

40 days of 8 or 12 hour fasting

Introduction

40 days of 12 hour fast introduced me to a new level of prayer life. I saw acceleration in areas that were dormant before. For example, a church family reported that they had breakthrough in the visa approval process. This book will provide many scriptures from the bible that talk about fasting and prayer. There are aged demons that prevent from achieving success. The next 40 days of 12 hour fast will bring those demons to knees.

The goal of fasting and prayer is to humble ourselves and seek the face of God for direction and victory. God will give victory and He will change your life as you seek His face.

How do we fast?

You can fast for 8 hours or 12 hours depending on your schedule and availability. It is recommended to have breakfast early in the day and fast during the day while you work during the day with just water. I prefer to have early breakfast at 6 or 7 AM. During the day, the focus is to pray and thank God for breakthrough when we feel hungry. You are encouraged to listen to worship songs or read scriptures for few minutes whenever you feel hungry during the day. Fasting time is not a time of starvation but a time of deeper fellowship with God. The Lord will give victory to those who seek his face diligently. You will never be the same and your life will make progress after these 40 days of prayer and fasting.

How do we use the Scriptures?

You can begin the day with your daily devotional and then read the scripture in this book for that day. The scriptures will motivate you and sustain you through the 40 day journey. It should take approximately 5 minutes to read the scriptures for that day. May the Lord bless you richly as you engage in 40 day, 8 or 12 hour fasting.

Day 1

A life of sacrifice with fasting will produce success in your life. There are long-lasting stubborn demons that will be destroyed only through prayer and fasting.

Once the disciples of Jesus could not cast the demons out. When they brought the demon possessed person to Jesus, He was able to rebuke the demon and set him free. Jesus revealed the secret to casting out stubborn demons. The secret is fasting and prayer.

Mark 9:25-29 When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.

And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead.

But Jesus took him by the hand, and lifted him up; and he arose.

And when he was come into the house, his disciples asked him privately, Why could not we cast him out?

And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

May all the stubborn and aged demons be gone as you fast and pray in Jesus' Name!

Day 2

At the preaching of Jonah, people in Nineveh proclaimed a fast. Everyone fasted from the least to the greatest. God saw the heart of Ninevites and turned from bringing disaster. Fasting moves the heart of God and turns away the wrath of God. May God favor you and lift you, as you fast for the Kingdom of God today.

Jonah 3:1-3 And the word of the LORD came unto Jonah the second time, saying, Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee. So Jonah arose, and went unto Nineveh, according to the word of the LORD. Now Nineveh was an exceeding great city of three days' journey.

Jonah 3:4 And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown.

Jonah 3:5 So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. Jonah 3:6-7 For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.

And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water:

Jonah 3:10 And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.

May God favor you and lift you, as you fast for the Kingdom of God today in Jesus' Name.

Day 3

Haman had planned to kill the Jews. The plot was revealed to Esther who proclaimed a fast. This fasting and prayer saved the Jews and also killed the wicked Haman in return. Persistent prayer killed Haman's sons also. May your enemies be identified and eliminated through the power of fasting and prayer.

Esther 4:1-3 When Mordecai perceived all that was done, Mordecai rent his clothes, and put on sackcloth with ashes, and went out into the midst of the city, and cried with a loud and a bitter cry;

And came even before the king's gate: for none might enter into the king's gate clothed with sackcloth.

And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and **fasting**, and weeping, and wailing; and many lay in sackcloth and ashes.

On hearing the plot of the enemy, it was Esther's who initiated the fast. Initiate a fast and let God move mightily.

Esther 4:16 Go, gather together all the Jews that are present in Shushan, and **fast ye for me**, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

May your enemies go down as you fast and pray.

Day 4

Daniel was a man of prayer. Daniel turned to the Lord in prayer and in fasting whenever he faced challenges and needed answers.

Daniel 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with **fasting**, and sackcloth, and ashes:

Daniel also prayed for 21 days without eating and drinking. As a result of this fast, the demons that tried to stop the answer to his prayers were averted and Daniel saw visions of the future.

Daniel 10:1-2 In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing was true, but the time appointed was long: and he understood the thing, and had understanding of the vision.

In those days I Daniel was mourning three full weeks.

Daniel 10:3 I **ate no pleasant bread**, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Even angels are dispatched as a result of fasting and prayer. May the Lord send His angels to lift you from failures and give you new visions and dreams for the future in Jesus' Name!

