

[HOW TO PRAY AND FAST](#)



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While you can pray for anything during a fast, determining an objective for your fast beforehand provides you with a focal point to center the majority of your prayers around. Be open to a change in focus.

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the Holy Spirit to lead you as to how long you should fast and pray. Somebody on a normal fast can fast for quite some time (up to 21 days) without risk. In recent times many thousand of people have fasted for 40 days. But the latter should only be done on commission of the Lord. E. Practical guidelines for fasting and prayer.

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You can pray without fasting, and fast without prayer. It is when these two activities are combined and dedicated to God's glory that they reach their full effectiveness. Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.

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How to Fast and Pray Powerful Biblical Steps

Fasting and praying are such foundational parts of the Christian life that sometimes it can be assumed that we know what to do and how to do it. While I agree that fasting and praying are essential subjects, it's easy to go about these practices incorrectly. These two subjects are all about

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Choose a Fast. It helps to begin fasting a few hours before prayer time on fasting days because fasting has a way of clearing the mind and enabling concentration.

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