Garden Assembly Church 16 Days of Prayer Fasting and Communion
1/7/2026- 1/22/2026

Commit
Pray and decide what kind of fast you will be doing for the 16 days and commit to it. If you break the fast just start back up the next day.

Types of fasts:

- A full fast: No food, water only
- A partial fast: This could include fasting 6am to 6pm (intermittent fast), fasting one or two meals a day, not eating certain foods (sweets for example), or only drinking liquids (juices, protein shakes etc.)
- A Daniel fast: Fruits, veggies, water only. Some include whole grains.

Develop Personal Prayer Focuses
Increasing in intimacy with the Lord and increasing in the knowledge of the Lord, His word, will and ways. Desire for the presence of God. Spiritual hunger!! Where do you want to grow personally? Where do you want God to move in your life, job, relationships, finances, etc. Be specific!

Develop Intercessory Prayer Focuses
Prayers for other people, for the lost, for justice, for Columbus, the nation(s). Be specific!

Scripture Reading
Ask the Lord what passages of scripture He wants you to focus on during your fast.

Journal Throughout Your Fast
Write out your prayers. Write out what you feel God is speaking to you. Keep track of where God moves. Write down the testimonies throughout the next three weeks. Write down what benefits you experience from your fast with the Lord. Pay attention to how your desire for God and for His word increase!

Thanksgiving, Praise and Worship
Be intentional about spending time thanking, praising and worshiping the Lord for who He is, what He has done, and agreeing with what He is doing and WILL do in your life. (Expect inner healing, deliverance from lies, unhealthy beliefs/mindsets/strongholds during this time).

Daily Communion
Sit with Jesus and take communion in His presence daily. This will be one of the most powerful things you do during your fast. 24 days of receiving the body and blood of the Lord will be unforgettable (Matthew 26:26-30, 1 Corinthians 11:17-26). ***See the Communion resource guide at bottom.***

Be safe

Drink lots of water during your fast and get good rest.
When you break your fast, reintroduce foods you abstained from slowly. Pay attention to how your body responds. Be slow reintroducing meat and dairy if you do a complete fast. Start with vegetables, fruit and bread.

Fasting In The Bible (Old Testament)

First mention(s):

- **Individual Fasting:**
  - 2 Samuel 12:16 David pleaded with God for the child. He **fasted** and spent the nights lying in sackcloth on the ground. *(The first time we see an individual fast in the Bible is after David is confronted by the Prophet Nathan. David had just committed adultery with Bathsheba and had her husband Uriah killed to cover it up.)*
- **Corporate Fasting:**
  - Nehemiah 9:1 On the twenty-fourth day of the same month, the Israelites gathered together, **fasting** and wearing sackcloth and putting dust on their heads. *(The first time we see corporate fasting in the Bible was when Israel, having just returned to Jerusalem from exile, assembled after the rebuilding of the wall, to confess their sins as a nation before the Lord.)*

Definition:

- Fast (*tsuwm)*: to abstain from food, fast, to cover over (the mouth)
  - Abstain: restrain oneself from doing or enjoying something.

Prominent leaders who fasted in the OT:

- **Moses fasted (no food or drink) for 40 days (multiple times):**
  - Exodus 24:18 So Moses went into the midst of the cloud and went up into the mountain. And Moses was on the mountain forty days and forty nights.
  - Exodus 34:28 Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments. (*The book of Exodus records Moses encountering God on Mount Sinai for 40 days and nights receiving the commandments. Moses was without food or water during these encounters! Moses' fasting was coupled with intense fellowship in the presence of God and receiving the words of God. Prayer and fasting go together.*)
- **Elijah fasted (no food or drink) for 40 days:**
  - 1 Kings 19:5-9 All at once an angel touched him and said, "Get up and eat." **6** He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. **7** The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." **8** So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. **9** There he went into a cave and spent the night. *(After calling down fire and killing 850 prophets of Baal and Asherah, the wicked Queen Jezebel threatens Elijah's life. Elijah, being afraid, ran and sought shelter under a broom tree. It was there that an angel ministered to Elijah. He ate bread, drank*

water and was supernaturally strengthened, not eating or drinking again for 40 days and nights. After this, Elijah had a powerful encounter with God in a cave of Mount Horeb, experiencing God's still small voice.)

