

A person wearing a red jacket and a red beanie is sitting on a large, weathered log in the foreground, looking out over a river. The river reflects the surrounding landscape, which includes a dense forest of trees with autumn-colored foliage (yellows, oranges, and greens) along the banks. In the background, there are large, rugged mountains with steep, rocky cliffs under a cloudy sky. The overall scene is serene and contemplative.

# FASTING GUIDE

*Redeeming the Time*

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# REGARDING THIS FAST'S FOCUS

## A note from Linda



### *Redeeming the Time*

Hello and welcome.

I like to start each season (Winter, Spring, Summer and Fall) with a reset. It's a way of remaining intentionally attune to the changing seasons (spiritually speaking) and also allows me to reflect on what God *has* spoken and where I'm sensing things going for the next season.

I will often open this up for others to participate in. While each person may have a specific prayer focus for their fast, I'll typically share on the message or emphasis I'm sensing a particular weight upon.

In preparation for this fast, I've been meditating on the phrase "*redeeming the time*". Corporately, I have felt as though there is an emphasis being placed for the body of Christ to understand what this means, and to ask God for wisdom in knowing what is eligible for redemption. I believe that by embracing this revelation, we will have the supernatural ability to reclaim and restore things we may have thought lost forever.

This will be a journey where I'm believing spiritual and generational inheritances can be rediscovered. I'll be sharing some of what God has shown me and also some practical steps on how we can walk this out in our day to day. But I'm also mindful that the Lord may be highlighting specific focuses to you. As you remain prayerfully diligent upon those, please know I'm adding my faith to yours, that the Lord may guide and reveal His perfect will. Blessings to you as we move forward together.

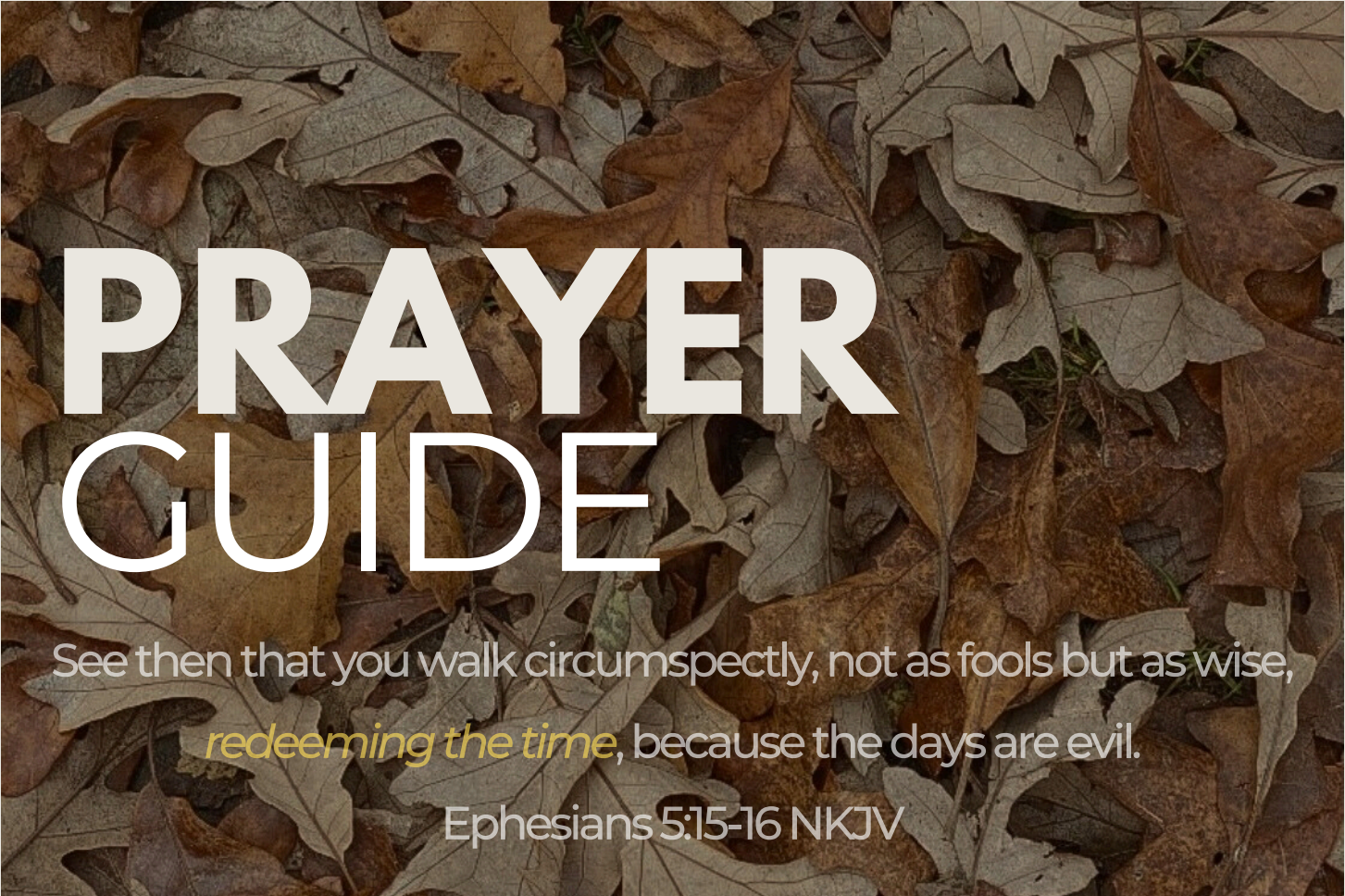
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See then that you walk  
circumspectly, not as fools  
but as wise,  
***redeeming the time,***  
because the days are evil.  
Therefore do not be unwise,  
but understand what the will  
of the Lord is.

