time worshipping and communing with God.



We fast because we have tasted and seen the goodness [of God] and are desperately hungry for more of Him.  
—David Mathis



## Preparing for hearts of repentance and revival

True repentance involves confession and turning away from sins and returning to God wholeheartedly. As we repent, God can restore and revive us (1 John 1:9). Fasting itself does not amount to repentance, but is a demonstration of the genuineness of our deep remorse.

*Daniel and Ezra fasted as they mourned over the sin of the people of Israel. (Ezra 10:6-17, Daniel 9:1-19)*

*The king and people of Nineveh called for a fast after Jonah pronounced God's coming judgment against the city of Nineveh. (Jonah 3:4-10)*

*The call for a corporate fast for the people and nation of Israel to confess their sins and seek God's forgiveness. (Nehemiah 9:1-2, 1 Samuel 7:1-6, Joel 2:12-17)*

- Ask God to search our hearts and reveal our transgressions/sins.
- Seek time for true and genuine repentance and ask God for forgiveness and restoration.
- Ask for strength and full conviction to break free from our sins/ bad habits.

“Bear up the hands that hang down, by faith and prayer; support the tottering knees. Have you any days of fasting and prayer? Storm the throne of grace and persevere therein, and mercy will come down.

— John Wesley”



## Our initial preparation for God-given callings/ministry

Fasting prepares us for God's commission. It is a faith declaration that God who has called us is faithful as we prepare ourselves for the calling/ministry.

*The account of John the Baptist. (Matthew 3:1-6)*

*The story of Jesus 'preparation for public ministry. (Matthew 4:1-17)*

*Paul fasted immediately after his conversion. (Acts 9:1-9)*

- Ask for faith to believe for the much more.
- Ask for wisdom, peace and blessings as we respond in faith.
- Ask God to remove all fear, doubt, and unwillingness to respond to the call.



If Jesus could have accomplished all He came to do without fasting, why would He fast? The Son of God fasted because He knew there were supernatural things that could only be released that way. How much more should fasting be a common practice in our lives?  
— Jentezen Franklin, The Fasting Edge



## Submitting to God's overwhelming tasks and leading

Along our journey of faith, God will give us tasks that are well beyond our ability and comfort. It can be a simple act such as reaching out to our neighbour, visiting a sick person in the hospital, or standing firm on what is right. These are the times where fasting comes in as we seek His assurance, timing, and wisdom on what need to be said or done.

*Nehemiah fasted for days before putting God-given assignment into action. (Nehemiah 1-2)*

*Daniel's opted for vegetable-based meals when called to serve in Babylonian's royal palace. (Daniel 1:6-21)*

*Esther's vital role in Mordecai's saving plan of the people of God. (Esther 4:4-17)*

- Ask for clarity, guidance and leading.
- Ask for God's favour, provision, strength, and peace as we avail ourselves.
- Pray for God's protection and covering.



Fasting is abstaining  
from anything that hinders prayer.  
— Andrew Bonar





## Victory over the attacks of the enemies

As believers, we do not fight in the physical realm but a spiritual one to move forward (Ephesians 6:12). For any spiritual war, we need spiritual weapons. Fasting is one of the greatest spiritual weapons against the attacks of the enemies. Church! It is time to prepare for battle through fasting for the victories over the flesh, the world, and the enemy.

*The Jews fasted and cried out to God when the enemy was trying to destroy them. (Esther 3:5- 4:3, 7:1-10)*

*Elijah's victorious escape from Jezebel and deliverance from depression. (1 Kings 19:1-18)*

*Jesus delivered a boy with an evil spirit - fasting penetrates the spiritual realm (Mark 9:17-18, 25-29 NKJV version) and set the captives free. (Isaiah 58:6)*

- Ask God for the release of supernatural power and divine intervention in every deadlocked situation.
- Ask for supernatural strength and discernment to overcome the enemy's attacks.
- Pray for God's protection and covering.

“Fasting in the biblical sense is choosing not to partake of food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.”  
— Wesley L. Duewel



## Seeking divine guidance

God's ways and thoughts are always higher than ours. In every decision – either how insignificant it may seem – let us remember to seek Him first and wait upon His leading and guidance.

*When Jehoshaphat heard about the coming war threat from the enemy, he prayed and sought for God's help and ordered a nationwide fast. (2 Chronicles 20:1-30)*

*Daniel sought God's revelation and understanding about the vision given to him. (Daniel 10:1-14)*

*Ezra declared a corporate fast for the people's safe journey back to Israel. (Ezra 8:21-23, 31-32)*

- Pray for humility to seek God first in every decision of our lives.
- Ask God for strength to resist and overcome temptations for quick schemes/worldly shortcuts.
- Ask for a willing heart to venture into new season with God.



Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food.

— Dallas Willard



## The church in action

Throughout his ministry and teaching, Paul fasted many times because he constantly felt the need for God's intervention in his many trials and fasting strengthened him spiritually. To him, fasting and prayer is spirituality (2 Corinthians 11:27).

Fasting uniquely prepares us to be sensitive to the leading and activity of the Holy Spirit, thus empowering us for the much more that God has for all of us!

*Jesus taught on fasting - it is part of our spiritual life.  
(Mathew 6:16-18)*

*Church leaders fasted before sending out missionaries/appointing elders. (Acts 13:1-3, 14:21-23)*

*Fasting became a lifestyle for Paul as he carried out God's work. (2 Corinthians 6:4-10, 11:27)*

- Ask for a greater release of anointing, growth, the supernatural, signs and wonders, healing, and miracles.
- Pray for a fresh vision and dreams upon the leadership of the church.
- Pray for a great outpouring of the baptism of the Holy Spirit on all members.
- Ask for MUCH MORE blessings, favour, abundance, and goodness for our church.



When people pray and fast,  
there's an increase of Holy Spirit activity.

— Mike Bickle



Congratulations for completing the  
**7 DAYS OF FASTING & PRAYER!**

*We would like to hear your testimony as it will encourage many to continue to pursue their fasting experience.*

*Scan the code to submit your testimony.*



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