- **Daniel and the three hebrew boys fast for ten days, only eating vegetables and drinking water:**
    - Daniel 1:8,12-13 But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. **12** "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. **13** Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." *(After being taken captive by the Babylonians, Daniel and his three comrades begin to be trained to serve in the palace of the Babylonian King. Daniel desires to refrain from eating the meat from the King's table so he would not defile himself. Defile means to pollute or stain, spiritually speaking. He and his friends prove to be stronger, healthier and more nourished off of their vegetable & water diet than the others who ate the king's food. It's important to highlight Daniel not only fasted but was a man of prayer (Daniel 6:10)).*
- **Esther fasts (no food or drink) for three days with her people for the salvation of all Jews:**
    - Esther 4:16 "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 attendants 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." (*Esther calls for her people to fast for three days and nights before she risks her life by going before the king to ask for him to save her people.*)

Fasting In The Bible (New Testament)

First Mention:

- **Jesus fasted 40 days and nights:**
    - Matthew 4:1-2 Then Jesus was led by the Spirit into the wilderness to be tempted[a] by the devil. **2** After **fasting** forty days and forty nights, he was hungry. **3** The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." **4** Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' (*The first time we see fasting in the New Testament we see it being practiced by our example, our King, our Shepherd Jesus! He shows us that we were never meant to be filled, sustained or nourished by bread alone. There is a level of filling, sustaining that only comes by the word of God and the presence of God. Jesus in John 4:34 tells us that His food was to do the will of His father and complete His work. Fasting positions us to experience the nourishment that comes only from seeking to do and complete the will and work of God.)*

Definition:

- Fast (*nēsteuō*): to abstain from food (religiously):—fast. to abstain as a religious exercise from food and drink

Jesus teaches about fasting

- **Fasting is a spiritual discipline expected of all believers:**
  - Matthew 6:16 "When you **fast**, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. (*In the Sermon on the Mount, Jesus instructs his disciples on how to fast. What sticks out is that Jesus says, "when you fast", not "if you fast", making clear that His expectation was that there would be a time they would regularly practice the discipline of fasting. It is important to note that Jesus' teaching on fasting comes right after His teaching on prayer. Prayer and fasting are meant to go together.*)
- **Benefits of Fasting**
  - **Prayer & Fasting Drive out unbelief and build faith:**
    - Matthew 17:3 After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. **2** There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. **3** Just then there appeared before them Moses and Elijah, talking with Jesus. *(Moses, Jesus and Elijah are the only three people in the Bible who fasted for 40 days and 40 nights. These are the three men we see on the Mount of Transfiguration in Matthew 17:3.)*
    - Matthew 17:14-16, When they came to the crowd, a man approached Jesus and knelt before him. **15** "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. **16** I brought him to your disciples, but they could not heal him." Matthew 17:19-21 Then the disciples came to Jesus privately and said, "Why could we not cast it out?" **20** So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. **21** However, this kind does not go out except by **prayer** and **fasting**." *(It was after coming down from that Mountain that Jesus tells His disciples that replacing unbelief with faith to cast out demons is the result of prayer and fasting (Matthew 17:21*). This is one of many times you see the combination of prayer and fasting. They are meant to go together).
- **Fasting is an expression of longing and desire for Jesus to return as our Bridegroom King**
  - Mark 2:18-19 Now John's disciples and the Pharisees were fasting. Some people came and asked Jesus, "How is it that John's disciples and the disciples of the Pharisees are **fasting**, but yours are not?" 19 Jesus answered, "How can the guests of the bridegroom fast while he is with them? They cannot, so long as they have him with them. 20 But the time will come when the bridegroom will be

taken from them, and on that day they will fast. (*Every time we fast it is a sign that the Bridegroom, Jesus, is not with us bodily as He was when He walked with the disciples. It is an expression of lovesickness and desire for His return! We will never be fully satisfied until He returns. The Spirit and the Bride say, "Come." (Rev. 22:17)*)

Fasting & Prayer In The Book of Acts (New Testament Church):

- Acts 10:30-31 So 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, **31** and said, 'Cornelius, your prayer has been heard, and your alms are remembered in the sight of God.
- Acts 13:1-3 Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. **2** As they ministered to the Lord and **fasted**, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." **3** Then, having **fasted** and **prayed**, and laid hands on them, they sent *them* away.

