



The Empty Plate
FASTING 2025
3-DAY PRAYER AND FASTING GUIDE

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Dedication

*To my new brothers and
sisters in Christ and to my
old brethren, too.*

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Greetings

As we embark on a brand new year, let us be filled with the Spirit of the Living God who can give us the spiritual strength, emotional stability, and physical healing we need to fulfill our respective callings, and soar into greater heights as we serve in the different ministries He has called us into. Be ready to get your personal revelation as you fast and pray. May you make it count this 2025 for Jesus as you hunger and thirst for His righteousness.

Happy New Year!



ABOUT THIS EBOOK

One of the spiritual disciplines you need to do as a believer of Jesus is to know, understand, and experience a biblical fast. Prayer and fasting is a dynamic duo in the spiritual realm to tear down strongholds in your life. This Ebook guide will take you through the basics of fasting, the benefits of fasting, and a 3-day devotional to help you as a beginner or a seasoned follower of Jesus who needs His loving touch today.

For the past 20 years, I have joined a corporate fasting and prayer and received my personal breakthroughs and healing. Also, I witnessed how my brethren received answers to their prayers. During nightly prayer meetings, we offer prayers and intercessions for the Nations, Church and Ministries, Youth, Family and Personal Breakthroughs at our local church. Praise and Worship fill the atmosphere as we gather and consecrate ourselves to be more effective and equipped in the Kingdom. We believe in the powerful combination of fasting and prayer. Fasting is vital in your life.

As you engage in a personal or corporate fast at the start of the year, it is my prayer that this Ebook will help you as you take the necessary steps towards your personal freedom and victory. I am believing that fasting and prayer will take you to the next level of your faith in Him and will greatly help you in fortifying your life.

Thaemie

My Prayer For You

Heavenly Father, my Mighty King, Refuge, and Fortess, I come before You full of thanksgiving in my heart for all that You have done for me. You are my loving Father who continues to be faithful and true to Your promises. I praise You for being strong on my behalf! As I come before You, I also ask for cleansing. Forgive me of my sins and I claim Your promise of forgiveness. I thank you for every blessing of the past year 2024 and as I begin the year, I also release forgiveness to those who have hurt me. Today, I pray for the persons reading my Ebook that You will grant full protection, provision, and peace in their lives. I declare blessings upon blessings and favors upon favors this 2025! Father, I pray for salvation of families, healing of sicknesses and diseases, growth in businesses, excellence in studies, and promotion at work. Father, I ask that above and beyond these blessings, You will continue to reveal more of Yourself to them as they walk in faith. As they enter into this fasting and prayer for the next 3 days, may they experience You in a very personal way. Give them the strength that they need to move ahead this year and grant them the wisdom that comes from fearing Your name. May they experience your comfort whatever concerns they have right now. Thank you that You care about us. Thank you for your grace, power, and mercy over our lives. I ask this in Jesus' name, Amen and Amen.

Faith Goals 2025

This year, I am believing God for...

BENEFITS OF FASTING

1. PHYSICAL CLEANSING

Fasting has health benefits. As you engage in a proper fast, your body undergoes a detoxification process. Abstaining from food cleanses your system and gets rid of toxins that are harmful inside the body. Water is a cleansing agent that the body needs in order to function well.

The past holiday festivities allowed most of us to indulge in food and sweet cravings. Fasting is a great way to reset our bodies and prime ourselves for the new year.

2. SPIRITUAL STRENGTH

During a fast, we become physically weak, but spiritually strong. The end goal of a biblical fast is to strengthen us spiritually. We do not fast to lose weight although that could also be a result, but we fast to align ourselves with God's purposes and plan for our lives.

We overcome hardships and trials because of our spiritual strength. During fasting, we humble ourselves before God and acknowledge our need for spiritual nourishment and upliftment.

3. MENTAL CLARITY

The first two days of fasting are mostly challenging most especially for beginners. You will feel irritated, grumpy, and impatient. But after the body has adjusted within the first few days, fasting becomes easier.

The Bible teaches us to renew our minds. During a fast, we pray and have daily devotions that fill our minds with the truth of God's word. Fasting gives mental clarity as we deliberately fill our minds with the word of God. The word of God washes away worrisome thoughts, deletes doubts and double-mindedness.

