

THE KING IS COMING

Fasting & Prayer Guide

Fasting & Prayer: Advanced Spiritual Discipline for Power and Breakthrough

Welcome to the Front Lines

If you're reading this, you're done playing church.

This isn't a beginner's guide. This isn't theory. This is a battle manual for disciples who are ready to unlock supernatural power through the ancient, often-neglected disciplines of fasting and fervent prayer.

"Howbeit this kind goeth not out but by prayer and fasting." — Matthew 17:21 (KJV)

Jesus wasn't being poetic. He was giving you a weapon. Some battles can't be won without fasting and prayer. Period.

What This Guide Covers

This resource is your training manual for two of the most powerful spiritual disciplines:

Part 1: The Power of Fasting

- Why fasting unlocks breakthrough
- 7 Biblical fasting types
- Proven fasting protocols (1-day, 3-day, 7-day, 21-day, 40-day)
- Physical preparation and safety
- Common fasting mistakes and how to avoid them

Part 2: Prayer + Fasting = Breakthrough

- How fasting amplifies prayer
- Combining fasting with warfare prayers
- Authority in the spirit realm
- Breaking stubborn strongholds

- Deliverance and freedom

Part 3: Breakthrough Testimonies

- Real stories of fasting breakthroughs
- Miracles, healings, and deliverances
- Kingdom victories through fasting and prayer

Part 4: Your Fasting Plan

- How to start your first fast
 - Building a fasting lifestyle
 - Troubleshooting challenges
 - Advanced fasting strategies
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PART 1: THE POWER OF FASTING

Why Fasting Unlocks Breakthrough

Fasting is not about earning God's favor. You already have His favor through Christ. Fasting is about:

1. **Positioning yourself for breakthrough** — Isaiah 58:6-8
2. **Sharpening your spiritual sensitivity** — Daniel 9:3
3. **Demonstrating seriousness to God** — Joel 2:12
4. **Breaking demonic resistance** — Matthew 17:21
5. **Accessing greater authority** — Acts 13:2-3

When you fast, you're declaring: **"I want You more than I want food. I want breakthrough more than I want comfort."**

The 7 Biblical Fasting Types

1. The Normal Fast (Food Only)


- **What:** Abstain from all food, drink water only
- **Biblical Example:** Jesus (Matthew 4:2), Moses (Exodus 34:28)
- **Duration:** 1-40 days

- **Purpose:** General breakthrough, seeking God's will, spiritual warfare

2. The Partial Fast (Daniel Fast)

- **What:** Eliminate certain foods (meat, sweets, breads)
- **Biblical Example:** Daniel (Daniel 10:3)
- **Duration:** 10-21 days typically
- **Purpose:** Extended fasting period, lifestyle discipline
- **Foods:** Vegetables, fruits, water, nuts, seeds

3. The Absolute Fast (No Food, No Water)

- **What:** Complete abstinence from food and water
- **Biblical Example:** Esther (Esther 4:16), Paul (Acts 9:9)
- **Duration:** 3 days MAXIMUM (life-threatening beyond this)
- **Purpose:** Life-or-death situations, extreme crisis
-  **WARNING:** Only in dire emergencies

4. The Liquid Fast (Juices/Smoothies)

- **What:** No solid food, liquids only
- **Biblical Basis:** Implied in fasting principles
- **Duration:** 1-7 days typically
- **Purpose:** Physical detox while maintaining nutrients

5. The Sunrise-to-Sunset Fast

- **What:** Fast during daylight hours, eat after sunset
- **Biblical Example:** Jewish tradition (Zechariah 7:5)
- **Duration:** Daily or specific periods
- **Purpose:** Daily discipline, work-friendly fasting

6. The Corporate Fast

- **What:** Church or group fasting together
- **Biblical Example:** Nineveh (Jonah 3:5-10), Early Church (Acts 13:2-3)
- **Duration:** Varies
- **Purpose:** National/church repentance, major decisions

7. The Personal Fast

- **What:** Individual fasting for personal breakthrough
 - **Biblical Example:** Anna (Luke 2:37), Cornelius (Acts 10:30)
 - **Duration:** Varies
 - **Purpose:** Personal holiness, seeking God's voice
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Proven Fasting Protocols

The 1-Day Fast (Beginner)

- **Duration:** 24 hours (e.g., dinner to dinner)
- **Purpose:** Introduction to fasting, regular discipline
- **Protocol:**
 - Last meal: 6 PM (Day 1)
 - Fast through: All Day 2
 - Break fast: 6 PM (Day 2)
- **Tips:** Drink plenty of water, stay busy, pray often

The 3-Day Fast (Intermediate)

