



RESTORING THE BROKEN ALTAR

A Biblical Guide to Fasting for Marriage
Restoration

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INTRODUCTION: THE WAR FOR YOUR HOME

Marriage was the first institution God created (Genesis 2:24). It existed before the Church, before the Government, and before the Law. It is the foundational building block of society and the primary metaphor for Christ's love for His people.

Because of this, it is also the primary target of the enemy.

If you are reading this, you are likely in a place of pain. Perhaps the communication has stopped. Perhaps there is infidelity, coldness, or the looming threat of divorce. You may feel like you are fighting a losing battle, or worse—that you are fighting alone.

This guide is built on a radical biblical premise: **You do not need two people to save a marriage. You only need one person aligned with God.**

This is the principle of the **Power of One**. In 1 Corinthians 7:14, Paul reveals a stunning spiritual law: *"For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband."*

Sanctification means "to set apart for God." When you fast for your marriage, you are activating this law. You are becoming a lightning rod for God's presence in your home. You are creating a "Sanctification Shield" that covers your spouse, even if they are in rebellion, even if they want nothing to do with God.

Fasting is not manipulation. You cannot fast to control your spouse's will. But you *can* fast to bind the spirits that are influencing them. You can fast to clear the spiritual atmosphere so they can think clearly for the first time in years.

This is not just a guide to "fixing" your relationship. It is a guide to **Rebuilding the Altar** of your covenant.

CHAPTER I: THE THEOLOGY OF THE “POWER OF ONE”

THE COVENANT VS. THE CONTRACT

The modern world views marriage as a **Contract**. A contract is based on performance: *“I will do my part if you do yours. If you break your part, I am free to leave.”* The Bible views marriage as a **Covenant**. A covenant is based on identity: *“I will be who I promised to be, regardless of what you do.”*

When you fast for a broken marriage, you are shifting your operating system from Contract to Covenant. You are saying to God, *“I am standing in the gap. I am holding the line.”*

THE HOSEA ASSIGNMENT

In the book of Hosea, the prophet is commanded to love a spouse (Gomer) who repeatedly betrays him. It is a heartbreaking, unfair, and grueling assignment. But through it, God reveals His heart for Israel. Fasting for a rebellious spouse is a “Hosea Assignment.” It allows you to feel a fraction of what God feels when we stray from Him. This brokenness does not destroy you; it qualifies you. It turns your pain into **Intercession**.

THE SANCTIFICATION SHIELD

How does one person change the atmosphere? Imagine a dark room. It does not take two people to turn on the light. It only takes one. When you fast, you are “turning on the light” in the spirit realm.

- **You become a Portal:** Your prayers create an open heaven over your house.
- **You become a Filter:** You stop reacting to the toxins your spouse is spewing and start filtering them through grace.
- **You become a Mirror:** You reflect Christ so clearly that their own conscience begins to convict them.

Restoration Exercise: The Altar Audit *Before proceeding, sit in silence for 10 minutes. Ask God to show you where the ‘altar’ of your marriage has been broken down. Is it through neglect, bitterness, or a lack of spiritual leadership? Record the three ‘stones’ you are committing to rebuild during this fast.*

1. _____

2. _____

3. _____

CHAPTER 2: THE SCIENCE OF PEACE

Why does fasting change the way you argue? It's not just spiritual; it's biological.



THE VAGUS NERVE & FIGHT OR FLIGHT

When you are in a marital conflict, your body goes into “Fight or Flight” mode. Your heart rate spikes, your prefrontal cortex (logic center) shuts down, and your amygdala (fear center) takes over. You literally *cannot* hear your spouse; you only hear threats.

Fasting—specifically Water Fasting—has been shown to increase **Parasympathetic Tone**. It calms the Vagus Nerve. It lowers your resting heart rate.

- **The Result:** You stop being **Reactive** and start being **Responsive**.
- **The Miracle:** When one person stays calm in a fight, it triggers a phenomenon called **Co-Regulation**. Your calm nervous system literally sends a signal to your spouse’s nervous system to calm down. You can de-escalate a fight without saying a word.

MIRROR NEURONS

Your brain has “Mirror Neurons” designed to mimic the emotions of others.

- If you scream, your spouse's mirror neurons fire to scream back.
- If you speak with a "Self Answer" (Proverbs 15:1), their mirror neurons have nothing to fight against.

Fasting gives you the self-control to hack this biological loop. You break the cycle of escalation.

Restoration Exercise: The Calm Response *Think of the last three arguments you had with your spouse. Identify the 'Biological Trigger' (e.g., were you tired, hungry, or feeling disrespected?). Write down how the 'Fast of Words' could have changed the outcome of those conflicts.*

CHAPTER 3: THE 21-DAY RESTORATION PLAN

We have divided this fast into three 7-day phases. You can do a Daniel Fast (vegetables/water) for 21 days, or a series of 3-day Water Fasts.