Day 5

Paul fasted and prayed on the ship destined for shipwreck. Paul and the men fasted 14 days without food. They were all saved by the power of God. As you fast and pray, your life will take new direction. God can prevent shipwreck and disasters as you seek Him each day. You will not die ahead of time. You will identify the destiny and reach your destiny as you stay in a lifestyle of fasting and prayer.

Acts 27:33-35 And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.

Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.

And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.

May the Lord preserve you and your family as you fast and pray in Jesus' Name.

Day 6

Moses went to the mountain and did not eat 40 days. Fasting helps us to hear the voice of God. We need to be in a quiet place at least for few hours during the week to clearly hear God. Men and women who succeeded in the past were those who travailed in prayer and spent time seeking His face.

Exodus 24:18 And Moses went into the midst of the cloud, and gat him up into the mount: and Moses was in the mount forty days and forty nights.

God asked Moses to be ready in the morning and come up to the mountain to receive the oracles from God. Moses went to the mountain again and did not eat for another 40 days.

Exodus 34:1-2 And the LORD said unto Moses, Hew thee two tables of stone like unto the first: and I will write upon these tables the words that were in the first tables, which thou brakest. And be ready in the morning, and come up in the morning unto Mount Sinai, and present thyself there to me in the top of the mount.

Exodus 34:5 And the LORD descended in the cloud, and stood with him there, and proclaimed the name of the LORD.

Exodus 34:27-28 And the LORD said unto Moses, Write thou these words: for after the tenor of these words I have made a covenant with thee and with Israel. And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the Ten Commandments.

God's commandments give light and life. May the Lord come down and visit you as you wait on Him night and day in Jesus' Name.

Day 7

Cornelius was a good man who did good works. But he had a dramatic encounter when he started fasting and praying. One day, as he fasted until the 9th hour (3 pm), God sent an angel to answer his prayers. Cornelius was instructed to call for Simon Peter who will deliver the good news of salvation.

Acts 10:30-31 And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

As Simon Peter arrived and preached the good news, the Holy Spirit fell on them and the entire household was baptized.

Acts 10:44-48 While Peter yet spake these words, the Holy Ghost fell on all them which heard the word.

And they of the circumcision which believed were astonished, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Ghost.

For they heard them speak with tongues, and magnify God. Then answered Peter, Can any man forbid water, that these should not be baptized, which have received the Holy Ghost as well as we?

And he commanded them to be baptized in the name of the Lord. Then prayed they him to tarry certain days.

May your time of fasting and prayer bring results! May your family and your relatives receive the gift of salvation as you fast and pray in Jesus' Name.

Day 8

Jesus was led by Spirit into wilderness for 40 days and he did not eat or drink. The Son of God prepared Himself for an effective ministry by fasting and praying. He returned from the wilderness with power. Satan is defeated when we fast and pray. Demons have to leave and sicknesses have to flee. Your ministry will enter another dimension as you fast and pray.

Luke 4:1-2 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness,

Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

Luke 4:14-15 And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

And he taught in their synagogues, being glorified of all.

May the Lord empower your with greater anointing of the Holy Spirit as you fast and pray in Jesus' Name.

Day 9

Jesus died on the cross so that we might live. Jesus further asserted that the prince of the devil is coming to entice and derail many to sin. To overcome the evil one, we need to continue to fast and pray. The devil will be put into a lake of eternal fire. Until then, we have a war to win and a victory to be celebrated. Jesus foretold that we will fast and pray after the bridegroom is taken away.

Matthew 9:14-15 Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?

And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and **then shall they fast**.

Soon, after the final battle, the devil will be pushed into lake of fire.

Revelation 20:10 And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.

Until Jesus comes, may you fight a good fight of faith and may all the forces of the wicked one perish as you fast and pray in Jesus' Name.

Day 10

David and his men fasted and prayed after death of Saul. Fasting helps you to do what is right. David respected anointed men of God and never attempted to fight back Saul even when Saul tried to Kill David several times, both in the house and in the wilderness.

David was eventually unanimously elected to be the king of Israel. As you fast and pray for the people of God, you will also be touched to serve to people of God

2 Samuel 1:11 Then David took hold on his clothes, and rent them; and likewise all the men that were with him:

2 Samuel 1:12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

May the Lord equip you to be an effective servant, as you fast and pray for the people of God in Jesus' Name!

