

The Dawn Always Brings A New Day

# A Guide to 3 Powerful Days of Prayer & Fasting

**Fasting is a discipline when exercised along  
with prayer and the study of the Word of  
God brings great spiritual rewards.**

**Special eBook Edition**

**Daniel W. Evans**



*A Guide to 3 Powerful Days of Prayer & Fasting – Special eBook Edition*

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Please notice in my writings that I have capitalized He, His, and Him when referring to God or Jesus as They deserve the utmost recognition. Also, please notice that satan, the devil, etc. is not capitalized in my writings, as I do not acknowledge him as receiving the same recognition as God.

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## **‘Total Immersion’**

This is the theme for three separate 3-day fasts from January to March.

1. The first fast is January 25-27, 2016. The focus for this 3-day fast is to immerse in the Word of God
2. The second fast is February 22-24, 2016. The focus for this 3-day fast is to immerse in the Holy Spirit.
3. The third fast is March 21-23, 2016. The focus for this 3-day fast is to immerse in your talents and gifts.

The purpose for the three 3-day fasts:

**By Easter 2016 participating individuals will be TOTALLY IMMERSED in faith for transformation leading to a supernatural shift. Our minds will be renewed by the Word of God, we will receive a fresh anointing by the Holy Spirit and we will be fully equipped for a greater level of service.**



## Introduction

Since 1982, I have regularly enjoyed the practice of fasting. These endeavors consisted of a meal at a time to hours, days, and even weeks. This discipline proves to be very rewarding. The partial to complete abstinence of food has always been a part of my fasting periods. I also include the sacrifice of other activities and pleasures. The act of self-denial is very beneficial for my mind, body, and relationship with God.

While I fast, my focus is on strengthening and deepening my relationship with God. The world or my body's fleshly desires are of much less concern.

Over the years, my studies of fasting from the Word of God taught me much. The practical experience is more important than naming specific biblical fasting examples. Many do this expecting the same results.

For example, arbitrarily using a name such as a 'Daniel Fast' may not present understanding of visions (Daniel 10). However, it will assist you in developing the kind of character, as Daniel possessed. This prepares you to receive from God, as he and many other biblical characters did through fasting.

As you read further, I will cite biblical examples of people who fasted and received from God. These examples do not set a standard. They serve to enlighten you by highlighting the important benefits of denying the flesh and seeking God.

I teach on this subject and reference it in preaching on many occasions. The concept of fasting guides came when I prepared a structured fasting program for my home church. When I started writing, it was a constant flow from the Holy Spirit until the completion.

During the fast, the Lord prompted me to have the book published. The purpose is for others who seek structure to start or continue fasting. This guide contains many helps and explanations for pertinent scripture. The structure is to enhance your fasting experience. The intent is not only to help your understanding, but also to develop servitude through this discipline.

During my own fasts, the importance of both structure and keeping a journal became evident. I reveal this structured system to aid you in your fasting experience.

This discipline helps develop an intimate and personal relationship with the Father, Son and Holy Spirit. You learn to submit yourself to God by saying no to the flesh.

Now, let us get started with your divine appointment!



## Instructions

This is a personal guide to help you through your 3-day prayer and fasting endeavor. As a personal guide, record what the Holy Spirit reveals to you. These revelations could be for you or for others. Many times people neglect to write down the revelations or directions they receive from the Lord. In this 3-day guide, I provide spaces with headers, as a reminder, for you to write.

The Bible reminds us that the Lord commanded the prophets to write what they saw or heard. The purpose was not only for their personal reference, but for future readers as well. It is critical to write down what you receive from the Lord. If you are like me, you cannot always rely on your memory. When receiving life changing revelation the devil works overtime to bombard your mind with worldly cares. In all the confusion, satan's efforts are to help you forget.

All scripture passages in this 3-day guide include scripture from the following Bible versions. They include the New International Version (NIV), the King James Version (KJV), the New American Standard Bible (NASB), the Amplified Bible (AMP), and the New King James Version (NKJV).

The scripture passages are marked with the abbreviated version in parentheses as shown above. As you read and pray, the Holy Spirit may lead you to the Bible to read passages before and after the listed scripture. This is when you may receive instruction, rebuke, correction, revelation or direction.