PHASE 1: INTERNAL ALIGNMENT (DAYS 1–7)

The Prayer: *“Lord, change ME first.”* The biggest mistake is fasting for God to fix your spouse. God always starts with the intercessor. You must remove the “beam” from your own eye (Matthew 7:3).

- **Day 1:** Repent for your own hardness of heart.
- **Day 2:** Repent for words of death you have spoken over your spouse.
- **Day 3:** Repent for idolizing the marriage (putting the relationship above God).
- **Action:** Write a letter of apology to your spouse. Do not mention their faults. Only own yours.

PHASE 2: SPIRITUAL WARFARE (DAYS 8–14)

The Prayer: *“Lord, bind the enemy blinding them.”* Now that you are clean, you can fight. You are targeting specific spirits that attack marriages.

- **The Spirit of Jezebel (Control):** If there is manipulation or emotional abuse. *Prayer: "I break the power of control and intimidation in this home."*
- **The Spirit of Ahab (Passivity):** If there is checkout, laziness, or abdication of duty. *Prayer: "I command the spirit of responsibility and courage to wake up in my spouse."*
- **The Spirit of Adultery/Lust:** If there is a third party (physical or digital). *Prayer: "I sever every unholy soul tie. I hedge up their way with thorns (Hosea 2:6)."*

PHASE 3: THE LEGACY REBUILD (DAYS 15–21)

The Prayer: *"Lord, give us a vision for the future."* Where there is no vision, the people perish (Proverbs 29:18). A marriage needs a "North Star."

- **Action:** Begin to speak life. Prophecy over the dry bones.
- **Scripture:** Joel 2:25 *"I will repay you for the years the locusts have eaten."*
- **The Vision:** Start planning for the restoration before you see it. Prepare the house.

Restoration Exercise: The Vision Casting *Proverbs 29:18 says, "Where there is no vision, the people perish." If your marriage was perfectly restored tomorrow, what would be the first three things that would change in the atmosphere of your home?*

1. _____

2. _____

3. _____

CHAPTER 4: PRACTICAL CONFLICT SCRIPTS

Fasting gives you the power, but you need the wisdom of *what to say*. Here are scripts to use during the fast when tensions rise.

THE “GRACE UNDER FIRE” SCRIPT

When they are yelling or baiting you into a fight: **You:** “I love you too much to argue with you like this. I am on your team. Let’s take a break and talk when we can protect our connection.”

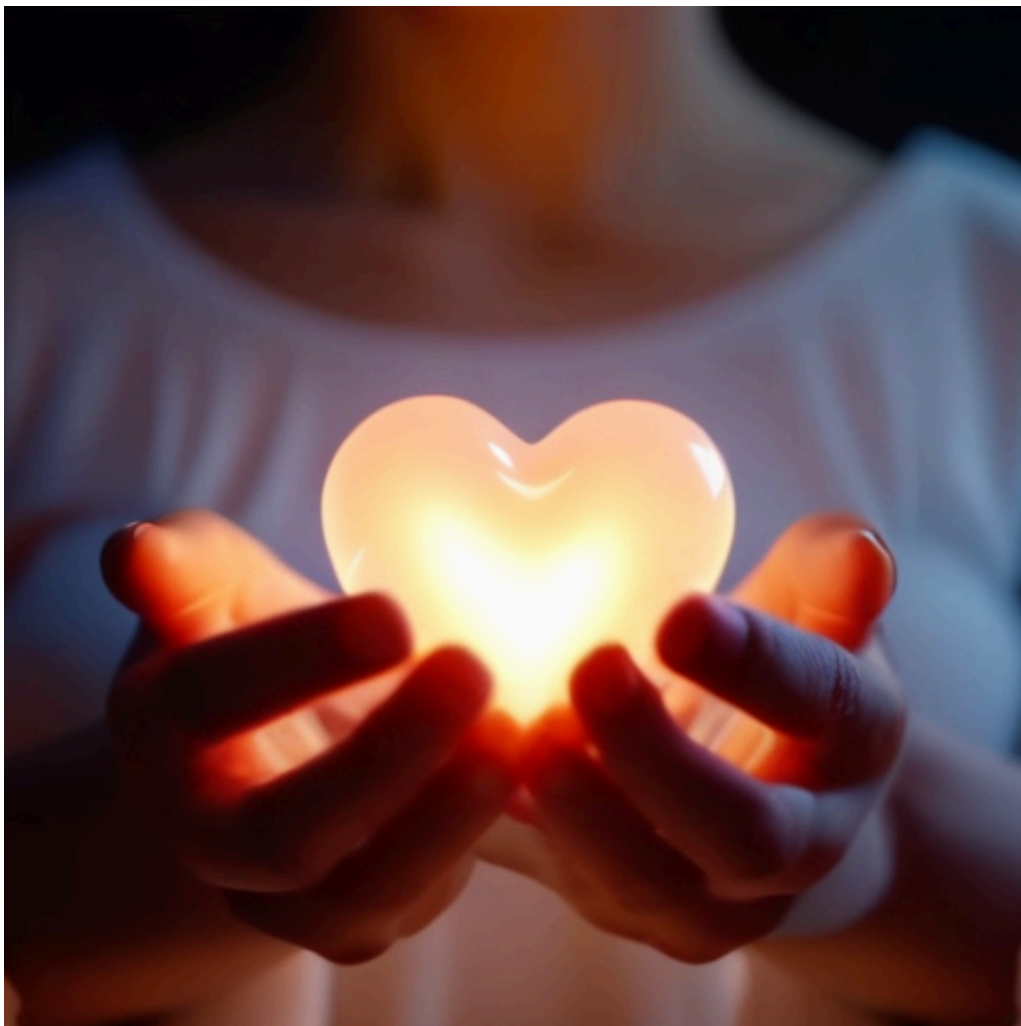
Why it works: It affirms the relationship (“I love you”) while holding a boundary (“not like this”).