4. EMOTIONAL STABILITY

Fasting makes us focused on the Lord. When we are in His presence during prayer, we can submit our feelings to Him. Prayer and fasting are spiritual disciplines that have a great impact on our emotional health.

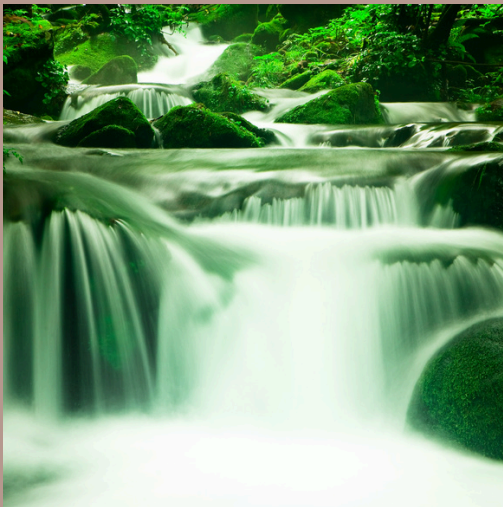
Prayer and fasting are powerful arsenals against anxiety, depression, fear, and hopelessness.

BENEFITS OF FASTING

5. HEALING

Healing is God's heart. He came for the sick and not the healthy. In other words, He has deep compassion for the hurting-physically, emotionally, and mentally.

The area of physical healing has been one of the greatest testimonies of people during a fast. Jesus is the Great Physician. Trust Him for your complete healing.



6. ANSWERED PRAYERS

God will hear as we call upon His name. During or sometimes in the beginning of a fast, prayers are already answered! We seek the will of God in different areas of our lives and wait for His answer.

When we fast, God is very willing to answer our prayers according to His good, pleasing, and perfect will.

7. INCREASED FAITH

Fasting increases your faith. As you begin to be established in the faith, testings will come to mold you into Christlikeness. When trials and hardships come into your life, your faith needs to increase all the more! God will help you increase your faith.



TYPES OF FAST

1. WATER FAST

You drink only water-nothing more, nothing less.

During the fast, stay hydrated. Hunger pangs are removed when you drink at least 8 glasses of water a day. When you feel irritated and weak, drink lots of water. What I did in the past? 5 days water-only fast. When 7 days, I combined first 4 days with 1 meal and water-only for the next 3 days.

2. LIQUID FAST

You drink fruit juices or eat soups (liquid-based only) and nothing else.

Fruit juices contain many nutrients to sustain you during this fast. Choose your favorite juice or you can opt to eat soups instead. What I did in the past? Several fruit juices in a day and converted to water-only fast.

3. DANIEL FAST

Drink water or juice only. No caffeinated drinks or sodas.

Eat fruits and vegetables only. No meat, sweets (desserts), and bread.

What I did in the past? Vegetables only and water fast.

4. ONE MEAL ONLY FAST

Choose a fast that works for you when you can feel excitement and cheerfulness. Choose a fast that you can carry on later as a lifestyle. A fasting that can sustain your faith walk. Because of other concerns in my life, 1 meal fast is the best for me as I experience personal revival, get answered prayers, or simply be sustained in my spiritual strength. I fast at the start of the year. And since 2020, I added my personal fasting schedule which is every 24th of the first 6 months.

Whenever (or however) I am led, I do a 5-day, 7-day, 21-day, and the longest in 2020 was a 40-day fasting (and teaching) of Pastor Rod Parsley. It was a successful fast, but the one I mentioned in my blog recently, just lasted for 10 days in June 2024.

In 2020, one of the answers during that 40-day fasting, aside from protection from Covid19 and other prayer concerns, was that I received divine provision. Someday, I will testify about it. This year, I am doing again an extended, prolonged fast starting January 1 for I really need Jesus!

TYPES OF FAST

5. SOCIAL MEDIA OR HOBBY FAST

Modern times call for modern, but divine strategies. The first 4 fasting types are biblical fasting types that require you to give up food (or bread) to get to know the heart of the Bread of Life who is Jesus.

I believe that modern churches can go on a social media or hobby fast too. Fasting is a sacrifice. Shut off from socmed or do not play basketball and just pray. Exchange your leisure time to be with the Lord.