2 Timothy 3:16-17 (AMP) says, *<sup>16</sup>Every Scripture is God-breathed (given by His inspiration) and profitable for instruction, for reproof and conviction of sin, for correction of error and discipline in obedience, [and] for training in righteousness (in holy living, in conformity to God's will in thought, purpose, and action), <sup>17</sup>So that the man of God may be complete and proficient, well fitted and thoroughly equipped for every good work.'*

2 Peter 1:20-21 (AMP) says, *<sup>20</sup>[Yet] first [you must] understand this, that no prophecy of Scripture is [a matter] of any personal or private or special interpretation (loosening, solving). <sup>21</sup>For no prophecy ever originated because some man willed it [to do so—it never came by human impulse], but men spoke from God who were borne along (moved and impelled) by the Holy Spirit.'*

Pray and allow the Holy Spirit to assist you in what you should fast and sacrifice. Be sure to log each item in this guide. There are spaces to record commitments for each activity, entertainment, pleasure and food(s) sacrificed during your fast. You can also record the times for the activities or meals, as applicable.

What food items or meals and what pleasures you sacrifice are between the Holy Spirit and you. According to scripture, we find that food is always involved in fasting. Therefore, whether you sacrifice activities or not, you are to include food in your fast. Keep in mind medications, other health issues, etc. while asking the Holy Spirit for guidance.



Whatever your decisions may be, your commitment is what will make a successful fast. Read the scripture and my personal comments below about fasting.

## Explanations of Fasting Scripture

- **Psalm 35:13 (KJV)** *'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.'*

**Fasting can enhance your prayers for the sick. It will also humble your soul, which are your mind, will and emotions. Even if your prayers do not benefit others due to their sin and disobedience, God will still reward you. He will because of your mercy toward them and your commitment.**

- **Psalm 69:10 (KJV)** *'When I wept, and chastened my soul with fasting, that was to my reproach.'*

**Some use fasting to discipline themselves (the soul) and for correction when found in sin. The Bible contains examples of repentance sought while praying and fasting. Here in this passage David was facing overwhelming troubles and not only prayed, but also fasted. Read Mark 9:29 notes for clarity on why fasting helps when praying.**

- **Jeremiah 36:6 (KJV)** *'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.'*

**Reading scripture is common during fasting; and with prayer will bring understanding and revelation. It is good to read scripture aloud during your fasting and other times as well. It may help you have an even better understanding when hearing it.**

- **Daniel 6:18 (KJV)** *'Then the king went to his palace, and passed the night fasting: neither were instruments of music brought before him: and his sleep went from him.'*

**When you fast, you may choose not to sleep as the king did, but instead, spend time in prayer. Jesus did on several occasions. Here in this scripture music is a pleasure the king sacrificed during his fasting. Read 1 Corinthians 7:5 notes for another scriptural example of sacrificing pleasures while fasting.**

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

**During prayer and fasting, seeking God should always be a top priority. This needs to be the focus in your daily prayer closet times as well. Seeking God's face rather than his provision produces a deep, intimate relationship with Him. This was a normal process for Daniel while seeking God for answers. In this chapter, Daniel is praying and repenting for the sin of his people and himself.**

- **Daniel 10:2-3 (KJV)** *<sup>2</sup>In those days I Daniel was mourning three full weeks. <sup>3</sup>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.'*



Sacrificing food during prayer and fasting is a practice often mentioned in scripture. Daniel also fasted three whole weeks awaiting his answer from the Lord. Study Daniel chapter 10 and you will find that God released the answer on his first day. Battles between the angelic messenger and demons hindered the delivery of Daniel's answer for three whole weeks. Daniel remained committed to his fasting and constantly seeking God until he received his answer.

- **Matthew 6:16-18 (KJV)** *'<sup>16</sup>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. <sup>17</sup>But thou, when thou fastest, anoint thine head, and wash thy face; <sup>18</sup>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.'*

When you fast with the proper motives, you can expect rewards and answered prayer. Fasting should bring joy during and after the endeavor. A result only your faith in God can produce. Remember that you should desire rewards from God, not men. If you seek rewards of recognition from men because of pride that may be all the reward you receive.

In this passage, we find hygiene measures to obey while fasting. Fasting does affect the body. Face washing, brushing your teeth, using deodorant, brushing your hair, and using body fragrances will help. You will feel physically better about yourself. In addition, you do not want to appear to others that you are suffering from self-denial by torturing yourself.