THE “VULNERABLE REQUEST” SCRIPT

When you need to express a need without blaming: **Bad:** “You never listen to me.” **Good:** “I feel lonely when we don’t talk. I miss you. Can we spend 10 minutes checking in?” *Why it works:* Vulnerability disarms defense mechanisms.

THE “SILENT WEAPON”

When words have failed: Sometimes, the most powerful thing you can do is hold your tongue. **1 Peter 3:1** says husbands can be won over “*without a word*” by the conduct of their wives. During the fast, try a 3-day “**Complaint Fast.**” Do not speak a single negative word. Only speak affirmation or operational necessities. Watch the atmosphere shift.



CHAPTER 5: THE HOUND OF HEAVEN

There is a concept in old theology called the “Hound of Heaven.” It describes the Holy Spirit’s relentless pursuit of a sinner. When you fast for your spouse, you are releasing the Hound of Heaven. You cannot be everywhere. You cannot check their phone every second. You cannot police their thoughts. But the Holy Spirit can. He can wake them up at 3:00 AM with a dream. He can make the taste of their sin turn bitter in their mouth. He can bring a scripture to their mind that they learned in 3rd grade.

Your fast authorizes this pursuit.

Closing Prayer: *“Father, I take my hands off the wheel. I stop trying to be the Holy Spirit for my spouse. I release them to You. You love them more than I do. Do whatever it takes to wake them up. I promise to be here, standing at the door, ready to open it when they return. I am rebuilding the altar. Let the fire fall. In Jesus’ name, Amen.”*

APPENDIX I: THE 21-DAY RESTORATION ROADMAP

Marriage restoration is often a marathon of patience. Use this roadmap to stay on course when the emotions get loud.

WEEK 1: THE SILENCE & SOFTENING

- **Focus:** Your behavior, not their response.
- **The “Rule of Three”:** Do not bring up three old grievances this week, even if you are right.
- **Action:** 15 minutes of “Listening Prayer” daily. Ask: “Lord, what is it like to be married to me?”

WEEK 2: THE SPIRITUAL AUTHORITY PHASE

- **Focus:** Breaking the cycles (The “Jezebel” or “Ahab” patterns).
- **Action:** Walk around your home and “bless the gates.” Speak peace over the bedroom, the kitchen, and the front door.
- **The Power of One:** Remind yourself that one person plus God is a majority.

WEEK 3: THE BREAKTHROUGH & REBUILDING

- **Focus:** Strategic kindness.
- **Action:** Perform one “Secret Service” for your spouse daily (something helpful they won’t immediately know you did).
- **Vision:** Write out a vision of what your marriage looks like in 5 years of health.

APPENDIX 2: THE “POWER OF ONE” WORKBOOK

1. THE CONFLICT AUDIT

The Trigger My Natural Response The “Soft Walk” Alternative
e.g., Tone of voice Defensiveness Silence & Internal Prayer

2. THE PRAYER FOR THE “UNREACHABLE” SPOUSE

“Lord, I thank You that there is no heart too hard for You. I speak to the ‘stone’ in [Spouse’s Name]’s heart and I command it to soften. I ask for the ‘Godly Sorrow’ that leads to repentance. I stand in the gap. I am not moved by what I see, but by what I know of Your mercy.”

3. PRACTICAL “PEACE-MAKING” SCRIPTS

- **The Reset:** “I realized I’ve been reacting poorly lately. I’m working on being a better partner for you. I’m sorry.”
 - **The De-escalation:** “I can see we are both frustrated. Let’s take 30 minutes to cool down, and then I’d love to hear your side.”
 - **The Affirmation:** “I still believe in us. I’m not going anywhere.”
-

FINAL WORD: THE COVENANT REMAINS

You have finished the manual, but the covenant is alive.

Restoration is not a magic trick; it is a spiritual architecture. One brick at a time, one fast at a time, one prayer at a time, you are rebuilding the altar of your home.

Do not be discouraged by a slow start. The longest road often leads to the most beautiful destination.

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