



THE PRAYER DEVOTIONAL

Deepening Communion through Fasting &
Targeted Intercession

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INTRODUCTION: THE TWO WINGS OF THE SPIRIT

Fasting and prayer are the two wings of the spiritual bird. With only one, you are grounded. With both, you can soar into the heavenlies.

Many Christians today treat fasting as a physical endurance test—a race to see how long they can survive without food. But the biblical purpose of fasting is not to empty the stomach; it is to **empty the self** so that you can be filled with the Spirit.

If you fast without praying, you are simply going hungry. You might lose weight, but you will not gain spiritual authority. John Wesley understood this when he said that prayer is the engine, but fasting is the turbocharger. It accelerates your perception and sharpens your spiritual “hearing.”

In this manual, we move past the theory and into the practice. We will show you how to structure a day of prayer, how to discern the “Still, Small Voice,” and how to maintain the fire long after the fast is over.

The Altar is ready. It's time for the fire to fall.

CHAPTER 1: KENOSIS (THE ART OF SELF-EMPTYING)

The secret of spiritual power is not “adding” more things to your life; it is **removing** the things that block the light.



THE THEOLOGY OF THE VACUUM

In Greek, the word is *Kenosis*. It describes the “emptying” of oneself to be filled with God.

1. **Prayer connects us to Heaven.** It is the data link.
2. **Fasting disconnects us from Earth.** It is the practice of shutting down the “Noise of the Flesh.”

When you combine them, you create a spiritual vacuum. And the Holy Spirit always fills a vacuum. When your stomach stops demanding food, your spirit starts demanding Truth.

MINISTERING TO THE LORD

Acts 13:2 gives us the “Prophetic Sequence”: *“As they ministered to the Lord, and fasted, the Holy Ghost said...”*

- Notice the order. Worship and prayer come first. Fasting sustains the posture. The “Voice” of the Holy Spirit is the result.

Kenosis Workshop: The Emptying Audit *Identify the 'Noise' in your current spiritual life. Is it social media, a specific preoccupation, or the constant need for 'entertainment'? Write down three things you are formally emptying out to create a vacuum for the Holy Spirit.*

1.

2.

3.

CHAPTER 2: THE 24-HOUR SPIRITUAL SCHEDULE

If you do not plan your prayer time, your body will spend the fast planning its next meal. Use these “Watches” to anchor your day.



1. THE EARLY MORNING WATCH (06:00 AM)

Focus: *Submission.* Sit in silence for 10 minutes. Before you ask for anything, just acknowledge His Lordship.

- “*Lord, I empty myself of my own agenda. I am Your vessel today.*”

2. THE MID-MORNING REVELATION (09:00 AM)

Focus: *The Holy Spirit.* This is the “Hour of Pentecost.” Ask the Holy Spirit to fill the spaces that food usually occupies. If you feel a “hunger pang,” treat it as a prompt to pray for someone else.

3. THE NOON-DAY BREAKTHROUGH (12:00 PM)

Focus: *Targeted Intercession.* This is your peak hunger hour. Use the “hollow” feeling in your stomach to sympathize with the spiritual hollow in your situation.

- This is where you execute your specific prayer points for family, finances, or health.

4. THE NIGHT WATCH (09:00 PM)

Focus: *Victory & Rest.* Thank God for the strength to finish the day. Declare that your dreams tonight will be visions from the Lord.

Kenosis Workshop: The Silence Protocol *Practice a 'Quiet Watch' for 30 minutes today. Do not pray. Do not read the Word. Just SIT in His presence. Every time your mind wanders to food or a problem, gently lead it back to the phrase: 'Holy Spirit, fill the void.' Record any 'unforced' thoughts that surface.*

CHAPTER 3: DISCERNING THE VOICE

The most common question of a faster is: *“How do I know it’s God’s voice and not just my imagination or my hunger?”*

THE “STILL, SMALL VOICE”

Science shows that fasting quiets the **Default Mode Network** of the brain—the part responsible for self-talk and ruminating on problems. This creates a biological “silence.”

- **The Filter:** God’s voice is always consistent with the Word. If you get a “prophecy” that contradicts the Bible, it is not from God.
- **The Tone:** God’s voice often brings conviction (which leads to change) but never condemnation (which leads to shame).



THE THREE “VOICES”

1. **Your Voice:** Usually sounds like self-defense or “What am I going to eat?”
2. **The Enemy’s Voice:** Sounds like accusation, fear, or “Why are you doing this? It’s not working.”
3. **The Father’s Voice:** Sounds like peace, instructions, or specific Bible verses.

Kenosis Workshop: The Tone Check *Reflect on the 'internal dialogue' you've had during this fast. Does it sound like the Voice of the Father (Peace/Instruction) or the Voice of the Tempter (Accusation/Urgency)? Write down one 'Instruction' you received that you are committing to obey today.*

CHAPTER 4: THE 7-DAY CONCENTRATED FOCUS

If you are doing a 7-day fast, use these themes to deepen your prayers.

Day 1: Repentance

- Remove the “statues” in your heart. What have you loved more than God?

Day 2: Family Restoration

- Stand in the gap for your spouse and children. Use the “Samuel Fast” protocol.

Day 3: Financial Alignment

- Break the Spirit of Mammon. Use the “Ezra Fast” protocol.

Day 4: Spiritual Authority

- Pray for your local church and your leaders. Ask for a “Double Portion” of the Spirit.

Day 5: Physical Healing

- Speak to the “Spirit of Infirmary.” Reclaim your health by the Blood.

Day 6: Witty Inventions

- Ask for creative ideas and strategies for your work. God is the ultimate Innovator.

Day 7: The Final Shout

- Praise. Even if you don’t “see” it yet, thank Him for the answer.

APPENDIX 1: THE PRAYER SURVIVAL KIT

1. THE “HUNGER STRIKE” SCRIPT

When you feel like giving up, pray this: *“Lord, I thank You for this hunger. It reminds me that I am more than a body. I am a spirit. I refuse to be ruled by my stomach. I choose to be ruled by Your Word. Give me the strength of an eagle for the next 4 hours.”*

2. THE DISCERNMENT MATRIX

Complete this when you hear a thought during prayer:

- Thought: _____
- Does it align with Word? [Yes/No]
- Does it produce Peace? [Yes/No]
- Action Required: _____

3. THE DIGITAL FAST CHECKLIST

- ☐ Notifications turned off.
- ☐ No social media for 24 hours.
- ☐ No “News” consumption (to lower anxiety).
- ☐ 30 minutes of instrumental worship music.



FINAL WORD: THE PERSISTENT KNOCK

Prayer is not a one-time request; it is a **Persistent Knock**.

Jesus told the story of the friend at midnight who wouldn't stop knocking until she got the bread. Fasting is the physical act of staying at that door. You are showing Heaven that you are not going away until you have what you came for.

The door is about to open. The oil is about to pour.

***ChristFast** - Humbling the Flesh to Elevate the Spirit*

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