- **Mark 9:29 (KJV)** *'And he said unto them, This kind can come forth by nothing, but by prayer and fasting.'*

You cannot receive or accomplish some things without prayer and fasting. If you study Mark chapter 9, you will read the reference is about casting out devils. The unbelief of the disciples provoked Jesus' answer.

If you study the scripture, the devil used food to cause the fall of man. It was appealing to the eye and was good to eat. Of course, the fall of man was because of Adam's sin. The devil used food to deceive Eve first and then Adam willfully ate of it. It makes sense that an abstinence of food would help our prayer life to develop. Faith comes by hearing the Word of God, so can fasting enhance your prayer life. In reference to the above scripture, it was the disciples' lack of faith, which prompted Jesus' comment.

- **Luke 2:37 (KJV)** *'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.'*

Some serve God through their fasting and prayers. They fast and pray for many different people for many different reasons. The Holy Spirit constantly presents opportunity for them to fast and pray in agreement with others. Servants who choose to serve in this manner develop a deep and intimate relationship with God. You should desire a disciplined practitioner of fasting interceding for you.

- **Acts 10:30 (KJV)** *'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.'*



Prayer and fasting not only bring revelations, but specific directions and an understanding of God's will. Many seek His will and their own purpose with wrong motives. This causes them to become disappointed, discouraged, and confused. Pray and fast to develop a deeper and more personal relationship with Him. This will help you find His will and purpose for your life. You will find yourself *Enjoying Life with Purpose!*

- **Acts 13:2 (KJV)** *'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.'*

You will be more attentive to the voice of the Lord when serving Him in a fast. You will receive clarity of His calling and direction. You will receive divine connections to fulfill the calling. The Lord is a respecter of faith, but not of people. When you fast you are revealing your sincerity to God, but more so to yourself. Because of this, it is easier to focus your faith and attention on the things you seek. God rewards those who diligently seek Him (Hebrews 11:6).

- **1 Corinthians 7:5 (KJV)** *'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.'*

Let us look at the Amplified Bible translation of this verse. *'Do not refuse and deprive and defraud each other [of your due marital rights], except perhaps by mutual consent for a time, so that you may devote yourselves unhindered to prayer. But afterwards resume marital relations, lest Satan tempt you [to sin] through your lack of restraint of sexual desire.'*

Some will fast the sexual relations of their marriage, but only with consent of the spouse. There must be mutual consent. This will prevent an open door for the devil to tempt them because of your sexual restraint. The lack of sexual relations is one of the most common reasons for marital problems. Do not allow your fasting endeavors to be a reason for fighting a new battle. The devil is roaming seeking whom he may devour. Your sacrifice of food and pleasures should bring you victory and not make you a victim.

## Instructions Continued

In the back of this guide, you will find a place to write prayer requests. Before starting your prayer and fasting endeavor, record the requests from others, which you have been praying. As you enter this endeavor, the Holy Spirit will prompt others to give you their prayer requests. During this time, prayers are more intense and you will become a stronger warrior in the spirit. As you log each request, before and during your fast, intercede for these requests regularly. There are also spaces to write praise reports for answered prayers.

If you are participating with a group, it is important to pray for one another fervently. The enemy of your soul will attack when you sacrifice things the flesh desires. In addition, he knows these sacrifices are evidence of a sincere heart. Praying for one another strengthens the entire group. It also encourages one another to keep their commitments. A separate page in the back of this guide





is for you to list each name. There are also spaces for other information you deem necessary to write about that particular individual.

You will find three boxes at the top of the 'My Fasting Day' page. The intent is for you to check whether you 'Prayed', 'Fasted', 'Read & Prayed Scripture', or all three. In addition, boxes beside each scripture are for you to check after reading and praying each one. The intent of this guide is not to create a perfect fasting process, neither is it a guarantee of a successful fast. Nor is the intent to make a spiritual giant out of you. The intent is to assist you to fulfill your commitments by adding structure. You should retain your personal guide for future references of your writings while praying and fasting.

The verse below is my prayer for you as you go through your 3-day fasting endeavor. I pray you find purpose and success for your life. I also pray you gain strength to control and maintain the appetites of your flesh. I continue to pray that you prosper in your body, mind, and spirit. The Lord's hand is upon you to glorify Him in all you do!

