

THE RAMP CHURCH TORONTO

*F*ASTING
PACKAGE 2024



Message from Pastor Pierre

Dear Friends,

Thank you for committing to join us on this journey as we encounter God together. We have designed this workbook to help us grow deeper in our walk with Him, enable us to tune our spirit to hear His voice more clearly and to walk according to the cadence of the heartbeat of God.

The theme of this time of fasting and prayer is **The Ramp Up**. It is created to prepare our hearts for the journey ahead of us in 2024. Whether you're a leader, a seasoned saint, or new to the faith, you will be able to receive impartation, inspiration, and instructions from the Holy Spirit over the next seven days.

Prayer is our opportunity to engage in open dialogue with heaven. We don't only have an opportunity to speak to God, but we also get to listen to what He has to say concerning our lives. Through the discipline of fasting, we empty ourselves of carnality and the desires of the flesh to be filled with the will and desires of God.

Although these seven days are deeply personal and unique to each individual, we encourage you to experience this time corporately through daily video devotionals and virtual prayer meetings at 6 am and 8 pm.

We are enthusiastic about what God will reveal to us in our time of fasting and prayer. On behalf of Lady Annick and me, we sincerely thank you for partnering with us to realize our vision to see real people, experience a real God, and lead real life change!

With love,
Your Pastor.

Your fasting guide



We are convinced that when God's people seek His face with a repentant and contrite spirit, God hears from heaven and responds with healing and wholeness for our lives, church, communities, nation, and world. Fasting coupled with prayer can bring about resurrection and revival. We encourage you to commit yourself to seeking God both intensely and intently during these seven.

WHAT IS FASTING?

Fasting is abstaining in a meaningful way from food and our routine activities to focus on God. Typically, it is food and drink, but it can also include cell phones, computers, e-mail, social media, etc. Fasting breaks the carnal desire to habitually feed our flesh desires and makes us depend on the Spirit of God to satisfy our needs. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change. Fasting allows the Holy Spirit to work most unusually and powerfully. It is also considered an act of humility before God as it acknowledges the limitation of our humanity and pursues divine intervention in the events of our physical world. Fasting must be done seriously, reverently, and prayerfully. It must never be commonplace but rather a heartfelt seeking of God's will and glory in one's life and the life of the church (*Isaiah 58:3-9; Matthew 6:16-18*).

WHAT IS THE PURPOSE OF FASTING?

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to encounter God.

"He must become greater and greater, and I must become less and less." (John 3:30, NLT)

How to fast

Fast discreetly

“But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.” (Matthew 6:17–18, NLT)

Fast with faith

“And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.” (Hebrews 11:6, NLT)

Fasting preparation

Be open to the instructions of the Holy Spirit and be willing to make necessary changes. We encourage you to journal your prayer times and take note of what is revealed to you. Who knows what God wants to give or show you? Ephesians 1:3 says that there are spiritual blessings assigned to us. There are gifts God wants to bestow on us, such as wisdom, anointing, new prayer mantles, healing power, joy, encouragement, and the list goes on. When we lay aside the things that are dividing our focus from the things of God, He can unveil things about our lives that we never knew.

01 Prepare your heart

“Create in me a clean heart, O God. Renew a loyal spirit within me.” (Psalm 51:10, NLT)

02 Prepare your motives

“The one thing I ask of the Lord— the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.” (Psalm 27:4, NLT)

03 Prepare your body

“Don’t you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God’s temple is holy, and you are that temple.” (1 Corinthians 3:16–17, NLT)

04 Prepare your schedule

“Don’t you realize that all of you together are the temple of God and that the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God’s temple is holy, and you are that temple.” (1 Corinthians 3:16–17, NLT)

Types of fasting

The goal of fasting is to bring alignment to our will and the will of God. **Fasting should never produce harm.** Therefore, accommodations for all health concerns should be made with the advice of your medical professional before participating and making any major dietary changes.