**Ephesians 5:15-17 NKJV**







# PRAYER GUIDE

See then that you walk circumspectly, not as fools but as wise,  
*redeeming the time*, because the days are evil.

Ephesians 5:15-16 NKJV

If the Lord is leading you to focus prayerfully on specific areas, please do so. These will be the three areas I'll be sharing on based on this year's theme: *Redeeming the Time*.

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## Understanding Redemption

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### PRAYER FOCUS 1

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If God has asked us to redeem time, then He's also provided the means by which to do so, we just have to know how to access it. First, we'll explore what redemption is, what it means to redeem *time*, and how Jesus has made it possible for us to partner with Him in this.

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## What's Eligible for Redemption

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### PRAYER FOCUS 2

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Secondly, I'll share some of the questions the Holy Spirit prompted me to meditate upon in order to think more broadly. This helped me consider what in my life or in my generational line was eligible for redemption. Many of these things I had never previously considered.

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## Prudence for the Future

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### PRAYER FOCUS 3

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Anytime revelation is given, we must act upon it with wisdom and prudence. We will ask the Holy Spirit for wisdom in knowing what steps we should take to fully step into these newly discovered inheritances.

[illegible]





Use the space provided in this section to capture what your fast will look like for each day. This can include what foods or practices you will be abstaining from, and what you will be incorporating to spend more time in God's presence. My recommendation is to keep this simple and sustainable.

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Day One

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Day Two

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Day Three

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# WHAT IS FASTING?

## Biblical Fasting

Biblical fasting involves intentionally setting aside a period of time to abstain from normal food consumption with the purpose of drawing closer to God and strengthening our spiritual life.

Through fasting, we offer our bodies to God, communicating through our actions: "God, I desire more of You. I want to draw closer and experience Your presence in a deeper way. I long to hear Your voice more clearly and know You will move more accurately. I want Your Holy Spirit to move more powerfully in my life. And I want this more than I want food itself. So much so, that I am willing to set aside my plate, leave my table, and instead, turn my heart fully toward You."

This encapsulates the heart behind biblical fasting.



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*"As the deer pants longingly for  
water, so my soul pants  
longingly for You, Lord."  
Psalm 42:1*

Periods of fasting may also involve abstaining from activities that feed and entertain our soul.

