

A photograph of an older man with glasses, seen in profile from the chest up. He is looking out a window at a sunset or sunrise. The light is warm and golden, creating a soft glow on his face and the window frame. He is wearing a blue shirt. The background outside the window shows a hazy landscape with hills or mountains under a colorful sky.

THE PRODIGAL DEVOTIONAL

Fasting for Your Child's Salvation & Restoration

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INTRODUCTION: THE PORCH OF INTERCESSION

There is a specific kind of silence that only a parent of a prodigal understands.

It is the silence of the empty bedroom. It is the silence after a phone call that went to voicemail. It is the silence of the “far country,” where your words no longer seem to reach.

When your voice is no longer heard by your child, it is time to stop talking to them and start talking to the Father about them.

Fasting is the ultimate expression of parental authority. It is not about “earning” their salvation; it is about standing in the GAP. It is about taking the legal promises of God and “decorating” the spiritual atmosphere of your child’s life with Truth until they have no choice but to wake up.

In this manual, we move from **Anxiety** (which pushes the child away) to **Authority** (which pulls them home).

The Father is at the door. Let’s bring them back.

CHAPTER 1: THE LEGAL STANDING OF THE PARENT

In the court of Heaven, you are not just a spectator; you are the **Covenant Holder**.



THE ACTS 16:31 DECREE

The promise to the Philippian jailer was: *"Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."* This isn't just a nice thought; it is a legal precedent. Because you have submitted to the King, your house (your bloodline) is under His jurisdiction.

THE SANCTIFICATION SHIELD

1 Corinthians 7:14 tells us that the unbelieving child is "sanctified" (set apart) because of the parent. Your fast creates a "Spiritual Bubble" around your child. Even in the pigpen of their life, even in the darkness of their addiction, your fasting keeps the "Hound of Heaven" (the Holy Spirit) on their trail.

CONTENDING FOR THE CONTENDERS

Isaiah 49:25 is your primary weapon: *"But thus saith the Lord... I will contend with him that contendeth with thee, and I will save thy children."*

- **Strategy:** Identify the source of the contention. Is it a person? An addiction? A philosophy? Fast specifically to break the power of that contention.

Intercession Workshop: The Covenant Claim *List three specific promises God has made regarding the 'seed of the righteous.' Write your child's name next to each promise. Speak them out loud: 'I claim [Name] for the Kingdom. They shall be taught of the Lord, and great shall be their peace.'*

1.

2.

3.

CHAPTER 2: THE SAMUEL FAST (BREAKING THE BLINDNESS)

When Israel was lost in idolatry, Samuel called a fast (1 Samuel 7). He didn't lecture the people; he "poured out water before the Lord." This was an act of extreme humility.

THE POWER OF "POURING OUT"

Intercession for a child is "pouring out" your grief.

- Instead of nagging them about their choices, take all that frustration and pour it out in the prayer closet.
- **The Result:** When you stop nagging, you stop triggering their "Psychological Reactance" (the urge to do the opposite of what you want). Your silence in their ears becomes a vacuum that the Holy Spirit fills.

BREAKING THE VEIL

2 Corinthians 4:4 says the "god of this world has blinded the minds of unbelievers." Your child isn't "bad"; they are **blind**. You don't get mad at a blind person for bumping into things; you pray for their sight.

- Fast for the specific removal of the scales from their eyes.



Intercession Workshop: Pouring Out the Grief *Identify the 'nagging' loop you have been stuck in. What is the one thing you keep telling your child that they have stopped hearing? Commit to 'pouring it out' before God instead of them for the next 7 days. Watch for the 'Vacuum of Grace' to be created.*

CHAPTER 3: THE SCIENCE OF INFLUENCE (MIRROR NEURONS)

God designed the family to be a highly sensitive “resonance chamber.”

MIRROR NEURONS & REMOTE PEACE

Mirror neurons are brain cells that synchronize people’s emotional states. Even at a distance, children are “attuned” to the frequency of their parents.