**3 John 1:2 (AMP)**

*'Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul keeps well and prospers.'*

Maintaining the course,

Daniel Evans  
*Enjoying Life with Purpose*



**Start date of your prayer and fasting endeavor:**

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

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*Write Your Name Here*



## Personal Writings!

List below the activities, entertainment, food(s), meals, etc., with times, as applicable, that you will fast and/or sacrifice during the 3 days of prayer & fasting.

*Fasting / Sacrificing Items*

*Day, Time, etc.*

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |

List below the things you are seeking God for during your prayer and fasting endeavor.

- |     |       |
|-----|-------|
| 1.  | _____ |
| 2.  | _____ |
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| 4.  | _____ |
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| 9.  | _____ |
| 10. | _____ |

Use the spaces below for additional information you need to record.

- |     |       |       |
|-----|-------|-------|
| 1.  | _____ | _____ |
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| 11. | _____ | _____ |
| 12. | _____ | _____ |



## Scriptural References for a 3-Day fast

Read the passages below that reflect the importance of the number three in the Godhead and triune man. The passages also reveal many events that had taken place in three days, including fasting for three days which brought divine changes to the people of God for protection, repentance, direction, and empowerment.

I do not think the number of days is as important as the discipline itself. It is good to follow scriptural examples and claim, by faith, the promises as others have. Remember, fasting is a personal service strictly between God and yourself. Of course, there are times when you may participate in a group fast. The group could be through your church, among friends or family, or with other Christian organizations. Even in a group setting, the endeavor remains very personal.

In these biblical fasting examples, a 3-day fast occurred because of diverse circumstances. They occurred during offerings in God's House, times of repentance, mourning, and the reading of God's Word.

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Joseph interpreted a dream of restoration for the chief butler back to his position with Pharaoh. This happened on the third day from the interpretation.

📖 [Genesis 40:12](#)

*"This is what it means," Joseph said to him. "The three branches are **three days**."*

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Moses told Pharaoh that the people of Israel must go to a place that God commands to sacrifice. The place was a three day journey from the land of Egypt.

📖 [Exodus 8:27](#)

*We must take a **three-day** journey into the desert to offer sacrifices to the LORD our God, as he commands us."*

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It was time for the children of Israel to cross the river Jordan to enter the Promised Land as Moses had commanded. Joshua led the people on the third day to take the land.

📖 [Joshua 1:11](#)



*“Go through the camp and tell the people, ‘Get your supplies ready. **Three days** from now you will cross the Jordan here to go in and take possession of the land the LORD your God is giving you for your own.’ ”*

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The three passages below depict the Trinity, which are the Father, the Son and the Holy Ghost. These three make up the Godhead.

 **Matthew 28:19**

*Therefore go and make disciples of all nations, baptizing them in the name of **the Father and of the Son and of the Holy Spirit**,*

 **Acts 2:32-33**

*<sup>32</sup>God has raised this **Jesus** to life, and we are all witnesses of the fact. <sup>33</sup>**Exalted to the right hand of God**, he has received from the Father **the promised Holy Spirit** and has poured out what you now see and hear.*

 **Matthew 3:16-17**

*<sup>16</sup>As soon as **Jesus was baptized**, he went up out of the water. At that moment heaven was opened, and he saw the **Spirit of God descending** like a dove and lighting on him. <sup>17</sup>And a voice from heaven said, “**This is my Son**, whom I love; with him I am well pleased.”*

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The two passages below depict the triune nature of man. Mankind is made up of body, soul and spirit. The body was formed from dust and God breathed into the nostrils of man the spirit of life to become a living soul. Man is made of these three parts: the body which is the physical part, the soul which is the mind, will and emotions, and the spirit of man, which came from God to give man life.

 **Genesis 2:7**

*the LORD God **formed the man** from the dust of the ground and breathed into his nostrils the breath of life, and **the man became a living being**.*

 **Hebrews 4:12**

*For the word of God is living and active. Sharper than any double-edged sword, it **penetrates even to dividing soul and spirit**, joints and marrow; it judges the **thoughts and attitudes** of the heart.*



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The resurrection of the dead in Christ gives the Church of Jesus Christ hope. This hope comes from the belief that Jesus Himself rose from the dead on the third day. The Gospel message is the death, burial, and resurrection of Jesus Christ.

