



THE 3-DAY PRAYER & FASTING PLANNER

A Strategic Battle Plan for Spiritual Breakthrough

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INTRODUCTION: THE ANCIENT PATH TO POWER

In a world that screams for your attention, fasting is the radical act of unplugging from the matrix of consumption to plug into the source of creation. It is not merely a diet. It is not a hunger strike. It is a tool of **consecration**—a deliberate setting apart of oneself for a specific spiritual purpose.

You hold in your hands (or on your screen) a strategic battle plan. The 3-day fast is perhaps the most common and potent fasting duration found in Scripture. It was the fast of **Esther** before she saved her people from genocide. It was the fast of **Paul** after his encounter on the road to Damascus, before he became the apostle to the Gentiles. It is a period long enough to break physical addictions and spiritual strongholds, yet short enough to be accessible to almost any believer.

This guide is designed to be your companion through the valley of hunger and into the mountaintop of clarity. It bridges the gap between the **biological reality** of what is happening to your body and the **spiritual reality** of what is happening to your soul. We often treat these two as separate, but God created them to be intertwined. Your physical hunger is a prophetic act—a declaration that you have a hunger deeper than bread can satisfy.

Over the next three days, you will experience weakness, but you will also experience power. You will feel the volume of your flesh get loud, only to be silenced by the whisper of the Spirit. You are not just skipping meals; you are stepping into a stream of ancient power that has sustained prophets, kings, and apostles for millennia.

Welcome to the fast.

CHAPTER I: THE CALL TO CONSECRATION

THE MISUNDERSTOOD DISCIPLINE

Fasting is one of the most neglected disciplines in the modern Western church. We have replaced it with “feasting” and fellowship, often forgetting that the power of the early church was birthed in prayer and fasting. When we read the Book of Acts, we see a church that fasted before they made decisions (Acts 13:2-3). They fasted when they appointed leaders (Acts 14:23). Fasting was not an emergency cord they pulled only when things went wrong; it was the rhythm of their life with God.

But in our culture of comfort, fasting feels like an intrusion. We are conditioned to believe that hunger is an emergency that must be solved immediately. One grumble of the stomach, and we reach for a snack. We have become slaves to our appetites. As Paul says in Philippians 3:19, for many, “their god is their stomach.”

Fasting breaks this slavery. It is a declaration of independence from the tyranny of the flesh. When you fast, you are telling your body, “You are a good servant, but a terrible master.” You are re-establishing the hierarchy of your being: **Spirit > Soul > Body**.

THE THREE-DAY MYSTERY

Why three days? There is a profound biblical pattern associated with this timeframe.

- **Resurrection:** Christ was in the tomb for three days before He rose in power. A 3-day fast is a death to the flesh and a resurrection to the Spirit.
- **Transformation:** Paul was blind for three days (Acts 9). In that darkness, his old identity (Saul the Persecutor) died, and his new identity (Paul the Apostle) was formed.
- **Deliverance:** The Jews in Susa fasted for three days with Esther (Esther 4:16) before the decree of death was reversed.
- **Journey:** Abraham traveled for three days to Mount Moriah to sacrifice Isaac (Genesis 22:4). It is a journey of surrender.

A 3-day fast is often the “threshold” fast. One day is a discipline; three days is a breakthrough. It is long enough for your body to deplete its immediate sugar reserves (glycogen) and begin the shift into burning fat (ketosis), mirroring the spiritual shift from operating on natural strength to operating on supernatural strength.

THE PURPOSE OF YOUR FAST

A fast without a purpose is just starvation. Before you begin, you must define your “Why.”

- **Are you seeking direction?** “Lord, show me the path for my career/family.”
- **Are you seeking deliverance?** “Lord, break this addiction/habit in my life.”
- **Are you seeking intercession?** “Lord, save my child/spouse.”
- **Are you seeking intimacy?** “Lord, I just want more of You.”

Write this purpose down. Keep it visible. When the hunger pangs hit at 2:00 PM on Day 2, this purpose will be your anchor.

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" — **Isaiah 58:6***

CHAPTER 2: THE BIOLOGY OF BELIEF

Understanding what is happening to your physiology can be incredibly encouraging during a fast. When you feel “bad,” it is often because your body is doing something “good”—healing, detoxing, and switching fuel sources.