6. COMBINATION FAST

You can do water only and social media or hobby fast. You can have 1 meal for the first 2 days and water for your last day.

You do not need to show yourself irritated, grumpy, or starving during a fast. I do not let other people know (meaning outside the brethren) that I am fasting, but I needed to share to you for illustration and reference purposes. I do not tell family members, friends, and other people that I am fasting. Do not brag that you are joining a fast, instead, brag about what God has done.

Let this time be very special between you and God.



7. TRADITIONAL MEDIA OR ENTERTAINMENT FAST

Use the time you spend listening to the radio, watching TV, or watching movies, for devotion. If you can't sacrifice a meal, sacrifice your entertainment to hear more from God.

FRIENDLY REMINDERS

1. PRAY

Prayer in itself is a spiritual discipline that yields spiritual results. Physical activity yields physical results, spiritual activity yields spiritual results. When you fast, set aside a time for prayer. Open your heart and pray for your needs and the needs of others.

You can include or invite somebody to be your prayer partner during this 3-day devotion and spend time in prayer. Or you can be alone asking, seeking, and knocking Heaven's doors to pour out blessings for you.

2. DECIDE

Before you fast, decide early on to a particular type of fast. You can choose from any of the types of fasting I have listed on another page. You can go full fast or the water only fast for 3 days or you can combine other fasting types. I tried all of the types of fasting in the past, but one meal works for me because I have other domestic concerns and errands.

Also, consult your doctor before you engage in any fast, especially if this is your first time. You can opt for 1 meal on the first day and water only for the next 2 days.

3. COMMIT

Choose a type of fast that you can commit to and finish for the next 3 days. I do not advise you to change daily because it is not also good for the body. You need to commit to be able to have a successful fast.

During fasting, you omit or replace hunger for food with hunger for the word of God and His presence. After the body has adjusted, it will be OK on the next days. Do not be afraid.

4. EXPERIENCE

At the start of the year or any other time that you choose to fast, get ready to hear what God is trying to tell you. Read, memorize, and meditate on the scriptures during your devotion and follow what God is revealing at this time.

Confess any sin that He is putting a finger on, forgive the person/s He is bringing to your mind, call who you need to call, or begin to serve in a ministry. Just do whatever He tells you. You may get answers to prayers before, during, or after fasting. Expect God to move in your life.

SCRIPTURE REFERENCES

1. ESTHER FASTED (ESTHER 4:15-17)

15 Then Esther sent this reply to Mordecai: 16 "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." 17 So Mordecai went away and carried out all of Esther's instructions.

Just like Esther, favor, wise decision-making, and courage are some results of true fasting.

2. DANIEL FASTED (DANIEL 1:8;12-14)

8 But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days.

Just like Daniel in the lion's den, you will be unappetizing to the enemy and the lion's mouth in your life will shut!

3. DAVID FASTED (2 SAMUEL 12:16)

6 David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground.

Just like David, you can pray or intercede for someone during fasting.

4. JESUS FASTED (MATTHEW 4:1-2)

4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry.

Just like Jesus, combat the lies of the enemy by the truth found in God's word.

3-DAY FASTING DEVOTION

PROTECTION

WORD

Read: Psalm 91:1

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

DEVOTION

God's protection is a wonderful promise for His children. He is a powerful protector against any attack of the evil one. He can keep you safe from oppressors, tormentors, and abusers. He is ready to rescue you when you call upon His name for help.

The Psalmist says that **whoever dwells** in the secret place will be protected by the Almighty God. The verse does not say whoever visits the secret place of His dwelling, but whoever dwells. It means we should not just be visiting Him like praying unto Him whenever we feel like it. We, as children of God, should like to dwell or stay longer, or linger in His presence on a set time daily.

During your fasting time, you choose to dwell and enjoy His presence more as you devote time for the word. May you desire Him more and more!



To rest means to trust Him. What you are concerned about now, concerns Him as well because He cares for you. If you want God's protection all the time, choose to obey His word that admonishes you to dwell and to give your full trust. Start a regular prayer time. Claim His promise of protection for you and your family.

PRAYER

Father, my Divine Protector, You are my Refuge and Fortress. Cleanse me from any sin I have in my heart. Thank you for Your promise of forgiveness. Father, thank you for all the blessings you have given to me the past year. Today, I ask for protection for me and my whole family. I ask that You always cover us with Your most precious blood. Amen.