 **Luke 24:45-47**

*<sup>45</sup>Then he opened their minds so they could understand the Scriptures. <sup>46</sup>He told them, “This is what is written: The Christ will suffer and rise from the dead on the **third day**, <sup>47</sup>and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem.*

 **1 Corinthians 15:1-4**

*<sup>1</sup>Now, brothers, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. <sup>2</sup>By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. <sup>3</sup>For what I received I passed on to you as of first importance : that Christ died for our sins according to the Scriptures, <sup>4</sup>that he was buried, that he was raised on the **third day** according to the Scriptures,*

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Abraham obeyed God and took a three day journey to Mount Moriah to offer sacrifices. The test of a life time awaited Abraham, but he was determined to prove his love and faith for God by proving that God was able to raise his son from the dead.

 **Genesis 22:1-4**

*<sup>1</sup>Some time later God tested Abraham. He said to him, “Abraham!” “Here I am,” he replied. <sup>2</sup>Then God said, “Take your son, your only son, Isaac, whom you love, and go to the region of Moriah. Sacrifice him there as a burnt offering on one of the mountains I will tell you about.” <sup>3</sup>Early the next morning Abraham got up and saddled his donkey. He took with him two of his servants and his son Isaac. When he had cut enough wood for the burnt offering, he set out for the place God had told him about. <sup>4</sup>On the **third day** Abraham looked up and saw the place in the distance.*



## My Fasting Days 1 - 3

Day 1 \_\_\_\_\_  
Month Day

Prayed  Fasted  Read & Prayed Scripture

## Immerse in the Word of God!

**Esther 3:8 - 4:17**

### Chapter 3

*<sup>8</sup>Then Haman said to King Xerxes, "There is a certain people dispersed and scattered among the peoples in all the provinces of your kingdom whose customs are different from those of all other people and who do not obey the king's laws; it is not in the king's best interest to tolerate them. <sup>9</sup>If it pleases the king, let a decree be issued to destroy them, and I will put ten thousand talents of silver into the royal treasury for the men who carry out this business." <sup>10</sup> So the king took his signet ring from his finger and gave it to Haman son of Hammedatha, the Agagite, the enemy of the Jews. <sup>11</sup>"Keep the money," the king said to Haman, "and do with the people as you please." <sup>12</sup>Then on the thirteenth day of the first month the royal secretaries were summoned. They wrote out in the script of each province and in the language of each people all Haman's orders to the king's satraps, the governors of the various provinces and the nobles of the various peoples. These were written in the name of King Xerxes himself and sealed with his own ring. <sup>13</sup>Dispatches were sent by couriers to all the king's provinces with the order to destroy, kill and annihilate all the Jews—young and old, women and little children—on a single day, the thirteenth day of the twelfth month, the month of Adar, and to plunder their goods. <sup>14</sup>A copy of the text of the edict was to be issued as law in every province and made known to the people of every nationality so they would be ready for that day. <sup>15</sup>Spurred on by the king's command, the couriers went out, and the edict was issued in the citadel of Susa. The king and Haman sat down to drink, but the city of Susa was bewildered.*

### Chapter 4

*<sup>1</sup>When Mordecai learned of all that had been done, he tore his clothes, put on sackcloth and ashes, and went out into the city, wailing loudly and bitterly. <sup>2</sup>But he went only as far as the king's gate, because no one clothed in sackcloth was allowed to enter it. <sup>3</sup>In every province to which the edict and order of the king came, there was great mourning among the Jews, with fasting, weeping and wailing. Many lay in sackcloth and ashes. <sup>4</sup>When Esther's maids and eunuchs came and told her about Mordecai, she was in great distress. She sent clothes for him to put on instead of his sackcloth, but he would not accept them. <sup>5</sup>Then Esther summoned Hathach, one of the king's eunuchs assigned to attend her, and ordered him to find out what was troubling Mordecai and why. <sup>6</sup>So Hathach went out to Mordecai in the open square of the city in front of the king's gate. <sup>7</sup>Mordecai told him everything that had happened to him, including the exact amount of money Haman had*



promised to pay into the royal treasury for the destruction of the Jews. 8He also gave him a copy of the text of the edict for their annihilation, which had been published in Susa, to show to Esther and explain it to her, and he told him to urge her to go into the king's presence to beg for mercy and plead with him for her people. 9Hathach went back and reported to Esther what Mordecai had said. 10Then she instructed him to say to Mordecai, 11"All the king's officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but one law: that he be put to death. The only exception to this is for the king to extend the gold scepter to him and spare his life. But thirty days have passed since I was called to go to the king." 12When Esther's words were reported to Mordecai, 13he sent back this answer: "Do not think that because you are in the king's house you alone of all the Jews will escape. 14For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to royal position for such a time as this?" 15Then Esther sent this reply to Mordecai: 16"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." 17So Mordecai went away and carried out all of Esther's instructions.

