



William Booth said, “The tendency of fire is to go out; watch the fire on the altar of your heart. Anyone who has tended a fireplace knows that it needs to be stirred up occasionally.”

That is why I am so glad you have decided to participate in an extended time of prayer, fasting and personal devotion with us for the next 7 days. There really is no better way to be stirred up! Prayer & fasting is a way to reset our spiritual compass and bring about renewal in our lives!

Our seven days of prayer and fasting were intentionally designed to be flexible so that you can participate at any level. Whether you have done an extended season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

Over these seven days, I want to encourage you to seek God and fast for something specific in your life - an area where you need to see God MOVE.

The tools provided in this guide are a practical guideline to help you navigate through your personal journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him. May God continue to bless you and enlarge you as you seek Him first!

“...But the days will come when the bridegroom will be taken away from them, and then they will fast.”
Matthew 9:15b NKJV

Starting a Revolution!

-Pastor Zak

REMINDER: Join me live each each day at 9:30am

[facebook.com/revyourlife](https://www.facebook.com/revyourlife)

[instagram.com/pastorzakwhite](https://www.instagram.com/pastorzakwhite)

If you cannot join at that time, our live broadcast will be archived and available for 24 hours each day so you can watch on demand.

PRAYER

As you prepare for this fast, it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. But we really want to encourage you to keep this simple.

Think about the top two things most pressing on your heart and zone in on those with God. Be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as his goodness and His greatness, and see everything else through that filter.

Most simply, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

PREPARING TO FAST

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another.

These are simply guidelines and suggestions on different things you can do. Do not let what you eat or do not eat become the focus of your fast. Keep the main thing the main thing, which is drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God.

Here are a few tips to keep in mind before getting started:

1. Start Where You Are

We are all at different places in our walk with God. Likewise our jobs, daily schedules, and health conditions are all different and place various levels of demands on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are.

Your personal fast *should present a level of challenge to it*, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to do without food. The goal is to draw nearer to God.

2. Find Your Fast Zone

When most people start fasting, there is typically some level of discomfort. However, it is possible to get used to the fasting routine pretty quickly. Quite simply, you must learn to fast in a way that works for you.

While any true fast *does involve abstinence from food or at least certain types of food*, typically, different kinds of fasts work better for different people.

The goal to having a successful fast is all about finding what I like to call your “Fast Zone.” Getting in the Fast Zone is different for everybody and can change depending on the season you are in.

The best way to describe your Fast Zone is that it’s the place where you feel spiritually in tune to God. Your mind is easily focused on God and spiritual things. You have an increased spiritual energy—you can feel the fast working. Just like runners know what their target heart rate is to see the benefits of their physical training, the Fast Zone is similar in a spiritual sense.

Finding your Fast Zone helps you choose both the type and length of fast. Let’s say you choose to go on a Daniel fast (only fruits and vegetables). Should you eat beans? If you can eat beans and stay in your Fast Zone, go ahead. But for some people eating beans takes them out of the zone. Should you eat peanut butter? Probably not. Peanut butter is more of an indulgence, and not many people can stay in a Fast Zone while enjoying indulgences.

Should you completely cut out caffeine? It depends. The great thing is, when you fast, your body automatically craves less caffeine. If you can stay in your Fast Zone with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that’s great too. But ease yourself off and make it your goal to be completely caffeine free about two-thirds of the way into your fast.

If you drink coffee regularly, one of the worst mistakes you can make is to cut caffeine out abruptly and completely. Please don’t do that or you will spend this time grumpy and in withdrawal instead of enjoying God’s presence.

Some people can’t stay in a Fast Zone eating any type of solid food, so they prefer all liquids. With today’s protein drinks and juicing machines, it is so easy to get a healthy dose of all your nutritional needs even while taking in only liquids. Certain people can’t do anything other than drink only water. If they eat a salad or drink a glass of juice, they get out of their zone.