Day 11

Paul and Barnabas were selected through fasting and prayer. Sometimes we may be qualified but still answers might not come. Demons could block the answers to prayer. The prophets and teachers heard from the Holy Spirit in their fast and picked Paul and Barnabas for the new missionary journeys. After the selection, the team still fasted and prayed before sending them away. Your mission will be effective and will pick up momentum, when you fast and pray. Fasting brings clarity in decision making. Fasting initiates new breakthroughs. Fasting and prayer puts you on a new journey.

Do not wait too long to decide. Declare a fast. Hear from God clearly. Take a decision.

Acts 13:1 Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene, and Manaen, which had been brought up with Herod the tetrarch, and Saul.

Acts 13:2-3 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

And when they had fasted and prayed, and laid their hands on them, they sent them away.

May the Lord show you need paths of glory as you fast and pray.

Day 12

Paul was beaten in Lystra. However, he moved on with the ministry and came back to visit the same place and appointed elders in that church. Paul and Barnabas fasted and prayed before appointing elders in the church. Ordination should be done after prayer and fasting. Leaders can only lead when they are saturated with prayer and fasting. The longevity of ministries will be determined by their engagement with prayer and fasting.

Acts 14:21-22 And when they had preached the gospel to that city, and had taught many, they returned again to Lystra, and to Iconium, and Antioch,

Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God.

Acts 14:23 And when they had ordained them elders in every church, and had **prayed with fasting**, they commended them to the Lord, on whom they believed.

May you engage with the Lord with prayer and fasting for every assignment in your life! May you accomplish great things for Jesus!

Day 13

Joel asked the elders to come and fast. Victory comes through fasting and prayer. Destruction can be averted through fasting and prayer. Fasting is a weapon of mass destruction to the enemy's camp. Fasting and prayer can be a deadly weapon to destroy the plans of the enemy and win the battle for Jesus.

Joel 1:13-15 Gird yourselves, and lament, ye priests: howl, ye ministers of the altar: come, lie all night in sackcloth, ye ministers of my God: for the meat offering and the drink offering is withholden from the house of your God.

Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD,

Alas for the day! for the day of the LORD is at hand, and as a destruction from the Almighty shall it come.

May the Lord empower us to sanctify a fast together as a family! Family that prays together will stay together and experience victory against the devil.

Day 14

Anna the prophetess served God with fasting and prayer. Anna could have lived a lifestyle filled with recreation and entertainment. But, she chose a lifestyle of fasting and prayer. Her prayers were answered and she had opportunity to see Joseph, Mary, and the child Jesus and speak about Him to everyone who were looking for redemption in Jerusalem.

Luke 2:34-35 And Simeon blessed them, and said unto Mary his mother, Behold, this child is set for the fall and rising again of many in Israel; and for a sign which shall be spoken against; (Yea, a sword shall pierce through thy own soul also,) that the thoughts of many hearts may be revealed.

Luke 2:36-37 And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser: she was of a great age, and had lived with an husband seven years from her virginity;

And she was a widow of about fourscore and four years, which departed not from the temple, **but served God with fastings and prayers night and day.**

Luke 2:38 And she coming in that instant gave thanks likewise unto the Lord, and spake of him to all them that looked for redemption in Jerusalem.

As you wait on the Lord in fasting and prayer, may the prophecies be fulfilled in your life! You will live to see your dreams come to pass for the glory of God.

Day 15

Burden for others causes us to fast and pray. Nehemiah prayed and fasted when he heard that the walls of Jerusalem were destroyed by fire. His work for God and the vision to rebuild the broken walls were birthed through fasting and prayer. When you fast and pray for others, God will give a bigger dream to fulfill. Your desire to help others and pray for others will open doors for greater visions and dreams.

Nehemiah 1:1-2 The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, in the twentieth year, as I was in Shushan the palace,

That Hanani, one of my brethren, came, he and certain men of Judah; and I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem.

Nehemiah 1:3-4 And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire.

And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,

Nehemiah received favor from the king to go and rebuild the walls. He was given provision and authority to complete the task. Through prayer, fasting, and hard work, he and his team were able to complete a massive project within 52 days.

May the Lord help us to seek him in fasting and prayer! Your next assignment is coming and the Lord will help you to complete in record time.

Day 16

Fasting brings breakthrough. Fasting opens closed doors. The Lord hears the prayers of His saints and will change the situations. You will not lack corn and oil in your home, as the prophet Joel declares. Poverty should vanish as we call the family and sanctify a fast. Let the Lord break the stronghold of poverty as you fast and pray. Let there be sanctification in our lives.