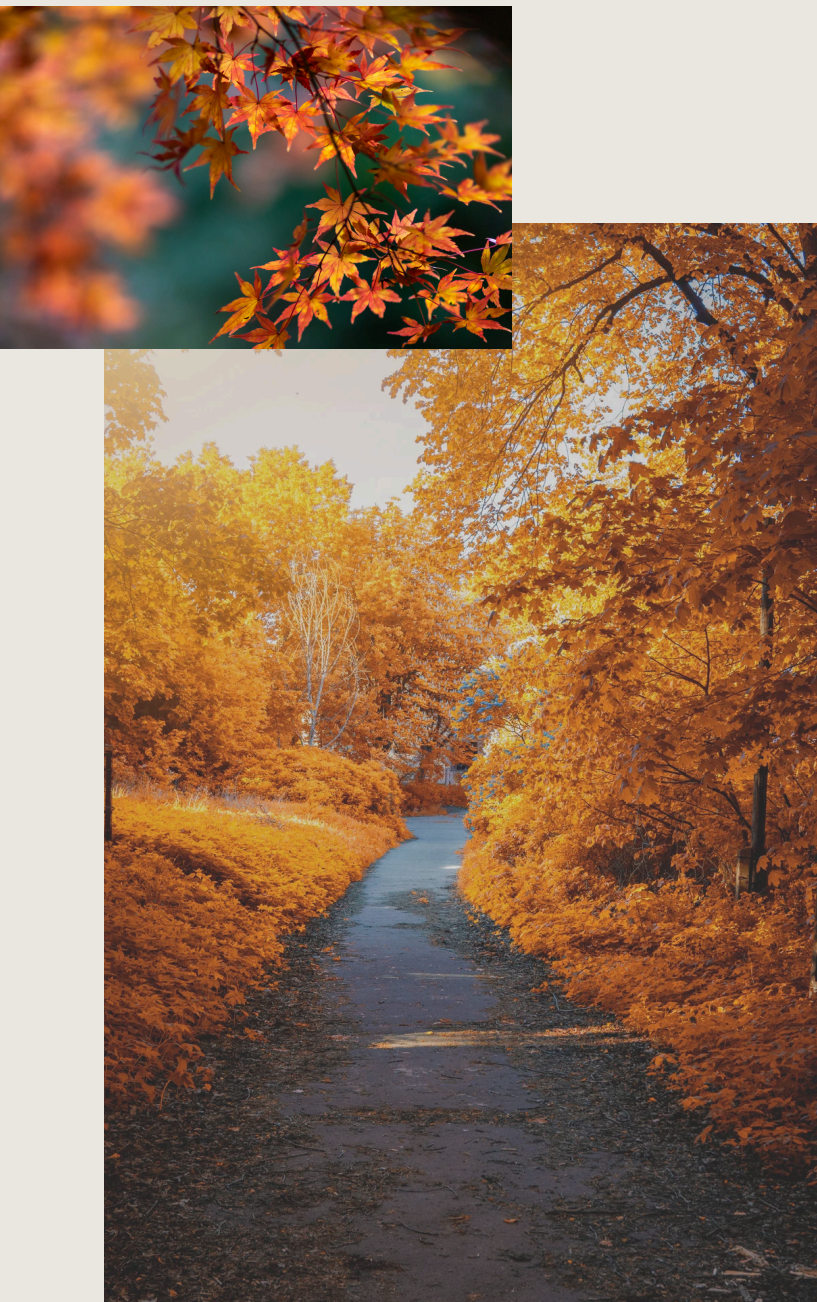
For example, some people may choose to fast from social media, the news, or their favorite television programs. I've even heard of people fasting from frivolous shopping or spending too much time playing games on their phones. Taking a break from these activities can be beneficial, as we often know when we're engaging in them excessively and need to step back.

However, it's important to make a clear distinction and honor the true definition of fasting. By definition, fasting always involves abstaining from food specifically.



*"For forty days and forty nights He [Jesus]  
fasted and became very hungry."*

Matthew 4:2 NLT



## HUNGER PAINS

Abstaining from food and not giving our bodies what they're accustomed to receiving will result in... **hunger**.

I'm not one to sugar-coat this or make apologies for it. Neither will I recommend that you construct your meal plan to the point you don't experience hunger at all. A fast is about cutting back, and I've learned it's actually important that we allow our bodies to experience that yearning, that inner **grumbling**.

I'm not suggesting a rigid form of self-discipline (which is typically rooted in pride). Even while fasting we must operate in a way that we "love ourselves", as Jesus commanded us to. (Matthew 22:39) But hunger in our bodies can lead to a powerful supernatural exchange in our spirits.

Romans 8 reminds us that when we don't know what to pray, the Holy Spirit intercedes for us *"with groanings that cannot be uttered."* That word for spiritual groaning closely mirrors the grumbling we experience when we're hungry.

We can learn to embrace those hunger pangs, and rather than letting them irritate us, allow them to drive us deeper into God's presence. Those grumbings can become reminders of why we're fasting and what we truly desire most.