- **Duration:** 72 hours
- **Purpose:** Breaking strongholds, major breakthroughs
- **Protocol:**
 - Day 1: Transition (light meals, mental prep)
 - Day 2-3: Full fast (water only)
 - Day 4: Break fast gently (fruit, soup)
- **Spiritual Focus:** Intensive prayer, Scripture, worship

The 7-Day Fast (Advanced)


- **Duration:** 1 week
- **Purpose:** Major life decisions, spiritual warfare

- **Protocol:**
 - Proper preparation (3-day lead-in)
 - Water + electrolytes
 - Light activity only
 - Break fast carefully over 3 days
- **Physical:** Expect weakness days 3-5, strength returns day 6-7

The 21-Day Fast (Daniel Fast)


- **Duration:** 3 weeks
- **Purpose:** Deep spiritual transformation
- **Protocol:**
 - Vegetables, fruits, water, nuts
 - No meat, dairy, sweets, bread
 - Sustained energy, work-friendly
- **Biblical:** Daniel 10:2-3

The 40-Day Fast (Expert Only)

- **Duration:** 40 days
- **Purpose:** Major ministry calling, extreme breakthrough
- **Protocol:**
 - Medical clearance required
 - Supervision recommended
 - Gradual preparation and breaking
- **Biblical:** Moses, Elijah, Jesus
-  **WARNING:** Dangerous without preparation

Physical Preparation and Safety

Before You Fast:

 **Consult your doctor** if you have:

- Diabetes
- Heart conditions

- Blood pressure issues
- Eating disorders
- Pregnancy/breastfeeding

✓ **Prepare your body** (3-7 days before):

- Reduce caffeine gradually
- Eliminate processed foods
- Increase water intake
- Eat lighter meals

✓ **Prepare your schedule:**

- Clear unnecessary commitments
- Reduce physical demands
- Plan prayer times
- Inform close family/friends

During Your Fast:

✓ **Hydration is KEY:**

- Drink 8-10 glasses of water daily
- Add electrolytes if needed (salt, potassium)
- Herbal teas are acceptable

✓ **Listen to your body:**

- Headaches: Normal (caffeine withdrawal)
- Dizziness: Sit down, drink water
- Severe pain: Break the fast

✓ **Rest more:**

- Sleep 7-9 hours
- Avoid intense exercise
- Conserve energy for prayer

Breaking Your Fast:

✓ **Go slow:**

- Day 1: Fresh fruit, vegetable broth

- Day 2: Salads, steamed vegetables
- Day 3: Normal diet (avoid heavy foods)

✓ **Never break a fast with:**

- Heavy meats
 - Processed foods
 - Large meals
 - Dairy products initially
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Common Fasting Mistakes (and How to Avoid Them)

Mistake #1: Fasting Without Purpose

Problem: "I'm fasting because it's Wednesday." **Solution:** Always have a specific spiritual goal.

- What breakthrough are you seeking?
- What stronghold are you breaking?
- What is God calling you to?

Mistake #2: Broadcasting Your Fast

Problem: "Look at me, I'm fasting!" **Scripture:** Matthew 6:16-18 — Don't advertise your fast **Solution:** Tell only those who need to know (spouse, accountability partner)

Mistake #3: Expecting Instant Results

Problem: "I fasted for 3 days and nothing happened." **Solution:** Fasting is not a vending machine. Sometimes breakthroughs come during the fast, sometimes after, sometimes weeks later.

Mistake #4: Neglecting Prayer

Problem: Fasting without praying is just starving. **Solution:** Schedule prayer times throughout your fast.

- Morning: 30-60 minutes
- Midday: 15-30 minutes
- Evening: 30-60 minutes

Mistake #5: Breaking the Fast Improperly

Problem: Gorging on pizza after a 7-day fast **Result:** Physical illness, nausea, digestive issues **Solution:** Break fasts gradually (see above)



PART 2: PRAYER + FASTING = BREAKTHROUGH

How Fasting Amplifies Prayer

Fasting doesn't make God hear you better. God always hears your prayers (1 John 5:14). But fasting:

1. **Sharpens YOUR spiritual hearing** — You become more sensitive to God's voice
 2. **Demonstrates urgency** — You're saying "This matters enough to sacrifice for"
 3. **Increases spiritual authority** — Matthew 17:21
 4. **Breaks demonic resistance** — Some battles require fasting
 5. **Aligns your heart** — Less flesh, more spirit
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Combining Fasting with Warfare Prayers

When you fast, your prayers carry **greater authority**. Here's how to maximize this:

The Fasting + Prayer Battle Plan:

Day 1: Break the Ground

- **Morning:** Declare your fasting goal
- **Prayer Focus:** Bind enemy resistance
- **Scripture:** Ephesians 6:12, James 4:7
- **Declaration:** "I bind every demonic force resisting this breakthrough in Jesus' name."