COMPLETE FAST (6 A.M. - 6 P.M. DAILY)

In this fast, you drink only liquids, typically water with light juice as an option.

SELECTIVE FAST (SKIP ONE MEAL)

This type of fast involves skipping one meal a day.

DANIEL FAST

This fast includes removing all processed foods, meat, dairy, and sugars.

FOODS TO EAT	FOODS TO AVOID
<ul style="list-style-type: none">• All Fruits: Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons, etc. (fresh/ raw, frozen, dried, juiced, or canned in their own juice, not syrup!)• All Veggies: Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh/raw, frozen, dried, or canned)• Whole Grains: Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.• Other Natural Foods: Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages, and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar• Sweeteners: Stevia, Equal, Splenda, Agave Nectar	<ul style="list-style-type: none">• All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.• All dairy products including but not limited to milk, cheese, cream, butter, and eggs.• All sweeteners including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.• All yeasted bread including Ezekiel Bread (it contains yeast) and baked goods.• All refined and processed food products including but not limited to artificial flavourings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.• All deep-fried foods including but not limited to potato chips & potato fries• All solid fats including shortening, margarine, lard, and foods high in fat.• Beverages, including but not limited to, caffeinated drinks, carbonated beverages, energy drinks, and alcohol

The wrong Mentality

Focusing too much attention on food and not on your fellowship with God.

During your fast, you will likely make a significant change in your daily routine and the foods you eat. With this in mind, **Keep Your Meals Simple**. Every year people start the Daniel Fast and then quit because preparing the food got too complicated OR they are disappointed that they didn't receive a spiritual breakthrough because they focused too much on the food they are eating (or not eating).

The priority of the Daniel Fast is not about changing what you eat, although a modified diet is required. Biblical fasting is restricting food for a spiritual purpose. If you opt for The Daniel Fast or selective fast, some foods are permitted while others are restricted. Planning your meals is not about finding ways to satiate your appetite so that you do not miss your regularly eaten foods. If you keep your meals simple, requiring little time to prepare, you can devote more time to the spiritual insights God wants to share with you. Remember, you can't starve the flesh while you continue to indulge it.

"For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live." (Romans 8:13, NLT)

Your guide to prayer

HOW TO PRAY

- **By faith with expectation** (*Mark 11:22-24*)
- **Using the Word of God** (*Isaiah 55:6-11, Hebrews 4:12*)
- **In the Spirit** (*Romans 8:26-27, Jude 1:20, 1 Corinthians 14:2*)
- **In Agreement** (*Matthew 18:19*)
- **Continuously** (*1 Thessalonians 5:17, Luke 18:1, 1 Timothy 2:8*)
- **With power and authority** (*Matthew 10:1, Matthew 16:19, Luke 10:19, Ephesians 2:6*)

PRAYERS TO BEGIN YOUR DAY

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.



Example(s) of prayers using scripture

SCRIPTURE

“During the night Jacob got up and took his two wives, his two servant wives, and his eleven sons and crossed the Jabbok River with them. After taking them to the other side, he sent over all his possessions. This left Jacob all alone in the camp, and a man came and wrestled with him until the dawn began to break. When the man saw that he would not win the match, he touched Jacob’s hip and wrenched it out of its socket. Then the man said, “Let me go, for the dawn is breaking!” But Jacob said, “I will not let you go unless you bless me.” “What is your name?” the man asked. He replied, “Jacob.” “Your name will no longer be Jacob,” the man told him. “From now on you will be called Israel, because you have fought with God and with men and have won.” “Please tell me your name,” Jacob said. “Why do you want to know my name?” the man replied. Then he blessed Jacob there. Jacob named the place Peniel (which means “face of God”), for he said, “I have seen God face to face, yet my life has been spared.” The sun was rising as Jacob left Peniel, and he was limping because of the injury to his hip.” (Genesis 32:22–31, NLT)

PRAYER

“God, Your Word tells me that if I wrestle with You, that if I tarry in Your presence, and that if I am desperate enough to do whatever it takes to receive my blessing, You will give it to me. Just as Jacob wrestled with the Heavens, today I wrestle through prayer. Whatever it takes, I will receive, and I will not let You go before You bless me today, Lord.