In our own unique way, and in our worship, let us present that hunger to God like an offering.

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*"God, let the sound of these grumbings come up before You like an offering. I give you my natural hunger in the same way that I come to you with this hunger in my heart for more of You, believing that those who hunger and thirst will be filled, as You have promised."*



# Matthew 5:6

Blessed are those  
who hunger and  
thirst for  
righteousness, for  
they shall be filled.







# TIPS ON PRAYER

I once heard it said that if we fast, but don't pray, we're basically just going on a diet. I believe there's some truth to that. Here are some tips that have helped me become more intentional about prayer.

## Have a Designated Place

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Find a quiet spot where you won't be interrupted by distractions, ideally somewhere you can pray out loud. If possible, create a visual prayer board or prayer wall to keep your requests and revelations in front of you. Include phrases, Bible verses, impressions, and pictures that the Holy Spirit reveals to you.

## Have a Designated Time

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Jesus, Daniel, Peter, John, and Paul are just a few examples. Throughout Scripture, we find the importance of having a set time for prayer. God's Word instructs us to "pray continually", and I've learned that intentionality is key for this to become a habit. Set a specific time, and consider how you can redeem unused moments in your day for prayer.

## Balance Listening and Speaking

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In its most simplest definition, prayer is communicating with God, and all communication should be a two-way street. Take time to listen as much as you speak. Often, God will place a person, situation, or cause on your heart, or lead you to scripture that highlights what He wants you to focus on in prayer.





# Luke 22:39 NKJV

Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him.





# CHOOSING YOUR FAST

Throughout the practice of fasting, you'll encounter various types of fasts to choose from. This is a personal decision that should be both prayerfully and practically considered. To simplify, this guide highlights three types of fasts and offers tips on selecting the right one. You may choose one of these fasts, modify them to create your own hybrid, or design your own.





# TYPES OF FASTS

## Intermittent Fast

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With an intermittent fast, you skip one or two meals and eat only during specific intervals of the day. For example, you might choose to forego breakfast or dinner and limit your eating to a window between 12 p.m. and 4 p.m.

A key to making this fast effective is planning ahead and cutting back on rich foods you typically enjoy. Also, be mindful not to overindulge during your eating window.

## Modified Fast

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With this fast, you adjust your diet for the entire duration, choosing which types of foods to forego and which to include. Some variations may involve eating only vegetables, or you might incorporate fruits, whole grains, nuts, and seeds.

A key to making this fast effective is practicing temperance. Even if you're eating all vegetables, for example, avoid overeating or adding more meals than necessary.