Esther was placed in a position by God's divine providence that required drastic measures. She was to save the people of God from annihilation. For her to come into the king's presence without his permission would result in her death. She needed the king's favor and the only way to get it would be for all that would, to fast and pray for three days and nights. Esther was placed in this position, as queen, by God for such a time as this. We never know when we may be placed in a position that will require drastic measures. Sacrificing by fasting along with prayer reveals a sincere desire to know God's will and to fulfill it. God will give you divine protection and favor because of your commitments to Him. You may be where you are for such a time as this!

List below for this day of prayer & fasting revelations received, commitments / vows made, sins revealed & repented of, life directions, callings / gifts / talents discovered, etc.

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For additional space use the bottom of this sheet, if available, or the sheets in the back of this book.

## Immerse in the Word of God!

Write how the Word of God is renewing your mind.





Day 2 \_\_\_\_\_  
Month Day

Prayed  Fasted  Read & Prayed Scripture

## Immerse in the Holy Spirit!

### Jonah 1:14 - 2:10

#### Chapter 1

*<sup>14</sup>Then they cried to the LORD, "O LORD, please do not let us die for taking this man's life. Do not hold us accountable for killing an innocent man, for you, O LORD, have done as you pleased." <sup>15</sup>Then they took Jonah and threw him overboard, and the raging sea grew calm. <sup>16</sup>At this the men greatly feared the LORD, and they offered a sacrifice to the LORD and made vows to him. <sup>17</sup>But the LORD provided a great fish to swallow Jonah, and **Jonah was inside the fish three days and three nights.***

#### Chapter 2

*<sup>1</sup>From inside the fish Jonah prayed to the LORD his God. <sup>2</sup>He said: "In my distress I called to the LORD, and he answered me. From the depths of the grave I called for help, and you listened to my cry. <sup>3</sup>You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. <sup>4</sup>I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' <sup>5</sup>The engulfing waters threatened me, the deep surrounded me; **seaweed was wrapped around my head.** <sup>6</sup>To the roots of the mountains I sank down; the earth beneath barred me in forever. But you brought my life up from the pit, O LORD my God. <sup>7</sup>"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. <sup>8</sup>"Those who cling to worthless idols forfeit the grace that could be theirs. <sup>9</sup>But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good. Salvation comes from the LORD." <sup>10</sup>And the LORD commanded the fish, and it vomited Jonah onto dry land.*

**Jonah placed himself outside of God's will and it almost caused the demise of many others around him. At times in our lives we may be in those places when our obedience or disobedience impacts many. We may be forced by circumstances to fast and pray as Jonah did in the fish's belly and had no choice but to turn to God. He called out to God in a place with his head wrapped in seaweed unable to eat for three days and nights and repented. His disobedience affected the lives of those on the ship and his obedience affected many lives in Nineveh to repentance. If you are in a hard and difficult place, turn to God with fasting and prayer, and repent if necessary. You will find yourself renewing commitments to God and then be used in a mighty way to change lives. Jonah's renewed vows led an entire city to repentance. Is family, friends or strangers waiting on you to make the right decisions? Are you running from God? Are others suffering because of your actions? These are questions that at times in our lives we may need to ask ourselves. Maybe, we need to do as David did in Psalm 26:2 'Test me, O LORD, and try me, examine my heart and my**



mind;’ and then repent as he did in Psalm 51:2-12, <sup>2</sup>Wash away all my iniquity and cleanse me from my sin. <sup>3</sup>For I know my transgressions, and my sin is always before me. <sup>4</sup>Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. <sup>5</sup>Surely I was sinful at birth, sinful from the time my mother conceived me. <sup>6</sup>Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. <sup>7</sup>Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. <sup>8</sup>Let me hear joy and gladness; let the bones you have crushed rejoice. <sup>9</sup>Hide your face from my sins and blot out all my iniquity. <sup>10</sup>Create in me a pure heart, O God, and renew a steadfast spirit within me. <sup>11</sup>Do not cast me from your presence or take your Holy Spirit from me. <sup>12</sup>Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.’

List below for this day of prayer & fasting revelations received, commitments / vows made, sins revealed & repented of, life directions, callings / gifts / talents discovered, etc.