3-DAY FASTING DEVOTION

2 PROSPERITY WORD

Read: Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

DEVOTION

God is an extremely good, good Father who cares for the needs of His children. He is a rich God who never runs out of resources for His children who continue to trust in Him for provision. There is no inflation in God's economy and no scarcity. As long as you walk in obedience before Him, He will meet your every need.

Philippians 4:19 is a classic verse quoted by many believers. In my personal walk with God, I believe the promise to be true. God will meet you at the point of dire need. Call upon His name Jehovah Jireh, God our Provider! The verse says **according to His riches** and it means that He is the source of our blessings.

During this fasting period, go before Him and present your needs. Believe that He will answer you according to His will, timing, and ways.



Fast for every provision you need to pay for school, children's tuition, bills, and other financial concerns.

Or maybe your need is not financial or material in nature for now. Then you can ask Him to provide you with more love, joy, peace, and harmony in the household, or provide the right business connection. Ask God for it!

PRAYER

Heavenly Father, thank you that You care and know my daily needs. Thank you for providing in the past and I believe You are faithful to sustain me and my family. Today, I pray that You will provide for my needs according to Your unlimited resources. Thank you in advance for the blessings that you will pour upon my life. In Jesus' name. Amen.

3-DAY FASTING DEVOTION

3 PEACE

WORD

Read: 1 Peter 5:7

Cast all your cares on Him for He cares for you.

DEVOTION

Today is the 3rd day of your fasting. Welcome to your 3rd day when God can reveal more of His plans and purposes for your life, answer your prayers, meet your needs, and give you undeniable peace. Jesus is our peace. As you close this holy moment, keep believing that God is not done with you. In fact, He is just beginning to show You His love and faithfulness this season of your life.

When people come against you and circumstances do not favor you, all you need to do is to **cast it all to Jesus.**

To cast means to send it out or throw it out there. After praying and fasting, be still and watch God move on your behalf. During fasting, you are doing your part by being humble before Him and acknowledging that He has the answer to your heart's desires.

He has and- HE IS THE ANSWER!



if you need healing-Jesus is the Great Physician. If you need provision, He can give you that. If you need direction and wisdom, ask Him for that. If you need comfort because you are grieving, He can give peace in the midst of all life's turmoil.

Lift up your prayers, sing songs of praise! Worship in your own room or wherever you are finishing this fast. You could experience Him in simple office desk. Sincerity to Jesus is a key to a meaningful fasting period.

PRAYER

Thank you Father for your words that strengthen my faith. I receive the answers to the prayers I am lifting before You. Thank you for You alone can give me peace of mind. I ask for your sustaining grace. In Jesus' name. Amen.

QUESTIONS TO PONDER UPON

And Suggested Prayer Items

1. SALVATION

- Who needs to be saved by Jesus in your family, school, or work?
- Who needs to understand more of Jesus and His words?
- How can you help others believe and accept Jesus as Savior?
- Have you led someone to Christ recently?
- When is your spiritual birthday or the day you accepted Jesus as personal Lord and Savior?
- Pray for the salvation of family members, relatives, friends, coworkers, neighbors, classmates, business associates, etc.
- Pray for salvation of people in a general sense

2. HEALING

- Do you need healing?
- Do you know someone who needs healing?
- Do you believe that God can heal anyone of any sickness or disease?
- Pray for others who are sick and pray for yourself if you need healing
- Pray for God to remove any fear in your heart related to your disease
- Pray for physical strength and full recovery
- Pray for faith to increase during these times
- Pray for endurance and perseverance to achieve wholeness

3. LEADERSHIP

- Are you praying for your leaders?
- Are you praying for your boss, supervisor, or manager?
- Are you the head or leader?
- Pray for wisdom and strength to lead
- Pray that leaders of the nations will be compassionate and just
- Pray for more godly leaders to take positions in different spheres
- Pray for unity, equality, fairness, and justice to prevail
- Pray for integrity and right influence

4. MISSIONS

- Do you have a heart for missions?
- Would you like to be a missionary someday?
- Are you supporting the missions through prayer, giving, or serving?
- Pray for the protection of missionaries and their families
- Pray for God to send more workers in the harvest field
- Pray for boldness to preach the Gospel
- Pray for unreached nations to be open to the Gospel
- Pray for more supporters of the global missions