Day 2: Intercession

- **Morning:** Pray for specific breakthroughs
- **Prayer Focus:** Persistent intercession
- **Scripture:** Luke 18:1-8 (persistent widow)
- **Declaration:** "I will not stop praying until breakthrough comes."

Day 3: Breakthrough

- **Morning:** Stand in authority
 - **Prayer Focus:** Command breakthrough
 - **Scripture:** Mark 11:23, John 14:12
 - **Declaration:** "I speak breakthrough, deliverance, and freedom NOW."
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Authority in the Spirit Realm

When you fast and pray, you're not **begging God**. You're exercising the authority Christ gave you.

"Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you." — Luke 10:19 (KJV)

Fasting + Prayer = Authority to:

- **Bind** demonic forces (Matthew 16:19)
 - **Loose** blessings and breakthrough (Matthew 16:19)
 - **Cast out** stubborn demons (Mark 9:29)
 - **Break** generational curses (Galatians 3:13)
 - **Release** healing and miracles (James 5:15)
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Breaking Stubborn Strongholds

Some strongholds don't break easily. They require sustained fasting and prayer:

Strongholds That Often Require Fasting:

1. **Addiction** — Drugs, alcohol, pornography, gambling
2. **Generational curses** — Family patterns of sin
3. **Demonic oppression** — Persistent spiritual attacks
4. **Physical illness** — Chronic conditions, unexplained sickness
5. **Financial bondage** — Persistent poverty, debt cycles
6. **Relational breakdown** — Marriages, family conflicts
7. **Ministry obstacles** — Blocked doors, opposition

The 21-Day Stronghold Breakthrough:

Week 1 (Days 1-7): Identification

- Identify the stronghold specifically
- Research Scripture on the issue
- Declare war on the enemy
- Fast + pray 30 minutes daily

Week 2 (Days 8-14): Intensive Warfare

- Increase fasting intensity
- Pray 1-2 hours daily
- Worship aggressively
- Command breakthrough

Week 3 (Days 15-21): Victory & Maintenance

- Stand in authority
 - Declare freedom
 - Plan post-breakthrough lifestyle
 - Thank God for victory
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Deliverance and Freedom

Fasting is a key to deliverance ministry. Many demons won't leave without it.

Signs You May Need Deliverance:

- Persistent sin patterns that won't break
- Irrational fears or phobias
- Chronic nightmares
- Unexplained physical symptoms
- Addictive behaviors
- Sudden rage or depression
- Voices or intrusive thoughts

The Fasting + Deliverance Protocol:

Step 1: Preparation (3 days)

- Confess all known sin
- Renounce occult involvement
- Forgive everyone
- Begin 3-day fast

Step 2: Deliverance Session (Day 3)

- With a mature believer present

- Command demons to leave in Jesus' name
- Use authority (Luke 10:19)
- Don't negotiate with demons

Step 3: Freedom Maintenance (Ongoing)

- Stay in the Word daily
- Regular fasting and prayer
- Accountability
- Fill the void with the Holy Spirit



PART 3: BREAKTHROUGH TESTIMONIES

Real Stories of Fasting Breakthroughs

These are real testimonies from real disciples who went to war through fasting and prayer:

Testimony #1: Addiction Broken After 21-Day Fast

Background: John had battled pornography addiction for 15 years. Counseling, accountability groups, and willpower all failed.

The Fast: 21-day Daniel Fast + 2 hours of daily prayer

The Breakthrough:

- Week 1: Intense spiritual warfare, temptation attacks
- Week 2: Something broke in the spirit realm — felt spiritual freedom
- Week 3: Complete victory, no desire for pornography

Result: 3 years clean and free. Now helps other men find freedom.

"When I fasted, I literally felt chains breaking. I'm a new man." — John M.

Testimony #2: Marriage Restored Through Corporate Fasting

Background: Sarah and Mike's 12-year marriage was ending. Infidelity, bitterness, irreconcilable differences.

The Fast: Church-wide 7-day fast, focused on their marriage

The Breakthrough:

- Day 3: Mike felt conviction and repented
- Day 5: Sarah forgave him supernaturally
- Day 7: They recommitted their marriage

Result: Marriage fully restored. Now lead marriage ministry at their church.

"Fasting did what 2 years of counseling couldn't do." — Sarah & Mike T.

Testimony #3: Financial Breakthrough After 40-Day Fast

Background: David was \$80,000 in debt, business failing, facing bankruptcy.

The Fast: 40-day partial fast (vegetables and water only)

The Breakthrough:

- Week 2: Unexpected business contract
- Week 4: Debt forgiveness from creditor
- Week 6: Business exploded, doubled income

Result: Debt-free in 18 months. Now financially blessed and generous.

"God honored my sacrifice. He's a rewarder of those who diligently seek Him." — David L.

Testimony #4: Healing from Terminal Cancer Through Fasting

Background: Linda was diagnosed with stage 4 cancer, doctors gave her 6 months.