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For additional space use the bottom of this sheet, if available, or the sheets in the back of this book.

## Immerse in the Holy Spirit!

Write how the Holy Spirit has anointed you with a fresh anointing.



Day 3 \_\_\_\_\_  
Month Day

Prayed  Fasted  Read & Prayed Scripture

## Immerse in your talents and gifts!

### Acts 9:8-22

*<sup>8</sup>Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. <sup>9</sup>For three days he was blind, and did not eat or drink anything. <sup>10</sup>In Damascus there was a disciple named Ananias. The Lord called to him in a vision, "Ananias!" "Yes, Lord," he answered. <sup>11</sup>The Lord told him, "Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. <sup>12</sup>In a vision he has seen a man named Ananias come and place his hands on him to restore his sight." <sup>13</sup>"Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your saints in Jerusalem. <sup>14</sup>And he has come here with authority from the chief priests to arrest all who call on your name." <sup>15</sup>But the Lord said to Ananias, "Go! This man is my chosen instrument to carry my name before the Gentiles and their kings and before the people of Israel. <sup>16</sup>I will show him how much he must suffer for my name." <sup>17</sup>Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit." <sup>18</sup>Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, <sup>19</sup>and after taking some food, he regained his strength. Saul spent several days with the disciples in Damascus. <sup>20</sup>At once he began to preach in the synagogues that Jesus is the Son of God. <sup>21</sup>All those who heard him were astonished and asked, "Isn't he the man who raised havoc in Jerusalem among those who call on this name? And hasn't he come here to take them as prisoners to the chief priests?" <sup>22</sup>Yet Saul grew more and more powerful and baffled the Jews living in Damascus by proving that Jesus is the Christ.*

**Paul (changed from Saul) did not have a personal relationship with Jesus when he was journeying to Damascus. Jesus needed Paul as a witness and called him during this journey. As a result of this calling, he was blinded and fasted for three days while waiting for the Lord to send a messenger to him. After he received his sight and was filled with the Holy Spirit, he began to fulfill the calling the Lord had on his life. There was no wasted time on Paul's part to fulfill God's will for him. In our lives there are times when we need to fast and pray to seek God's will. We may be blinded by the things of this world or with our busyness and need clarity in the Spirit to know God's direction for us. Be sure that God has a plan for us and people to support us when we fast, pray and wait on Him, as Paul did when God sent Ananias. God is faithful and is incapable of failure. For this reason, we should commit all that we are to Him, just as Paul did with his entire life. He accepted his new life for Christ including the hardships from persecution and self sacrifice that was demanded of him. We fail in this area many times because we may not**



be willing to sacrifice or suffer the way Paul did from the very beginning of his relationship with Christ. It is never too late for us to turn to God, seek His will, and obey Him. We are called to be witnesses and do as Paul did, by walking in power and joy in the Holy Ghost, even in the midst of trials and persecution. For Christ and His glory it is all worth it! As we have seen in these three examples of fasting and praying for three days and nights, favor, protection, direction, and power are available to us when we are willing to sacrifice, trust and obey God, despite the severe circumstances.

*List below for this day of prayer & fasting revelations received, commitments / vows made, sins revealed & repented of, life directions, callings / gifts / talents discovered, etc.*

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*For additional space use the bottom of this sheet, if available, or the sheets in the back of this book.*

## Immerse in your talents and gifts!

Write how your talents and gifts can be used in the church.



Use the following sheets for additional space to record your writings during your prayer and fasting.

*Write Your Revelations, Directions, Commitments, etc. in the Spaces Below*

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Write Your Prayer Requests in the Spaces Below

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Every day of my 3 days of prayer and fasting, I prayed for each request I started with.

Yes  No

For each added request, I prayed every day for the remainder of my 3 days of prayer and fasting.

Yes  No



*Write Praise Reports for Answered Prayers in the Spaces Below that Correspond to the Prayer Requests from the Previous Page*

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Write the Names of the People from Your Church or Group that are Participating in the Prayer & Fasting with You.

Name

Other Information about the Prayer & Fasting Participant

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Every day of my 3 days of prayer and fasting, I prayed for each person in my group.

Yes  No





## **Mark 9:29 (KJV)**

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

**Luke 2:37 (KJV)** 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. (Anna, a prophetess in v. 36)

**This eBook is excellent for individual or group study while fasting, but can be used as a study guide only without fasting.**

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