QUESTIONS TO PONDER UPON

And Suggested Prayer Items

5. CHURCH LEADERS & MINISTRY

- Are you part of a ministry?
- Who needs more motivation to serve God?
- What is/are your spiritual gift/s from the Lord??
- What natural talent/s or skill/s can you use to serve others?
- Pray for church leaders and their families
- Pray for effective equipping of church leaders and members
- Pray to be servant-hearted
- Pray for greater fruitfulness in the ministry
- Pray to be F.A.T. (Faithful, Available, Teachable)

6. FAMILY & YOUTH

- What is your vision for your family this 2025?
- Who needs your spiritual support in the family?
- What is the most pressing concern in your family now?
- How do you teach faith to your children?
- Pray for family harmony, unity, and cooperation
- Pray for restoration and forgiveness for strained relationships
- Pray for reconciliation or restoration of marriages
- Pray to have a family prayer and devotion time
- Pray for the protection and future of youth in the family
- Pray for the youth to follow Christ
- Pray for the youth to be empowered for Jesus

7. SCHOOL, CAREER, BUSINESS

- Are you studying or working?
- Do you have a business?
- What are your challenges now in your field?
- Pray for excellence in your field
- Pray for success and positive influence
- Pray to overcome challenges at work, school, or business
- Pray to make a difference in the world

8. PERSONAL NEEDS

- What are some of your trials or hardships now?
- Pray for your faith and trust in the Lord to increase
- Pray for greater discernment
- Pray to be established in your faith walk
- Pray for provision or promotion

Conclusion

Setting aside a sacred time for prayer and devotion, skipping a meal or 2, and worshipping God can bring the answers to your prayers, especially the long standing prayers that your heart truly desires. But let me remind you that fasting and prayer is not twisting the arm of God to bring the answers you long to have. Above and beyond answers to prayers, **fasting is really seeking the heart of the Father.** It is putting your needs before Him and letting Him answer you in His way and His time. God can certainly answer your prayers even before you ask them because He knows what's on your heart and mind. He is a loving Father who is more than willing to answer your needs for healing, provision, protection, direction, and salvation of family members. He knows exactly what you need. And He knows exactly where you are in your life. Jesus cares for us.

Fasting is also a time to seek His face and not just His hands. It means you want the Blesser more than His Blessings, you want more of Him than just what He can give you. There will be times that He will not answer even if you go on fasting for 7 days. He may answer some of your requests, but not all. Take heart! It is a test of your faith in Him! He will not withhold any good thing from His children. When He does not answer your request, it means there is a better answer and/or (in) a much better time. God sees it all in your life! God knows it all in your life! Trust Him. He will help you.

During fasting, you are being prepared for His greater work or assignment. It is for your deep consecration to Him, setting you apart for His Kingdom. Your character is being molded and God prunes away that issue in your heart that is not right. And because fasting is a spiritual engagement, He reveals a lot of spiritual insights during this time. So be aware of His presence and do what He asks, tells, or instructs you to do. God is always speaking, but the question is: Are you listening? When you fast, your ability to hear Him clearly will grow, most especially when you are already doing this as a lifestyle. For starters, this may be a little scary, but have faith! If you fast consistently, diligently, and confidently in the Lord, you will experience His power, grace, mercy like no other! And you will enjoy, anticipate, and celebrate the fasting season! Whether that is 1 day, 2 days, 3, 4, 5, 7, 10-however the Lord leads you-it will become a special event on your calendar. Happy fasting! *aftGoG25**

BE LED BY THE HOLY SPIRIT! AND TO HIM BE ALL THE GLORY!

Notes



I have seen the hand of God work in my life in different seasons. In this Ebook, I share what I have learned and experienced in doing a personal fast or engaging in a corporate fast for many years. Watch out as I will be sharing testimonies every Tuesday.

To understand more about my faith and read my life testimonies, I invite you to download my other free Ebooks found on my website. Ideally, my free Ebooks are for new or baby Christians who have just recently accepted Jesus as personal Lord and Savior.

But I know that older, more mature and seasoned Christians will be blessed reading me as well. And because of that, my heartfelt thanks!

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