

SHILOH MISSIONARY BAPTIST CHURCH

FASTING AND PRAYER GUIDE



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2 Chronicles 7:14, “if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

The spiritual disciplines of prayer and fasting are practices of many faith traditions.

PRAYER—intimate, authentic communication with the Divine—reveals our theological imagination, emotional vulnerability, and idealized values. Prayer is one of our love languages as the offspring of God and inheritors of daily eternity. The Bible calls us to “pray always with all prayer and supplication in the Spirit...” In the same way...

FASTING serves as a physical reminder to pray and perhaps to pray more fervently. The invitation to prayer and fasting implies that divine revelation becomes a reality when we seek it. Ezra 8:23 (ESV) “So we fasted and implored our God for this, and he listened to our entreaty.” During times of crisis or decision-making, prayer and fasting offer the faithful an opportunity to meet with God.

Shiloh 2026 Prayer Points

- 1. Pray for - Unity in the Body:**
John 17:20-21 (NKJV) ²⁰I do not pray for these alone, but also for those who will believe in Me through their word; ²¹that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me.
- 2. Pray for - Boldness in Proclaiming the Gospel:**
Ephesians 6:19 (NLT) Pray for me also. Pray that I might open my mouth without fear. Pray that I will use the right words to preach that which is hard to understand in the Good News.
- 3. Pray for - Spiritual Growth and Maturity:**
2 Peter 3:18 (NLT) Rather, you must grow in the grace and knowledge of our Lord and Savior Jesus Christ. All glory to him, both now and forever! Amen.
- 4. Pray for – Pastors & Leaders:**
1 Timothy 2:1-2 (NLT) ¹I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. ²Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.
Numbers 6:24-26 (GN) ²⁴May the Lord bless you and take care of you; ²⁵May the Lord be kind and gracious to you; ²⁶May the Lord look on you with favour and give you peace.
- 5. Pray for - Protection and Deliverance:**
Psalm 46:1 (NKJ) God is our refuge and strength, A very present help in trouble.
Ephesians 6:10-11 (ESV) ¹⁰Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil.
- 6. Pray for - God’s Will and Kingdom Advancement:**
Matthew 6:10 (NKJ) Your kingdom come. Your will be done on earth as it is in heaven.
Luke 22:42 (NKJ) Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.
- 7. Pray for - Love for One Another:**
John 13:34-35 (NKJ) ³⁴A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. ³⁵By this all will know that you are My disciples, if you have love for one another.
1 Thessalonians 3:12 (NLT) And may the Lord make your love for one another and for all people grow and overflow.



“IF MY PEOPLE” 2 Chronicles 7:14

WHY PRAY?

Prayer is one of our greatest weapons. Not only does it draw us closer to God, but it also unleashes his power into our world. Through prayer, we learn the heart of the Father in all the matters of our world. Through spending time in his presence, we conform more and more to his image. Through discipline, prayer changes from being a duty to a delight. The more you pray, the more you want to pray, and the greater its impact.

Our Heavenly Father desires our love, attention, fellowship, and worship, and each begins with an attitude of prayer. When the disciples asked Jesus to teach them how to pray, he taught them what we now call “The Lord’s “Prayer.” In that prayer, Jesus acknowledges the sovereignty of God and then prays that God’s will and kingdom would come to earth as it is in heaven. Through prayer, we literally bring God’s desires and kingdom from the heavenly realm into our earthy realm.

WHY FAST?

Fasting is an act of willing abstinence from something for a period of time for spiritual purposes. It is a spiritual discipline that allows one to reset and refocus on God by removing something we usually enjoy. The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

It also enables us to celebrate the goodness and mercy of God and prepare our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge. It is very important to know your body and options, but most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Use this guide to direct you in your prayer and fast focus. You may also want to fast and pray for your family, friends, someone else, or even a particular circumstance or situation.

God rewards fasting because when done with the right heart, it confesses that we are helpless without Him, and we require Him to give us hope; we need to press on in the things He has planned. This brings Glory to God!



“IF MY PEOPLE” 2 Chronicles 7:14

You Choose Your Fast

James 4:8 says, "Draw near to God, and He will draw near to you." Drawing closer to God is the goal of our fasting and prayer! He has amazing things in store for us, and I am encouraged and excited about this New Year.

So, choose your fast! Continue reading your bible. Take this time and pray for Shiloh. Pray for God to move with divine direction and that He will give us clear visions for your life and for Shiloh.

Types of Fasts and What They Require

Using wisdom is always important in fasting

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat eaten.
2. **Half-Day:** This is a 12hour fast where you pick the same time to start and end. When breaking this fast you do so with a light meal (see Acts 10:30-31).
3. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry." This verse does not mention Jesus being thirsty (see Luke 4:1-2).
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.
6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are used. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach's sake.

Other Activities to Fast

Although not mentioned in the Bible, we as Disciples of Jesus today can also commit to fasting from other activities:

- ⇒ Electronics, Computers, TV, Video games
- ⇒ Limited cell phone use if possible
- ⇒ Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.



"IF MY PEOPLE" 2 Chronicles 7:14