THE TIMELINE OF TRANSFORMATION

HOURS 0–12: THE ANABOLIC PHASE

You have just eaten your last meal. Your body is digesting food, breaking down carbohydrates into glucose, and storing energy. Insulin levels rise. You feel “normal.”

- *Spiritual Parallel:* This is the calm before the storm. Enjoy the grace, but prepare your mind.

HOURS 12–24: THE CATABOLIC SHIFT

Your body has burned through the glucose in your bloodstream. Insulin levels drop. Now, it turns to the glycogen stored in your liver.

- *Symptoms:* This is where the first waves of hunger hit. Your stomach (releasing the hormone ghrelin) will growl. You might feel irritable or “hangry.”
- *Spiritual Parallel:* The Flesh is waking up to the reality that it is not being fed. It will tantrum. Ignore it.

HOURS 24–48: GLUCONEOGENESIS & KETOSIS

This is often the hardest window. Your liver glycogen is depleted. Your body must now manufacture glucose from amino acids (gluconeogenesis) and begin breaking down fat into ketones for fuel.

- *Symptoms:* You may get a headache (often withdrawal from caffeine/sugar or lack of salt). You might feel a “brain fog” or lethargy. You may have a metallic taste in your mouth (acetone breath)—this is a sign of ketosis!
- *Spiritual Parallel:* The “Valley of the Shadow.” You feel weak. This is where you learn that “My power is made perfect in weakness” (2 Corinthians 12:9). You operate not by might, but by His Spirit.

HOURS 48–72: DEEP KETOSIS & AUTOPHAGY

The magic happens here. Your body is now fully adapted to burning fat. Hunger often vanishes completely. Your brain, now fueled by ketones (which burn cleaner than sugar), becomes incredibly sharp.

- *Autophagy:* Your cells begin a “self-cleaning” process, recycling old and damaged proteins. It is cellular renewal.
- *Symptoms:* Clarity, energy, lightness. The “fasting high.”
- *Spiritual Parallel:* The Resurrection. The noise of the flesh has been silenced. Your spiritual hearing is acute. You are sensitive to the Holy Spirit.

PRACTICAL TIPS FOR THE PHYSICAL JOURNEY

1. **Water is Life:** Drink 3-4 liters of water a day.
2. **Electrolytes Matter:** If you get a headache, it is likely not hunger but a lack of sodium. Put a pinch of high-quality sea salt (Redmond or Celtic) on your tongue or in your water.
3. **Rest:** Your body is working hard to heal. Go to bed early.
4. **Hygiene:** Your body is detoxing through your skin and tongue. Use a tongue scraper. Take warm baths (Epsom salts are great).

CHAPTER 3: THE 3-DAY BATTLE PLAN

This is your operational manual for the next 72 hours. We have divided it into three themes: **Repentance, Petition, and Power.**



THE RULES OF ENGAGEMENT

- **Media Fast:** Disconnect from Netflix, News, and unnecessary Social Media. You are trying to tune into a specific frequency; static makes that impossible.
- **The 12:00 PM Pivot:** Instead of lunch, take 20-30 minutes for prayer. If you are at work, go to your car or a quiet park.
- **The Journal:** You must record what you hear. God *will* speak. Don't trust your memory; trust your pen.

DAY 1: REPENTANCE (THE CLEANSING)

Focus: Humility, Confession, clearing the blockages. The goal of Day 1 is to clear the channel. Sin, offense, and distraction clog our spiritual arteries. We cannot ask for power if we are holding onto pride.

The Scripture: Psalm 51

"Create in me a pure heart, O God, and renew a steadfast spirit within me."

The Action:

- Ask the Holy Spirit to reveal any unconfessed sin.
- Forgive anyone you are holding a grudge against. Unforgiveness is a major blockage to answered prayer (Mark 11:25).
- Renounce any agreements you have made with the enemy (fear, lies about your identity).

Prayer Focus: "Lord, I empty myself of *me* so I can be filled with *You*. expose the idols in my heart. I lay down my right to be right, my right to be comfortable, and my right to be in control."

DAY 2: PETITION (THE ASKING)

Focus: Clarity, Direction, Specific Requests. Now that the vessel is clean, bring your requests. Day 2 is the "work" day of the fast. It is often the hardest physically, so use that resistance as a reminder to pray.

