



Antioch Women's Fast

Monday April 7, 2025

A GUIDE TO FASTING GOD'S WAY

www.AntiochPhilly.org

Preparing Your Heart for the Fast

As you begin your fast, take a moment to reflect on your intentions and seek God's guidance. Use this workbook to document your thoughts, prayers, and experiences throughout your fasting journey.



Matthew 6:16-18

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

Things to Note:

- Fasting is a form of killing the flesh to strengthen the spirit.
- It should be done privately and sincerely before God, who will reward those who do it with the right heart.
- Please know that fasting is **NOT** about how many hours you go without food. God cares about Your heart.
- Surrender everything to Him and allow Him to move today as you fast.
- He will reveal things to You and it is up to You to not just hear Him, but obey Him.
- Fasting is the first step, obedience then follows.

(Example: Water fast, Daniel fast, partial fast, etc.)

(Example: Sunrise to sunset, 24 hours, multiple days, etc.)

(Spend a moment in prayer and write down why you are fasting and what you are seeking from God.)

Prayer

Father God,

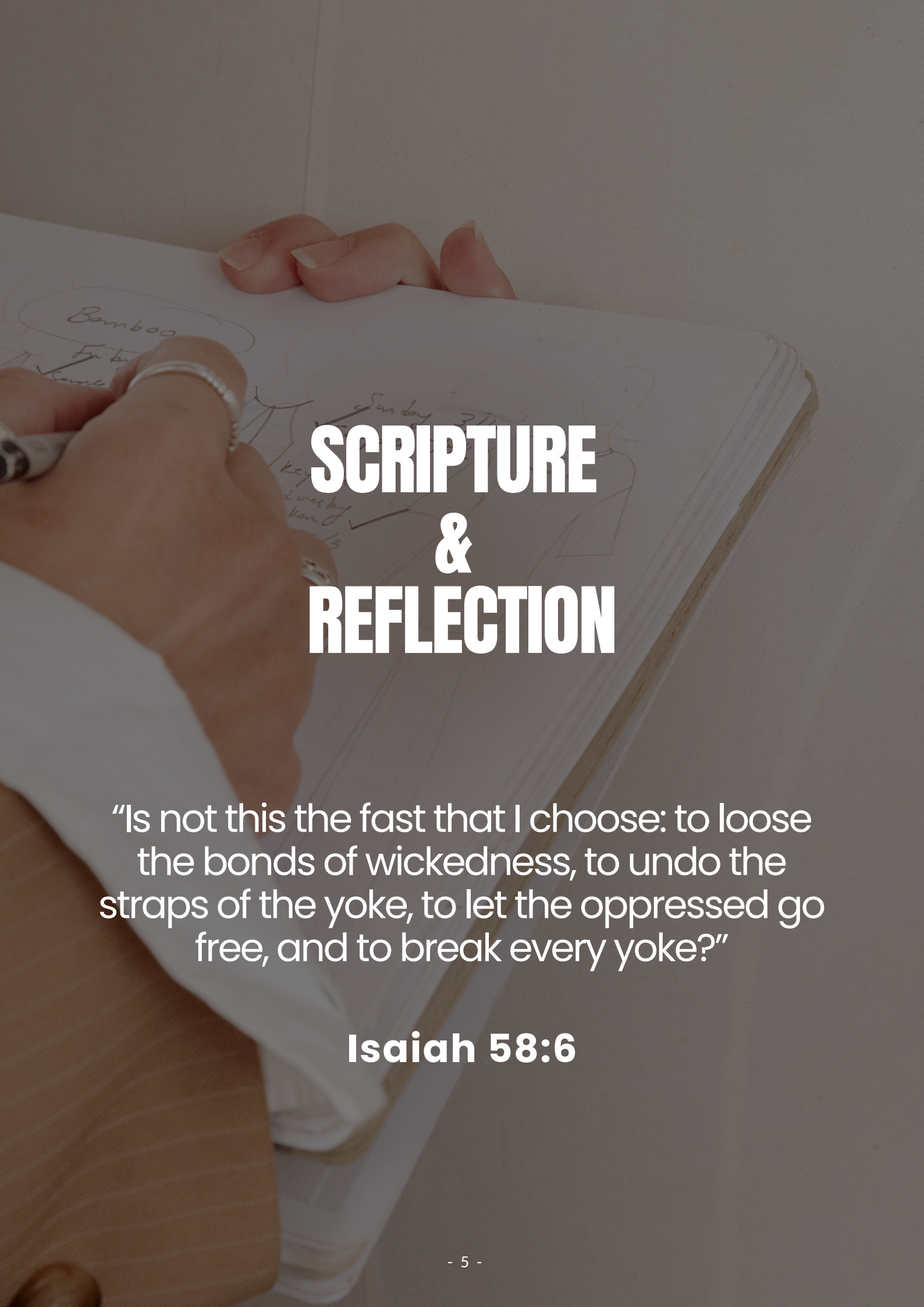
I come to you today with a humble and surrendered heart and I dedicate this fast to You. Lord, you know my struggles, my desires and the things I have been praying for. Today, I am putting aside the flesh to receive revelation, healing and deliverance in the areas of my life that need it. I want to take a moment to repent of all of my sins Abba. Please forgive me for (*call out some sins you need to confess*).

Thank you for what You are going to do Lord. I invite You into every area of my heart and I ask You to reveal whatever needs to be addressed today. Father, I ask for strength and guidance in my fast. Please draw me closer to You. I want to hear Your still, small voice. Lead me to the Scriptures You want me to read and open my eyes to whatever You want me to see.

Abba, Your Word says in Jeremiah 32:27, "Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?" Lord, I am standing on Your Word and believing that You will do the impossible. You will open doors, loose the chains of wickedness and bring healing where needed.

Thank You Abba for everything. I pray all of this in the name, the power, and the blood of Jesus Christ.

Amen.



SCRIPTURE & REFLECTION

"Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?"

Isaiah 58:6

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CLOSING THOUGHTS

"So we fasted and entreated our
God for this, and He answered our
prayer."

Ezra 8:23

As you complete your fast, take a moment to thank God for His presence and guidance.

Write down any final reflections, insights, or commitments you want to take with you moving forward.

[illegible]

Thank you!

Thank you for joining us today for a day of fasting, prayer and crying out to the Lord for revelation, healing and deliverance.

Please know that the Lord sees your heart in this and no matter how you feel about your fast, He will honor it. Continue praying and seeking the Lord.

Liz Becerra

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*Join us for service every Sunday at **10am***

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