Joel 2:15-16 Blow the trumpet in Zion, sanctify a fast, call a solemn assembly:

Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet.

Joel 2:18-19 Then will the LORD be jealous for his land, and pity his people.

Yea, the LORD will answer and say unto his people, Behold, I will send you corn, and wine, and oil, and ye shall be satisfied therewith: and I will no more make you a reproach among the heathen:

The Lord promises provision and satisfaction as a result of fasting and prayer. May the Lord fill your barns with plenty! May the Lord bring satisfaction in your life as you fast and pray in Jesus' Name. Your reproach will be taken away and you will shine among the heathens.

Day 17

David fasted when his first child with Uriah's wife died. When you fast, your bad past will be erased and God will give you a new beginning. Past cannot determine our future. The past needs to be buried so that we can focus on the future. Our mistakes and failures of the past need to be buried and forgotten so that one can do well in the days ahead. Victory is sure to those who can deny the flesh and wait on the Lord for direction.

2 Samuel 12:15-17 And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick.

David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.

And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them.

The Lord wipes our mistakes away when we repent and pray. During these days of fasting, the Lord will recuperate you to a higher level of walk with God. May the Lord continue to make you stronger and mightier for His kingdom! May all the enemies of the Lord be put to shame!

Day 18

When Ahab heard the words of Elijah he went about in sackcloth and fasted. Unbelieving kings fasted when they were warned by words of prophecy. Fasting is an act of humbling before God. As you fast and pray, you will receive your next miracle.

1 Kings 21:20-22 And Ahab said to Elijah, Hast thou found me, O mine enemy? And he answered, I have found thee: because thou hast sold thyself to work evil in the sight of the LORD. Behold, I will bring evil upon thee, and will take away thy posterity, and will cut off from Ahab him that pisseth against the wall, and him that is shut up and left in Israel, And will make thine house like the house of Jeroboam the son of Nebat, and like the house of Baasha the son of Ahijah, for the provocation wherewith thou hast provoked me to anger, and made Israel to sin.

1 Kings 21:23-24 And of Jezebel also spake the LORD, saying, The dogs shall eat Jezebel by the wall of Jezreel.

Him that dieth of Ahab in the city the dogs shall eat; and him that dieth in the field shall the fowls of the air eat.

1 Kings 21:27 And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly.

When Ahab fasted, the Lord's heart was moved. When we humble ourselves through fasting, God's wrath can be averted.

1 Kings 21:28-29 And the word of the LORD came to Elijah the Tishbite, saying, Seest thou how Ahab humbleth himself before me? because he humbleth himself before me, I will not bring the evil in his days: but in his son's days will I bring the evil upon his house.

As you fast and pray, may the Lord bring you into a place of high favor! And may our mistakes be consumed by fire!

Day 19

A remnant were ready to return from Babylon to Jerusalem. Ezra proclaimed a fast before starting his journey. The future can be tumultuous. Enemies can be life threatening. The return journey can be sabotaged by the works of the enemy. Hence, Ezra fasted and prayed before taking the journey. Their journey was successful because of their fasting and prayer. Your enemies cannot overtake you when you fast and pray. Your enemies will be subdued by the fire of God. May God arise and may your enemies be scattered.

Ezra 8:21-23 Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him.

So we fasted and besought our God for this: and he was intreated of us.

A praying person is a powerful person against the powers of darkness. May the Lord prosper your future journeys as you wait on the Lord before each journey!

Day 20

Jesus promised that the Father will reward us openly. Jesus wanted us to fast and be cheerful. Fasting need not be sad experience. We can be cheerful and be happy while praying to the most high God who watches everything we do in secret. The Lord will answer your requests and also reward you for standing in the gap for the people of God.

Matthew 6:16-18 Moreover **when ye fast**, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

But thou, **when thou fastest**, anoint thine head, and wash thy face;

That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

May you enjoy the time of fasting prayer. May you also receive the reward from the Father who bestows us with good and perfect gifts!

Day 21

Joel asks us to return to God with fasting. Fasting is not outwardly but inwardly. God is interested not in outward appearance but our inward motives. Our heart should be connected to God when we fast. God asks us not to rend our garments but to rend our hearts. God will help us to overcome evil thoughts and bad habits when we seek God through fasting prayer. There is no habit that cannot be broken through fasting and prayer.