The Scripture: Jeremiah 33:3

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

The Action:

- Bring your "Why" list before God. Pray over every item.
- Listen more than you speak. Ask a question, then wait in silence.
- Write down any impressions, heavy burdens, or sudden thoughts (these are often the Spirit speaking).

Prayer Focus: "Lord, I need Your wisdom. I am not asking for what *I* want, but for what *You* want for me. Align my desires with Yours. Open doors no man can shut, and shut doors no man can open."

DAY 3: POWER (THE BREAKTHROUGH)

Focus: Authority, Declaration, Thanksgiving. You are now operating in the Spirit. The hunger is gone or manageable. You have clarity. Now, you stand in your authority as a child of God and *declare* victory.

“Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.”

The Action:

- Shift from asking to thanking. Thank Him for the answers that are on the way.
- Speak life over your situation. Prophecy to the “dry bones” in your life (Ezekiel 37).
- Prepare your heart for re-entry.

Prayer Focus: “Lord, I seal this time in Your presence. I declare that the strongholds are broken. I walk out of this wilderness not empty, but full of the Power of the Spirit. Let the fruit of this fast remain.”

CHAPTER 4: DAILY DEVOTIONALS

Use these short devotionals to anchor your day. Each section includes a **Sacred Reflection** to help you process what God is saying in the moment.

DAY 1 DEVOTIONALS

Morning: The Living Sacrifice *Read: Romans 12:1-2* As you skip breakfast, you are placing your body on the altar. In the Old Testament, the fire only fell on the sacrifice. No sacrifice, no fire. Today, you are the sacrifice. Tell the Lord, “I am here. I am Yours.”

Noon: The Bread of Life *Read: John 6:35* Hunger is a teacher. Every growl of your stomach is a reminder of your fragility. Let it point you to the only source that truly sustains. “Jesus, You are the Bread of Life. Feed my spirit today.”

Night: The Evening Offering *Read: Psalm 141:2* The first day is done. You have won the first battle against the flesh. Sleep in the assurance that God sees your sacrifice. “Let my prayer be set before You as incense, the lifting up of my hands as the evening sacrifice.”

Day 1 Reflection: What was the loudest “voice” you heard today? Was it your hunger, or was it a specific concern? Write down three things you are leaving on the altar tonight to be burned away.

1.

2.

3.

DAY 2 DEVOTIONALS

Morning: Seeking the Face, Not the Hand *Read: Psalm 27:8* We often come to God for His *hand* (what He can give us), but fasting is about seeking His *face* (who He is). If He never gave you another thing, is He enough? “Your face, Lord, I will seek.”

Noon: The Weakness Paradox *Read: 2 Corinthians 12:9-10* You might feel weak, dizzy, or slow. Good. You are at the end of your natural resources. Now God’s strength can take over. Don’t despise the weakness; lean into it.

Night: The Silence of God *Read: 1 Kings 19:11-13* Elijah didn’t find God in the wind, the earthquake, or the fire. He found Him in the gentle whisper. Fasting quiets the earthquake of your life so you can hear the whisper. Listen tonight.

Day 2 Reflection: In your moment of greatest physical weakness today, what spiritual truth felt the strongest? How did God’s strength manifest in your lethargy?

DAY 3 DEVOTIONALS

Morning: The New Wineskins *Read: Mark 2:22* Jesus said you cannot put new wine into old wineskins. Fasting stretches you. It makes you a “new wineskin”—flexible, expanded, and ready to hold the “new wine” of the Spirit’s anointing.

Noon: The Weapon of Warfare *Read: 2 Corinthians 10:4* You are not just hungry; you are dangerous to the enemy. A believer who does not need comfort to be obedient is a terrifying thing to the kingdom of darkness. Stand your ground.

Night: The Finished Work *Read: John 19:30* “It is finished.” As you close this fast, rest in the finished work of Christ. You didn’t fast to earn God’s love; you fasted to realize how much you already have it.

Final Fast Reflection: What “New Wine” do you feel God is pouring into you as you break this fast? What specific instruction or “Witty Invention” did you receive during these 72 hours?

CHAPTER 5: RE-ENTRY (BREAKING THE FAST)

CONGRATULATIONS! You have completed the 3-day fast. But be careful—**how you break the fast is just as important as the fast itself.**



Your digestive system has been shutting down. It has stopped producing high levels of enzymes. If you shock it with a cheeseburger, you will get sick, trigger massive inflammation, and undo much of the biological good you just did.