3. Choose Your Type of Fast

While preparing for your fast, it is important to choose ahead of time what type of fast, or what combination, you will pursue. Not only will this help with making the necessary preparations to implement your plan, but as you commit to a specific fast ahead of time and know how you’re going to do it, you will position yourself to finish strong. As you read over the information, please consider how it may or may not apply to your personal circumstances and convictions. This is your personal decision and should be prayerfully considered as it applies to your circumstances.

While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity, media or habit. This might include things such as television, notifications on your phone, the news or social media.

Remember: Prayer and fasting are not just about connecting to God but also about *disconnecting from the world*. Try to tune out some of the regular distractions from your day as much as possible. Replace that time with things that will nourish you spiritually.

For this particular REV FAST we are asking you to choose from a few options:

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 sweets and bread from your diet and consume water and juice for fluids and, fruits and vegetables for food.

Partial Fast

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.

FINAL FASTING TIPS

Here are some other ideas that can help make your fasting experience more pleasant and helpful:

>> Plan first! Determine what each day will look like or you will be more likely to get off track.

>> Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.

>> Make it a priority to be around other believers! They will encourage you to keep on going when fasting gets difficult.

>> If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies “are new every morning” (Lamentations 3:22–23). He wants you to finish, and He will give you the grace and strength to do it.

TIME WITH GOD

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

Choose the time and the place where you are going to read your Bible and devotional every single day, and come prepared to hear what He wants to tell you. Here are three quick things we'd like to share with you about how to get the most out of your devotional time with God:

1. Read Consistently

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. The key is to keep this simple and make it sustainable.

2. Read Prayerfully

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

3. Read Expectantly

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you.

A great, simple way to journal your devotionals is to use the **SOAP** method. **SOAP** stands for:

Scripture Observation Application Prayer

The SOAP method works like this:

>> **S for Scripture.** Read prayerfully. Take notice of which scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.

>> **O for Observation.** Focusing on that scripture, tune in and listen to what God is saying to you through His Word. What is it about this scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.

>> **A for Application.** Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this scripture applies to you today.

>> **P for Prayer.** Wrap up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing a truth from the scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say. 14That's it! SOAP. It's as simple or deep as you want it to be.

THE JOURNEY

We want to encourage you to be just as intentional about the next 7 days...and the 7 days after that...and so on. Remember, keeping the fire and zeal for God burning in your heart is what will keep your relationship with Him fresh and new.

It will allow you to continue serving and obeying Him from a position of want to, and you will experience the joy of your salvation everyday—regardless of what life brings your way. The principles you have practiced in these 7 days are very easy to sustain long-term.

Prayer, fasting, and personal devotion are all quite simple to incorporate into your everyday life. Over these 7 days, you will have created space for God to fill. The best way to continue in these same practices is to keep that space open indefinitely. Don't allow it to close up!

Protect that time and space with God and make it your priority each day. Just like reading your Bible, praying, and attending church, fasting is also a lifestyle. We encourage you to establish a frequency and consistency of fasting in your life. Remember, this is not a legalistic thing. This is an "I get to experience God" thing! It is like going into heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. We encourage you to do the same. Figure out what works for you, commit to it, and make it a part of your life!

Don't ever settle for anything less than a life full of passion and spiritual zeal for God. Keep the fire for God burning in your heart and do whatever it takes to feed your spiritual hunger for God.

Scripture references to read further on Fasting:

- Matthew 6:16-18
- Matthew 9:14-15
- Luke 18:9-14
- Acts 27:33-37
- Nehemiah 9:1-3

Great books about prayer and fasting:

- **Jentezen Franklin** - Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God
- **Beth Moore** - Praying God's Word
- **Jentezen Franklin** - The Fasting Edge: Recover Your Passion. Recapture Your Dream. Restore Your Joy
- **Elmer Towns** - Fasting for Spiritual Breakthrough: A Practical Guide to Nine Biblical Fasts