- If you are in **Panic**, they feel “Pressure.” They stay away.
- If you are in **Peace** (the peace that comes from fasting and trusting God), they feel “Safety.”

RESETTING THE HPA-AXIS

When you fast, you are physically lowering your own cortisol (stress hormone) levels over time. You are resetting your “War Room” from a state of emergency to a state of authority. When you finally speak to your child, they will hear a different “tone” in your voice—the tone of someone who has already seen the victory.

Intercession Workshop: The Peace Transmission *Spend 20 minutes in deep, rhythmic breathing and contemplative prayer. Visualize the Peace of God flowing from your spirit, across the miles, and ‘settling’ on your child. Record any sudden impressions or scriptures that come to mind for them.*

CHAPTER 4: THE PARENT’S “WAITING ROOM” PROTOCOL

How do you survive the weeks, months, or years of waiting?



1. STOP THE SPIRITUAL NAGGING

If you have already told them the Truth, they know it. Repeating it daily only builds a wall. Let the fast be your “Hidden Strike.”

2. THE 3:00 AM WATCH

If you wake up in the middle of the night with them on your mind, do not worry—**Pray**. This is often the Holy Spirit inviting you to cover them in a moment of crisis you cannot see.

- *“Lord, protect them from the snare. Send a laborer into their path right now.”*

3. CELEBRATE THE “SMALL SIGNS”

In 1 Kings 18, Elijah looked for a cloud the “size of a man’s hand.”

- A text message that says “Hey.”
- A request for a favorite childhood meal.
- A sudden moment of honesty. These are not coincidences; they are the cracks in the stronghold.

APPENDIX 1: THE 7-DAY “HOMECOMING” DEVOTIONAL

Use these specific focuses for a concentrated week of fasting.

Day 1: The Threshold

- *Focus:* Repenting for parental mistakes. Clean your side of the relationship.
- *Verse:* Psalm 51:10.

Day 2: The Armor of God

- *Focus:* Putting the armor on your child by proxy.
- *Verse:* Ephesians 6:10-18.

Day 3: The Hound of Heaven

- *Focus:* Asking for the Holy Spirit to pursue them relentlessly.
- *Verse:* Psalm 139:7-10.

Day 4: Breaking Soul Ties

- *Focus:* Severing the ungodly relationships influencing them.
- *Verse:* Matthew 18:18.

Day 5: Removing the Blindfold

- *Focus:* Praying for spiritual sight.
- *Verse:* Acts 26:18.

Day 6: The Robe and the Ring

- *Focus:* Preparing your heart to receive them with grace, no matter how “messy” they return.
- *Verse:* Luke 15:22.

Day 7: The Shout of Victory

- *Focus:* Thanksgiving. Thank God for the return as if it has already happened.
- *Verse:* 1 Chronicles 16:34.

APPENDIX 2: THE WAR ROOM WORKBOOK

1. THE COVENANT CLAIM LIST

Write down 3 specific promises for your family:

1. [e.g., Isaiah 54:13] _____
2. [e.g., Acts 16:31] _____
3. [e.g., Jeremiah 31:17] _____

2. THE “REACTANCE” AUDIT

What things have you done lately that “pushed” them away?

- ☐ Over-texting
- ☐ Guilt-tripping
- ☐ Conditional Love *Commit to “Going Softly” in these areas for 30 days.*

3. THE VISION OF RETURN

Describe, in detail, the moment they walk through the door. What do you say? What do you *not* say? (Hint: The Father in the story didn’t ask “Where have you been?”)



FINAL WORD: THE RETURN IS INEVITABLE

The story of the Prodigal Son ends with a party.

The boy was gone, but the Father was **Ready**. Fasting is the act of getting ready. It is the act of keeping the light on, the door open, and the heart soft.

Your child is not just “yours”; they are also God’s. He has a higher stake in their salvation than you do. Trust the Process. Stay on the Porch. The sunrise is coming.

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

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