

## Build a Schedule when Fasting

Thanks for making a commitment to begin the biblical practice of prayer and fasting. Many people have found it helpful when they fast to set aside regular time to be alone with the Lord. Daniel gives us a tremendous schedule: "Three times a day he got down on his knees and prayed, giving thanks to his God..." (Daniel 6:10). The following are some simple suggestions:

**#1: Morning** - Begin your day in praise and worship. Read and meditate on God's Word. As Daniel did, feel free to kneel as you read and pray. Invite the Holy Spirit "to work in you [both] to will and to do His good pleasure" (Philippians 2:13). Invite God to speak to you throughout your day.

**#2: Noon** - Jesus said, "Come with me by yourself to a quiet place" (Mark 6:31). Return to prayer and God's Word. You may want to take a short prayer walk. Ask the Lord to show you how to influence your family, your church, your community, your world. Pray for your church leaders, denominational leaders, community leaders and national leaders (1 Timothy 2:1-3).

**#3: Evening** - "In the evening...Jesus came and stood among them and said, "Peace be with you" (John 20:19). Jesus wants to come to you as well! Spend some unhurried time "seeking His face. Your face, Lord I will seek" (Psalm 27:8). Pray for the world's unreached millions, both at home and abroad. Pray for His vision for your life and empowerment to do His will.

We suggest you avoid television and other distractions that may dampen your spiritual focus during your fast. If married, you may want to begin and end each day on your knees in prayer with your spouse. This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**