Joel 2:12-13 Therefore also now, saith the LORD, turn ye even to me with all your heart, and **with fasting**, and with weeping, and with mourning:

And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

May the Lord bring monumental victory both in personal and corporate life ad you fast and pray in this season.

Day 22

On the way to Rome, Paul was sent with prisoners on the ship. Paul prayed before during the voyage and fasted. Paul predicted that the voyage will be full of risk both to the ship and to the lives of people on the ship. His advice to the captain was not heard. The result was loss of the ship and provision on the ship. Because of Paul, the sailors and prisoners still escaped death. As you fast and pray, the Lord will show you the events in the future so that you can avoid shipwreck and avoid loss of life.

Acts 27:6-8 And there the centurion found a ship of Alexandria sailing into Italy; and he put us therein.

And when we had sailed slowly many days, and scarce were come over against Cnidus, the wind not suffering us, we sailed under Crete, over against Salmone;

And, hardly passing it, came unto a place which is called The fair havens; nigh whereunto was the city of Lasea.

Acts 27:9-11 Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them,

And said unto them, Sirs, I perceive that this voyage will be with hurt and much damage, not only of the lading and ship, but also of our lives.

Nevertheless the centurion believed the master and the owner of the ship, more than those things which were spoken by Paul.

The future is bright to those who wait on Him. May the Lord give you specific directions about the future as you fast and pray!

Day 23

Paul continued the fast and after long abstinence, the angel appeared and promised him to take Paul alive along with sailors, to Rome. Because of Paul's presence on the ship and his persistent fasting and prayer, the entire group of prisoners on the ship were saved. God sent an angel to comfort Paul and to deliver a message. Your prayers will deliver you and those who are traveling with you on the same ship. The result of fasting and prayer affects everyone around you. May angels be dispatched as you fast and pray!

Acts 27:21-24 But after long abstinence Paul stood forth in the midst of them, and said, Sirs, ye should have hearkened unto me, and not have loosed from Crete, and to have gained this harm and loss.

And now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship.

For there stood by me this night the angel of God, whose I am, and whom I serve,

Saying, Fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee.

The Lord will guard your feet and your steps will not be hindered. May the Lord preserve your life from every destruction as you fast and pray.

Day 24

After 14 days of fasting, Paul gave thanks to God and broke the fast by breaking the bread. Paul was a witness to the prisoners. His prayer life and prophetic lifestyle brought life and hope to those prisoners. Paul prayed with 276 prisoners and all of them were preserved during this voyage. As the Scripture says, not an hair fell from their heads.

Acts 27:33-37 And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.

Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.

And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.

Then were they all of good cheer, and they also took some meat.

And we were in all in the ship two hundred threescore and sixteen souls.

May you bring cheer in lives of people around you! May your life be preserved to bring transformation in the lives of many around you!

Day 25

Paul encourages to have set time for family and for fasting and prayer. Couples should allocate time for prayer upon mutual agreement so that they do not deprive of each other of intimacy. Spiritual exercises helps to bring peace and harmony in marriage. One cannot love the spouse unconditionally without being a person of prayer. Our walk with God and our times of fasting and prayer will help us enjoy life holistically with God being the center of our lives.

1 Corinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to **fasting and prayer**; and come together again, that Satan tempt you not for your incontinency.

May your marriage be joyful as you both engage in prayer and fasting! For those who are yet to find a spouse, I pray that the Lord bless you with a godly spouse who loves God and you.

Day 26

Paul describes a ministry of sufferings and fastings. Ministry is not an easy work. One should be ready to endure hardship while serving God. Many times, Paul was imprisoned, stoned, and beaten. Sometimes he was shipwrecked. Several times, Paul fasted and prayed for souls. In all these, Paul was not disappointed or sad since his concern was for the souls. As you serve God with fasting and watching, may the Lord expand your ministry!

2 Corinthians 6:3-5 Giving no offence in anything, that the ministry be not blamed:

But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses,

In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings;

May the Lord expand your ministry, spiritual territories, prayer life, worship, and the knowledge of the word, as you spend time in fasting and prayers!

Day 27

Paul suffered and fasted for churches. His deep concern for the churches helped him to endure shipwreck, beatings, and dangers among his own people, dangers in the sea, and dangers among the unbelievers. Paul affirmed that his life included many days without food and drink. As you labor for the churches, may fasting and prayer become a lifestyle! It is possible to sacrifice one meal per day and spend time in prayer even when we are working in the world outside of full time ministry. Prayers will bring victory in the corporate world and in the full time ministry.

