



The 48-Hour Fast

The “Why”

The busyness of our world has the tendency to drown out the voice of God in our lives. Our culture pushes us toward excess, distraction, and addiction. For many of us, the desires of our body have come to hold more power over us than the desires of the Spirit. What we need is an opportunity to say *no* to certain things so we can say *yes* to something better. That’s what fasting is all about.

Put simply, *fasting* is going without food for a set amount of time to awaken the body and soul to its deep hunger and need for God. A fast can be a powerful act of devotion, a chance to align our hearts with God’s. It’s also an opportunity to pray with greater intensity and power over the areas we need God to intervene.

Fasting is not just about *abstaining*; it’s about *replacing*—trading literal food for spiritual nourishment, silencing the noise of life to hear His voice more clearly. It can create space for breakthroughs in prayer, renewal, and greater intimacy with God, inviting His presence to transform our hearts, reveal His will, and strengthen our faith. Fasting often has a way of “thinning the veil” between heaven and earth, allowing us to have a period of greater intimacy with God.

**We recognize that many of you have health challenges. Our suggestion for you is to plan your fast in order to abstain without harming yourself.

The “How”

This month, identify a major area in your life—or in the life of someone close to you—where you are desperate for God’s intervention. Set aside a 48-hour period to fast completely from food, dedicating this time to seeking Him with urgency and faith. Throughout your fast, commit to praying consistently and persistently, lifting up your request and believing for God’s power to move in a transformative way.

- Pray for your marriage/family
- Pray for God’s direction and wisdom. Ask God where he’s calling you.
- Pray over your specific prayer request
- Consider scheduling your fast over a weekend, or time where you have time for prayer and quiet

Check out [this article](#) for further guidance to help you prepare for your fast.