Benefits of Fasting

- Fasting is an act of worship because it is obedience and obedience is worship.
- Fasting is an intentional way of emptying ourselves of desires, perspectives, ambitions, motivations that are not yielded to the Lord. When you fast you get filled up with the perspective, desires, will and ways of the Lord.
- Fasting is a tangible way of being a living sacrifice and to deny ourselves the way the Lord has asked and invited us to.
- Fasting forces our flesh into submission and helps us come into spiritual alignment, increasing our sensitivity to the Holy Spirit.
- Fasting increases our hunger for the word of God and the presence of God .
- Fasting brings us into greater levels of dependence upon the Spirit of God.
- Fasting resets our appetites spiritually and physically.
- Fasting is an accelerant and catalyst for deliverance and inner healing. It exposes mental strongholds that we may be agreeing with. It also exposes lies and demonic influences and thought processes while simultaneously empowering us to break agreement with them and replace them with truth.

- Fasting increases our awareness of the presence of God allowing us to live aligned with the righteousness, peace and joy we have available to us in the Holy Spirit in such a powerful way.

- Fasting forces us to slow down and be more intentional about leaning on God, His understanding and His purpose for our lives.

- Fasting reveals where we are deficient in God's character and nature, where the fruit of the Spirit and beatitudes need to be strengthened and increased in our lives.

- Fasting brings us into a place of clarity to hear the voice of God to receive vision and strategy.

- Fasting increases faith & belief. It drives out doubt and unbelief.

- Fasting increases the anointing and authority of God in our lives.

- Fasting increases love for the Lord, it forces us into rhythms of prayer and fellowship.

- Fasting brings us into deeper intimacy and fellowship with the Holy Spirit, the friendship of the Holy Spirit and the leadership of the Holy Spirit.

- Fasting will always bring us into greater revelation of Jesus, the Gospel, of our identity in Christ, the love of the Father and the inheritance that we have received in Christ!

TAKING COMMUNION WHILE AT HOME - RESOURCE GUIDE

When taking the Lord's Supper/Communion at home, here are some helpful tips:

Start with prayer, worship and thanksgiving.

- Put on a worship song and sing about the cross, body, or blood of Jesus and sit with the Lord reflecting on what He has done for us until gratitude and praise fills your heart.

Oh The Cross by Upperroom: https://youtu.be/IC5g-nZRwBU?feature=shared

Read the following passages of scripture out loud:

- **Matthew 26:26-30** Jesus institutes the Lord's Supper/Communion.
- **John 6:53-57** Jesus gives us the promise of life to all who consume His body and blood.
- **1 Cor. 11:23-30** Paul gives instructions to examine ourselves, and gives a warning about approaching the Lord's Supper/Communion with reverence. Ask the Lord to search you, confess any sin you are made aware of, and release forgiveness for anyone who has hurt or offended you.

Intentionally acknowledge and give thanks for the following in prayer:

- The body of Jesus in which we have been reconciled to the Father .
    - **Colossians 1:22** But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation…
- The body of Jesus that was broken for us that we might be made whole and healed.
    - **Isaiah 53:1-6** But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.
- The blood of Jesus that has forgiven us, cleansed us and set us free from sin.
    - **Heb. 9:14** How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!
- The blood of Jesus that speaks a better word. Reminding us that He is the mediator of the new covenant for us.
    - **Heb. 12:24** to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.
- There is blessing and intimate fellowship with Jesus through the cup and bread.
    - **1 Cor. 10:16** The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?

Once you are ready, receive the bread and the cup of the Lord.

- It doesn't matter if you use bread or crackers and get your own grape juice, or use/order prepackaged Communion cups, like we use in church (which can be ordered online).
- Take your time, don't rush. Linger in His presence, let Jesus touch you, encounter you, reveal Himself and the gospel to you in a fresh way! Receive His love and forgiveness.
- Be expectant for Him to speak and even move through miracles, healing, deliverance as you receive His body and blood.

End by thanking Jesus for inviting you to His table, for hosting you, and serving you His bread and wine, His body and blood.

- Close out by lifting up prayer requests, for your life, family, and friends.
- It's also powerful to end with the Lord's prayer found in **Matthew 6:9-13**

Additional resources:

Communion Conversation Part 1:
https://www.youtube.com/watch?v=V3XQd1HUQ8A

Communion Conversation Part 2
https://www.youtube.com/watch?v=Mc88H5j3UNw