Fasting also established Paul as a minister of God. We cannot be effective ministers of God unless we travel the path of abundant labor, and abundant prayers and fasting.

2 Corinthians 11:23-28 Are they ministers of Christ? (I speak as a fool) I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft.

Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep;

In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren;

In weariness and painfulness, in watchings often, in hunger and thirst, in **fastings often**, in cold and nakedness. Beside those things that are without, that which cometh upon me daily, the care of all the churches.

May the Lord bring victory both in ministry and in business as you embrace a lifestyle of prayer and fasting.

Day 28

When enemies surrounded Jehoshaphat, he fasted and prayed. God gave him great victory. The Ammonites and Moabites were a consistent threat to the people of Judah. Outnumbered by the enemies, Jehoshaphat sought God proclaimed a fast throughout all Judah. When you are surrounded by enemies, the best course of action is to seek God in fasting and prayer. God will fight for you for the battle is not yours but God's.

2 Chronicles 20:1-3 It came to pass after this also, that the children of Moab, and the children of Ammon, and with them other beside the Ammonites, came against Jehoshaphat to battle.

Then there came some that told Jehoshaphat, saying, There cometh a great multitude against thee from beyond the sea on this side Syria; and, behold, they be Hazazon-tamar, which is Engedi.

And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

2 Chronicles 20:21-22 And when he had consulted with the people, he appointed singers unto the LORD, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the LORD; for his mercy endureth forever.

And when they began to sing and to praise, the LORD set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah; and they were smitten.

May you enjoy victory in all your battles of life! May the enemies of the Lord and the powers of darkness be smitten before you, as you seek His face in fasting and prayer!

Day 29

Israel fasted and prayed after they were defeated twice. The Lord gave them victory on the third day. Persistent prayer brings results. Some of the battles can be difficult. It is in those times that we need to be persistent and seeking God for strategies to win the battle. In the battle against the Benjamites, the children of Israel, though numerous in number, were defeated twice. They engaged in fasting and prayer and the Lord brought about a great victory on the third day.

Judges 20:24-26 And the children of Israel came near against the children of Benjamin the second day.

And Benjamin went forth against them out of Gibeah the second day, and destroyed down to the ground of the children of Israel again eighteen thousand men; all these drew the sword.

Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD.

Judges 20:35 And the LORD smote Benjamin before Israel: and the children of Israel destroyed of the Benjamites that day twenty and five thousand and an hundred men: all these drew the sword.

May the Lord eliminate the tough battles of life as you seek Him through fasting and prayer!

Day 30

Israelites fasted and prayed as requested by Samuel. Then the Lord gave victory over the Philistines. Though there were no kings yet in Jerusalem, the children of Israel sought God and fasted for a day. Samuel offered a sacrifice and the Lord intervened. As Samuel cried unto the Lord, the Lord thundered from heaven and smote all the enemies. As you pray and fast, may the Lord thunder from heaven and discomfit your enemies.

1 Samuel 7:5-10 And Samuel said, Gather all Israel to Mizpeh, and I will pray for you unto the LORD.

And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.

And when the Philistines heard that the children of Israel were gathered together to Mizpeh, the lords of the Philistines went up against Israel. And when the children of Israel heard it, they were afraid of the Philistines.

And the children of Israel said to Samuel, Cease not to cry unto the LORD our God for us, that he will save us out of the hand of the Philistines. And Samuel took a sucking lamb, and offered it for a burnt offering wholly unto the LORD: and Samuel cried unto the LORD for Israel; and the LORD heard him.

And as Samuel was offering up the burnt offering, the Philistines drew near to battle against Israel: but the LORD thundered with a great thunder on that day upon the Philistines, and discomfited them; and they were smitten before Israel.

May the Lord grant you victory over all my enemies as you cry to the Lord in fasting and prayer!

Day 31

After the death of Saul, the Israelites fasted 7 days. Valiant men rose and took the body of Saul for burial. God will give unusual boldness as you wait on the Lord. You will be valiant for God. You will take the enemy down and overpower the powers of darkness. When others are afraid, you will be bold to enter the enemies' territory. You will recover what the enemy has taken from you with extraordinary boldness.