## Liquid / Water Fast

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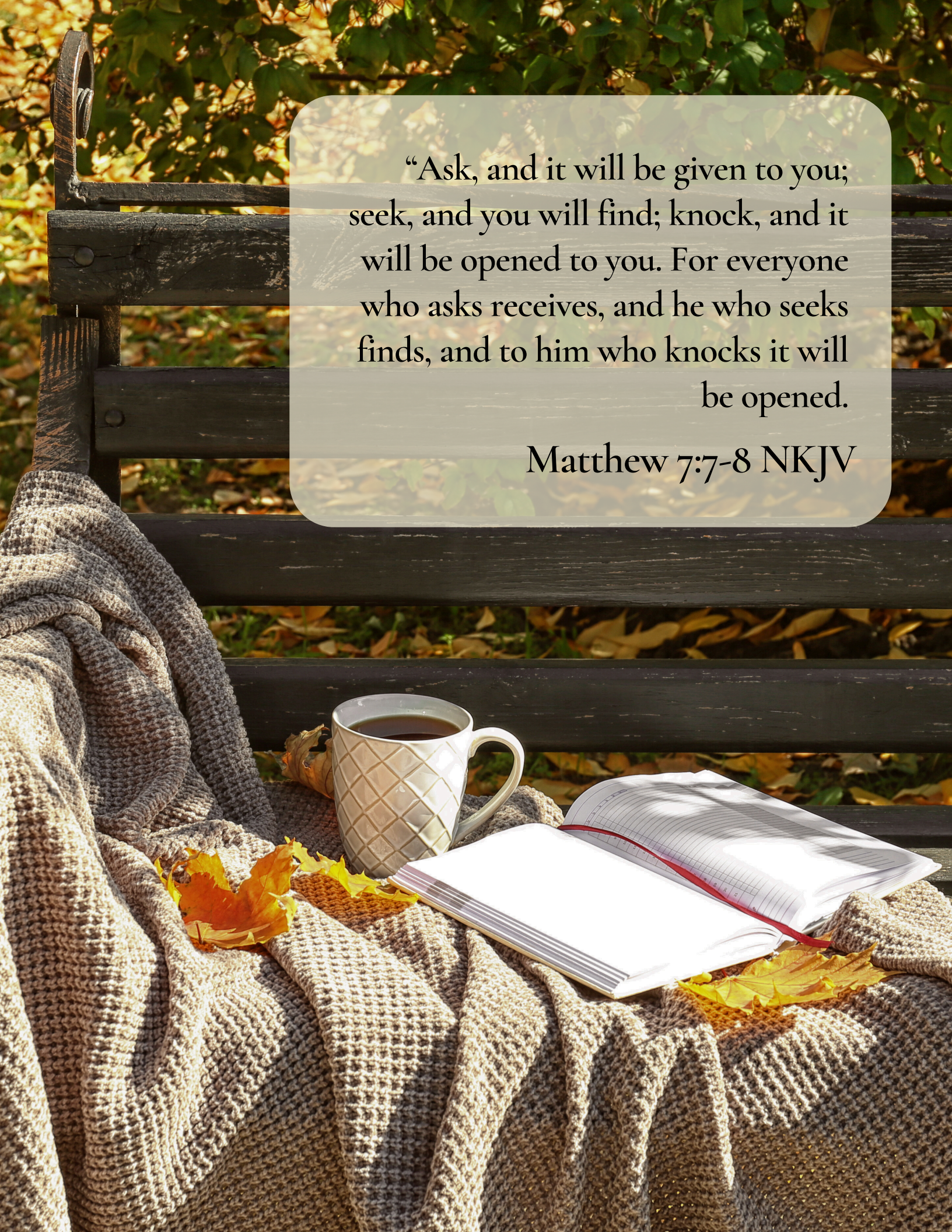
In a liquid fast, you may choose to drink vegetable juices, broths, and occasionally include a blended smoothie. Water fasts are even more restrictive.

A key to making a liquid fast effective is advance preparation, with a focus on vegetable juices rather than fruit juices. Excessive sugar—even from fruits—can overload your system and have an adverse effect.

If you include smoothies, keep them light.







“Ask, and it will be given to you;  
seek, and you will find; knock, and it  
will be opened to you. For everyone  
who asks receives, and he who seeks  
finds, and to him who knocks it will  
be opened.

Matthew 7:7-8 NKJV



# TIPS WHEN SELECTING YOUR FAST

## 01 Know Where You're At

Take an honest assessment of where you are and determine what it would look like for you to take your fast to the next level. Be realistic, but also challenge yourself, remembering that zeal should be tempered with wisdom. Ask the Lord to reveal if there's anything specific in your diet or daily activities that He's leading you to fast from.

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## 02 Consider Your Schedule

Depending on your current season of life, it may be challenging or unrealistic to fully withdraw from daily responsibilities while fasting. Most people need to manage job schedules, family care, and other commitments. You can still experience the deep intimacy and benefits God offers through fasting, even with these responsibilities.

As you plan, take your schedule into account and determine what is realistically achievable. Identify times when you may need to have meals or drinks readily available for when you're on the go. Also, anticipate any special events during your fast (such as birthdays, anniversaries, office parties, etc.) and plan how to stay committed to your fasting goals.

## 03 Special Medical Concerns

If you have any health conditions or concerns, consult with your medical professional to determine the best fasting plan for you.





"...he [Daniel] knelt down on  
his knees three times that day,  
and prayed and gave thanks  
before his God, as was his  
custom since early days.

Daniel 6:10b AMP





# OTHER CONSIDERATIONS

## WATER

During your fast, be sure to drink plenty of water. Regardless of the fasting plan you choose, your body will naturally cleanse and begin releasing toxins. To support this process and help flush out those toxins, ensure you drink plenty of fresh water.

## EXERCISE

Exercise is always beneficial, but especially during a fast, consider incorporating light walks into your routine. This can aid in the cleansing process and is refreshing, allowing you to enjoy some fresh air. Use this time to talk to God and listen for His voice through nature. These moments can be both helpful and insightful.