THE RE-FEEDING PROTOCOL

The Golden Rule: Start small, start liquid, go slow.

THE FIRST MEAL (THE BREAK)

- **What:** Bone Broth (ideal), Vegetable Broth, or a small amount of watermelon juice.
- **Why:** You need electrolytes and gentle nutrients without fiber or heavy protein.
- **Action:** Drink 1 cup slowly. Wait 1 hour.

THE SECOND MEAL (3-4 HOURS LATER)

- **What:** Probiotics and soft foods. Yogurt (unsweetened), Kefir, Sauerkraut, or a soft avocado.
- **Why:** You are re-inoculating your gut microbiome.

DAY 4 (THE DAY AFTER)

- *Breakfast:* Fruit and mild cheese or nuts.
- *Lunch:* Salad with olive oil and vinegar.
- *Dinner:* Steamed vegetables and fish or chicken. Avoid red meat and heavy starches for one more day.

SUSTAINING THE MOMENTUM

The danger of breaking a fast is that the “noise” of the world rushes back in. The food tastes so good, the dopamine hits, and suddenly you forget the clarity you had just hours ago.

- **Keep the Journal Open:** Read what you wrote during the fast.
 - **Keep the Prayer Time:** Don't lose that 12:00 PM appointment with God just because you are eating lunch again.
 - **Walk in the Spirit:** You have thinned the veil between you and God. Walk carefully to keep it thin.
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APPENDIX: FREQUENTLY ASKED QUESTIONS

Q: Can I drink coffee? A: Technically, black coffee has no calories and won't break ketosis. However, if you are fasting to break addictions, it is best to abstain. If you must, keep it black.

Q: Can I exercise? A: Light exercise (walking, stretching) is excellent. It helps lymph flow and detoxification. Avoid High Intensity Interval Training (HIIT) or heavy powerlifting, especially on Day 2 and 3.

Q: What if I fail and eat? A: You are not condemned. "There is now no condemnation for those who are in Christ Jesus" (Romans 8:1). If you eat, don't quit. Just stop, pray, and resume the fast. God sees the heart, not just the scorecard.

Q: Should I tell people I am fasting? A: Jesus said, "When you fast, do not look somber as the hypocrites do... but put oil on your head and wash your face, so that it will not be obvious to others that you are fasting" (Matthew 6:16-18). Keep it between you and God as much as possible.

CHAPTER 6: THE WAR ROOM APPENDIX

This section is designed to be your tactical checklist. Use these templates to organize your spiritual and physical environment for the next 72 hours.

1. THE PRE-FAST CHECKLIST

- ☐ **Define the “Why”:** Write it in one sentence.
- ☐ **Audit the Fridge:** Remove the major temptations.
- ☐ **Digital Detox:** Turn off notifications for non-essential apps.
- ☐ **Water Supply:** Ensure you have 4 liters of filtered water ready for Day 1.
- ☐ **Prayer Partner:** (Optional) Tell one trusted friend to cover you.

2. THE 3-DAY PRAYER MATRIX

Time	Day 1: Repentance	Day 2: Petition	Day 3: Power
08:00 AM	Psalm 51	Jeremiah 33:3	Luke 4:14
12:00 PM	Confession List	Target Requests	Declarations
08:00 PM	Psalm 141	Listening Prayer	Thanksgiving

3. THE BIOLOGICAL “PULSE” SCAN

If you feel symptoms, do not panic. Use this guide:

- **Headache:** Lack of salt. Put a pinch of sea salt on your tongue.
- **Extreme Lethargy:** You are likely dehydrated. Drink 500ml of water slowly.
- **Muscle Cramps:** Lack of magnesium. Take a warm Epsom salt bath.
- **Irritability:** This is your “Flesh” speaking. Treat it as a prompt to pray.

4. ADVANCED STRATEGY: THE “MIDNIGHT WATCH”

If you find yourself awake in the middle of the night, do not reach for your phone. This is often a “divine appointment.”

- Get out of bed.
 - Pace the room.
 - Declare the Word over your house for 15 minutes.
 - Listen.
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FINAL WORD: THE THRESHOLD OF POWER

You are standing at the threshold.

Three days from now, you will not be the same person who started this guide. The hunger will pass, but the humility will remain. The weakness will fade, but the wisdom will stick.

Welcome to the ancient path.

ChristFast - *Humbling the Flesh to Elevate the Spirit*

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