1 Samuel 31:11-13 And when the inhabitants of Jabeshgilead heard of that which the Philistines had done to Saul;

All the valiant men arose, and went all night, and took the body of Saul and the bodies of his sons from the wall of Bethshan, and came to Jabesh, and burnt them there.

And they took their bones, and buried them under a tree at Jabesh, and fasted seven days.

May the Lord make you bold to conquer the enemy! May the Lord make you bold to recover all that the enemy has taken as you fast and pray in Jesus' Name!

Day 32

When David heard about the death of Saul, he and his men fasted and wept. We grieve whenever we lose anointed men. Saul was a constant threat to David's life. Yet, David did not rejoice at his death. David respected Saul as an anointed man of God. When you respect anointed men of God, you will also be respected and anointed. Soon after the death of Saul, God opened the doors and established the kingdom for David.

2 Samuel 1:11-12 Then David took hold on his clothes, and rent them; and likewise all the men that were with him:

And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

As you fast and pray, may the Lord establish your life and make you a productive and useful Christian. May your life begin to touch many people in this generation!

Day 33

Zechariah prophesied that we need to fast for God and not for ourselves. Paul fasted and prayed for churches. Paul fasted for the journey to be smooth on the ship to Malta. Jesus fasted 40 days before beginning his power ministry. Our fasting should not be for our own gain but for the kingdom of God. Our goals and ambitions should be to further the kingdom of God.

One should not fast to gain attention or to get a good name from men. Our fasting should be to destroy the powers of darkness. We should fast to hear the voice of God and to fulfill His will in our lives.

Zechariah 7:4-6 Then came the word of the LORD of hosts unto me, saying,

Speak unto all the people of the land, and to the priests, saying, **When ye fasted** and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me?

And when ye did eat, and when ye did drink, did not ye eat for yourselves, and drink for yourselves?

May your fast bring you closer to God! May your fasting and prayer enable you to hear from God clearly! May your fasting and prayer bring destruction to kingdom of darkness! May your life bring victory to you and to everyone around you!

Day 34

Fasting should be accompanied with good works. We cannot fast and ignore good works. God wants us to remember the poor and take care of the needy. Our fasting should be for others. Our fasting will help us to fulfill His purpose. Our fasting helps us to keep His commandments. True religion is not just prayer but prayer with good works. As you fast and pray, let good works also increase for the glory of God. Let the oppressed be free. Let the bondage be broken.

Isaiah 58:6-7 **Is not this the fast** that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

May the Lord perform mighty works through our lives as we wait on the Lord in prayer and fasting!

Day 35

Fasting makes us clean spiritually. In days of Nehemiah, people repented from their evil and confessed their sins and the inequities of their fathers. As we fast and pray, the strongholds of flesh will break. Our spirit man will take dominion over the flesh. Lust and desires of the flesh will be crucified. Our walk with God will become pleasing to God.

Nehemiah 9:1-3 Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them.

And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the inequities of their fathers.

And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God.

May the Lord give you more understanding of the Word of God during the season of fasting! May the Lord separate us from the things of the world as we pray and fast!

Day 36

When Daniel was thrown into the lion's den, even the unbelieving king fasted from food and music. Daniel was a man of fasting. That night even the lions fasted and did not any flesh. Your fasting will shut the lion's mouth. Your fasting will debilitate the powers of darkness. No human lion will be able to come close to you. No human lion will overcome you. Those who are planning to harm you will not be able to come close to you.

Daniel 6:16-22 Then the king commanded, and they brought Daniel, and cast him into the den of lions. Now the king spake and said unto Daniel, Thy God whom thou servest continually, he will deliver thee. And a stone was brought and laid upon the mouth of the den; and the king sealed it with his own signet, and with the signet of his lords; that the purpose might not be changed concerning Daniel.

Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him.

Then the king arose very early in the morning, and went in haste unto the den of lions.

And when he came to the den, he cried with a lamentable voice unto Daniel: and the king spake and said to Daniel, O Daniel, servant of the living God, is thy God, whom thou servest continually, able to deliver thee from the lions?

Then said Daniel unto the king, O king, live for ever. My God hath sent his angel, and hath shut the lions mouths, that they have not hurt me: forasmuch as before him innocency was found in me; and also before thee, O king, have I done no hurt.

May you overcome the lions as you fast and pray. May the forces of darkness be put to shame as you fast and pray!