## COFFEE

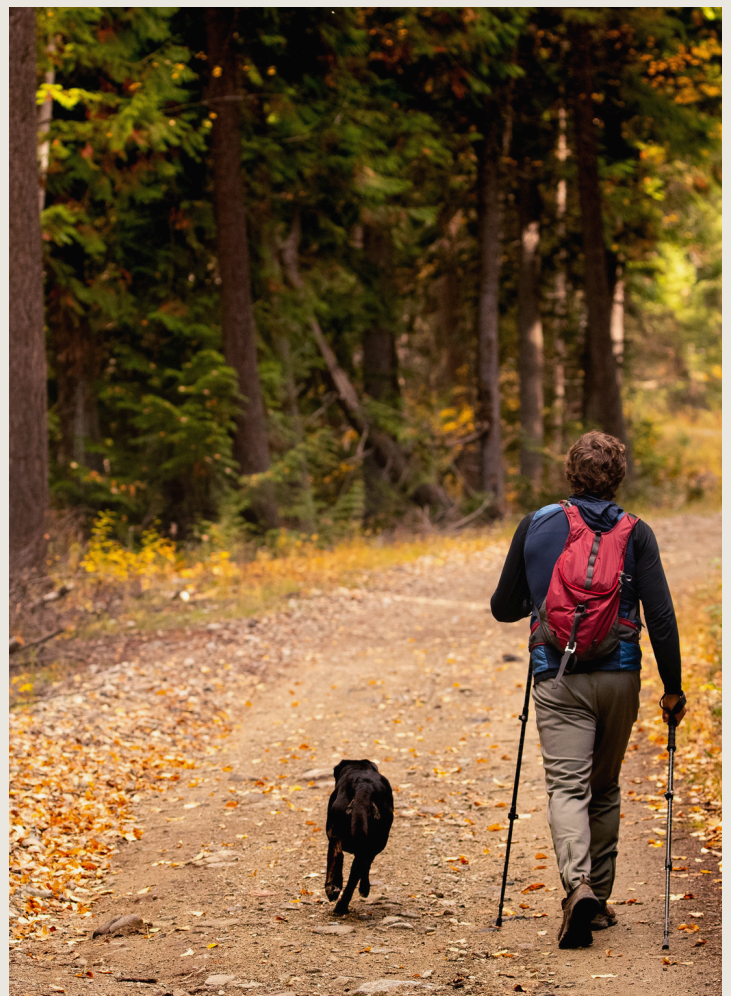
Opinions on consuming coffee during a fast vary due to its caffeine content. Please follow your own convictions regarding this.

Personally, I don't exclude coffee or black tea from my fasts, but I keep them simple—without added sugar, rich creams, whipped toppings, sprinkles, or drizzles. For me, this approach ensures that drinking them remains non-indulgent.

However, I want to share that during a fast many years ago, I felt the Lord leading me to break my dependence on coffee. At that time, I was addicted and couldn't get through the day without it.

That particular fast was an extended one, so I gradually reduced my intake and switched from caffeinated to decaf and even tapered down my overall consumption. By the end of the fast, I was free from my coffee dependency.

As emphasized throughout this guide, be aware of your own situation and listen to any promptings from God about what you should do.





# CONNECTING DURING THE FAST

During the fast, I'll be sharing posts regularly on my social media platforms and some through email. I'd love to connect with you and hear about what God is showing you or speaking to you about. Please reach out as you're able to!

Here are some of the platforms I'll be using:



**INSTAGRAM:** Follow me @LindaGRiddle



**FACEBOOK:** Follow me @LindaGRiddle or  
Like my page: Linda Riddle Ministries



**YOUTUBE:** Subscribe to: Linda Riddle Ministries



**EMAIL:** Sign up to participate in the fast to be  
included in email communications.



## Directions From This



# About the Author

*Linda G. Riddle*



Linda G. Riddle is an engaging teacher who offers practical resources and courses designed to help others understand their spiritual experiences, deepen their faith, and live out their purpose. She specializes in dream interpretation, the ministry of healing, and teaching people how to operate in the revelatory/spiritual gifts in a healthy way.

Her holistic ministry also emphasizes promoting health and sustaining spiritual passion through juicing, fasting, and advocating a healthy lifestyle.

Living just outside Raleigh, NC, Linda cherishes her time with her husband, two children, and their lively household of pets.

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