The Fast: Multiple 3-day fasts over 3 months + aggressive prayer

The Breakthrough:

- After 2nd fast: Tumor shrunk 30%
- After 4th fast: Tumor shrunk 70%
- After 6th fast: No trace of cancer

Result: 5 years cancer-free. Doctors call it a miracle.

"Fasting positioned me for my healing miracle. I'm alive because I fasted and prayed." — Linda R.

Testimony #5: Ministry Breakthrough After 21-Day Fast

Background: Pastor James felt called to plant a church but had no resources, no team, no building.

The Fast: 21-day Daniel Fast, seeking God's provision

The Breakthrough:

- Week 1: Donor offered \$50,000 seed gift
- Week 2: 15 families committed to core team
- Week 3: Property owner offered building rent-free for 6 months

Result: Church launched successfully, now 300+ members.

"Fasting released the resources God had already prepared. It was already there — I just needed to fast and pray to unlock it." — Pastor James K.



PART 4: YOUR FASTING PLAN

How to Start Your First Fast

Step 1: Decide Your Goal What breakthrough are you seeking?

- Addiction freedom?
- Financial breakthrough?
- Healing?
- Direction?
- Relationship restoration?

Step 2: Choose Your Fast Type

- Beginner: 1-day water fast
- Intermediate: 3-day water fast
- Advanced: 7-day or 21-day Daniel Fast

Step 3: Set Your Dates

- Start date: _____
- End date: _____
- Break fast meal: _____

Step 4: Prepare

- Clear your schedule
- Reduce caffeine 3 days before
- Plan prayer times
- Tell accountability partner

Step 5: Execute

- Start fasting (last meal night before)
- Pray morning, midday, evening
- Drink 8-10 glasses of water
- Journal your prayers

Step 6: Break the Fast Properly

- Start with fruit or broth
 - Light meals for 1-2 days
 - Return to normal diet gradually
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Building a Fasting Lifestyle

Don't just fast once. Build fasting into your spiritual life permanently.

Recommended Fasting Rhythms:

Beginner:

- 1-day fast monthly
- 3-day fast quarterly

Intermediate:

- 1-day fast weekly
- 3-day fast monthly
- 7-day fast annually

Advanced:

- 2-day fast weekly
 - 7-day fast quarterly
 - 21-day fast annually
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Troubleshooting Fasting Challenges

Challenge #1: Hunger Pangs Solution: Drink water, distract with prayer, hunger comes in waves

Challenge #2: Headaches Solution: Usually caffeine withdrawal, drink more water, rest more

Challenge #3: Weakness/Dizziness Solution: Sit down, drink water with salt, rest

Challenge #4: Temptation to Quit Solution: Remember your goal, pray Philippians 4:13, push through

Challenge #5: Social Pressure Solution: Don't advertise your fast, decline meal invitations gracefully

Advanced Fasting Strategies

Strategy #1: The Corporate Fast

Fast with your church or small group for maximum impact.

Strategy #2: The Focused Fast

Pick ONE specific goal per fast (don't scatter your focus).

Strategy #3: The Extended Fast

Build up to longer fasts gradually (1-day → 3-day → 7-day → 21-day).

Strategy #4: The Lifestyle Fast

Fast one day weekly for the rest of your life (ultimate discipline).

Strategy #5: The Emergency Fast

When crisis hits, immediately begin a 3-day fast.

CONCLUSION: YOUR CALL TO ARMS

Fasting and prayer are weapons.

Not suggestions. Not optional spiritual disciplines for the "super spiritual." They are weapons that Jesus Himself used and commanded us to use.

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance... But thou, when thou fastest, anoint thine head, and wash thy face." — Matthew 6:16-17 (KJV)

Jesus didn't say "IF you fast." He said "WHEN you fast."

He expected you to fast.

Your First Step

Don't finish this guide and do nothing.

Right now, schedule your first fast:

1. **Choose a date:** _____
2. **Choose a fast type:** _____
3. **Choose your breakthrough goal:** _____

Then go to war.



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Related Disciple Resources

- [Advanced Spiritual Warfare Training](#)
 - [Prayer Essentials: Powerful Prayer Life](#)
 - [Spiritual Disciplines Master Guide](#)
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Key Scriptures on Fasting

- **Matthew 17:21** — "This kind goeth not out but by prayer and fasting"
- **Isaiah 58:6** — Breaking strongholds through fasting
- **Joel 2:12** — Returning to God with fasting

- [Acts 13:2-3](#) — Ministry breakthrough through fasting
- [Matthew 6:16-18](#) — How to fast properly

Welcome to the front lines, disciple. Now fast, pray, and go to war.

 [Kyle Lauriano Ministries](#) | Real Testimonies. Radical Transformation.