Day 37

When Haman planned to kill all the Jewish people in the days of Esther, Jews in every province fasted and prayed. Victory came when everyone prayed and fasted. God turned the heart of the king when Esther's and the entire Jewish tribe fasted and prayed. The most powerful weapon on earth is prayer. When we fast and pray, the plans of the enemy can be reverted. The Lord will bring the enemies to destruction as you remain in fasting and prayer. May all the Hamans who plan to kill you be eliminated by the power of God!

Esther 4:1-3 When Mordecai perceived all that was done, Mordecai rent his clothes, and put on sackcloth with ashes, and went out into the midst of the city, and cried with a loud and a bitter cry;

And came even before the king's gate: for none might enter into the king's gate clothed with sackcloth.

And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and **fasting, and weeping**, and wailing; and many lay in sackcloth and ashes.

As you fast and pray, let the plans of the wicked come to an end. May all your enemies perish as you fast and pray.

Day 38

God delivers us from people who are stronger than us when we humble ourselves with fasting and prayer. David was able to kill the Goliath. David overpowered the enemies who often outnumbered him. David had consistent victory. The psalmist said that he humbled himself with fasting. Fasting is a way humble oneself before God, seeking help and direction from the almighty.

Psalms 35:10-13 All my bones shall say, LORD, who is like unto thee, which deliverest the poor from him that is too strong for him, yea, the poor and the needy from him that spoileth him?

False witnesses did rise up; they laid to my charge things that I knew not.

They rewarded me evil for good to the spoiling of my soul.

But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

May all your enemies who are stronger than you be defeated! May the Lord give you consistent victory as you fast and pray!

Day 39

When our knees are loaded with prayer and fasting, those who plan to kill you will be eliminated. Your enemies will be put to shame. Your enemies will not be a threat to you anymore. They will fear you and respect you. You will have peace with all your enemies. As you kneel and pray, the demons will run from your life. You will behead your enemy in prayer and the weapons of darkness cannot touch you. Let our knees be loaded with hours of waiting on God just like the psalmist has done.

Psalms 109:24-29 My knees are weak through fasting; and my flesh faileth of fatness.

I became also a reproach unto them: when they looked upon me they shook their heads.

Help me, O LORD my God: O save me according to thy mercy:

That they may know that this is thy hand; that thou, LORD, hast done it.

Let them curse, but bless thou: when they arise, let them be ashamed; but let thy servant rejoice.

Let mine adversaries be clothed with shame, and let them cover themselves with their own confusion, as with a mantle.

May your adversaries be clothed with shame as you fast and pray! May your prayer on your knees remove shame and clothe you with glory.

Day 40

It is good to dedicate one day per month for fasting and read the word of God during the entire day of fasting. This was a custom in Israel during the days of Jeremiah. Jeremiah's scrolls were read by Baruch on the day of fasting. People gathered in the house of the LORD to hear the words of the prophet. However, they did obey the instruction of the prophet. The King burnt the first version of the scroll. God asked Jeremiah to rewrite the words of prophecy. As you fast and pray, the devil will try to stop you. But, as you persist in prayer and fasting, the devil will be defeated and you will be crowned. Angels will minister to you.

Jeremiah 36:5-10 And Jeremiah commanded Baruch, saying, I am shut up; I cannot go into the house of the LORD: Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the LORD'S house upon the **fasting day**: and also thou shalt read them in the ears of all Judah that come out of their cities.

It may be they will present their supplication before the LORD, and will return everyone from his evil way: for great is the anger and the fury that the LORD hath pronounced against this people. And Baruch the son of Neriah did according to all that Jeremiah the prophet commanded him, reading in the book the words of the LORD in the LORD'S house.

And it came to pass in the fifth year of Jehoiakim the son of Josiah king of Judah, in the ninth month, that they **proclaimed a fast** before the LORD to all the people in Jerusalem, and to all the people that came from the cities of Judah unto Jerusalem. Then read Baruch in the book the words of Jeremiah in the house of the LORD, in the chamber of Gemariah the son of Shaphan the scribe, in the higher court, at the entry of the new gate of the LORD'S house, in the ears of all the people.

May you establish day to fast and pray. Your life blossom and bear much fruit as you fast and pray.

Conclusion

Congratulations on completing the 40 days of fasting. We are many times better than when we started. May the Lord continue to refine us as gold! May you be enriched in every way!

You could repeat this exercise each year from January 1 for 40 days. You can also repeat it in July, if the Lord prompts you to fast twice a year.

God bless you and your family.