

## 21 Days: Accelerate Your Prayer with Fasting

*Darcy Siggelkow*

**Breaking the faith barrier in the spiritual realm can be like breaking the sound barrier in the physical realm: there can be a lot of turbulence and buffeting.**

**Question:** What is the turbulence and buffeting you are experiencing in your life right now?

P.U.S.H. = Pray Until Something Happens

**Read** Daniel 10:1–14

**Fasting** is temporarily abstaining from some of the comforts or necessities of life for the purpose of prayer.

Questions: What comes to mind when the topic of fasting comes up? What has been your experience with fasting? If you have not fasted before, what has been the number one reason that has held you back?

**Read** about “The Daniel Fast” in Daniel 1:8-16

Prayer changes what is **possible for God** to do in our world because God has designed our world with a measure of contingency.

**Fasting accelerates** (empowers) your prayers.

**Read** Matthew 4:1–11

**“Often the best way to take hold of the mind is to take hold of the body.”** Justin Whitemel Earley

Physical action helps your mind and spirit to engage and pay attention to what you’re doing. An empty stomach may be the most **powerful prayer posture** in scripture.

**Fasting is a prophetic act that physically demonstrates your spiritual hunger for God.**

Fasting is a way to resist the original sin of trying to eat our way to happiness and to force ourselves to look to God for our fullness.

The Common Rule, by Justin Whitemel Earley

**Read** Psalm 34:8

Fasting is not about manipulation.

- Do not fast to make yourself look spiritual  
**Read** Matthew 6:16
- Do not fast to try to control God  
**Read** Matthew 9:15

Fasting is giving up control; temporarily abstaining from something for the purpose of prayer.

**“The best way to increase your focus is to decrease your distractions.”** Craig Groeschel

**Questions:** What spiritual breakthrough do you need to accelerate with fasting? What kind of fast can you engage in over the next two weeks?