Change my name, and let it be said that I wrestled with God and men and have won. In Jesus’ name. Amen.”

Example(s) of prayers using scripture

SCRIPTURE

“Then they reached Jericho, and as Jesus and his disciples left town, a large crowd followed him. A blind beggar named Bartimaeus (son of Timaeus) was sitting beside the road.” (Mark 10:46, NLT)

PRAYER

“Lord, I thank you that you are always on the move. Lord, Your Word said that as You moved throughout Jericho Your path crossed with Blind Bartimaeus. Lord I ask that as I call out to You, that You would hear my voice. I ask that You would just show up and change my story as You did with Bartimaeus. In Jesus’ name. Amen.”

SCRIPTURE

“Meanwhile, Jesus was in Bethany at the home of Simon, a man who had previously had leprosy. While he was eating, a woman came in with a beautiful alabaster jar of expensive perfume made from essence of nard. She broke open the jar and poured the perfume over his head.” (Mark 14:3, NLT)

PRAYER

“Heavenly Father, I have come to bring You a sacrifice, and I pour out all that I value at Your feet. Lord, I give to You my all, may it be a pleasing sacrifice unto You in the hope that You would be honoured with who I am. In Jesus’ name, Amen.”

SCRIPTURE

“I had only heard about you before, but now I have seen you with my own eyes.” (Job 42:5, NLT)

PRAYER

“Heavenly Father, open my eyes to see even more of You today. Help me Lord, to see You in a new way. I have heard of Your goodness, but let me see Your goodness. I have heard of Your love, but let me see Your love. I have heard of Your glory, but let me see Your glory. Please reveal yourself to me in all that I do today. In Jesus’ name, Amen.”

Daily prayer focus

- **Day 1 – Stability In The Presence of God** (Psalm 16:8, Psalm 27:4, Philippians 4:10-13, Romans 8:31)
- **Day 2 – Consistency** (1 Corinthians 15:58, 2 Kings 13:18-19,)
- **Day 3 – Resilience** (Psalm 18:31-34, Matthew 7:24, James 1:24, Romans 5:3-4)
- **Day 4 – Open Doors** (1 Corinthians 16:9, Rev. 3:8, Acts 12:10)
- **Day 5 – Increase** (Psalm 115:14, Deuteronomy 11:1, 2 Corinthians 9:8)
- **Day 6 – Stewardship** (Genesis 1:28, Matthew 25:14-23, Proverbs 3:9, Luke 16:11)
- **Day 7 – The Anointing** (Isaiah 10:27, 2 Kings 2:9, 1 John 2:27, Psalm 23:5, Psalm 105:14-15, Luke 4:18)



Day 1

Stability In The Presence of God

Psalm 16:8, Exodus 33:14-15; Psalm 27:4, Philippians 4:10-13, Romans 8:31

In Exodus 33:14-15, Moses prays that the presence of God would guide the journey ahead of him. What are some of the areas in your life where you want to experience more of the presence of God?

What increases your desire for the presence of God? What about the presence of God excites you, settles you, or strengthens you?

How can you be more intentional about pursuing the presence of God in 2024?

Day 2

Consistency

1 Corinthians 15:58, 2 Kings 13:18-19

Are there areas of who you are – your character, mindset, speech, or actions that you can benefit from being more consistent? Write down those specific areas you want God to touch and transform.

What steps are you committing to take to become more consistent in 2024?

How can I practically allow The Holy Spirit to help me in this area of my life?

Day 3

Resilience

Psalm 18:31-34, Matthew 7:24, James 1:24, Romans 5:3-4

In which areas have you struggled or suffered a loss in 2023?

How can you allow the Holy Spirit to give you strength to be more resilient?

In which three areas of your life are you believing that you will be stronger in 2024?

Day 4

Open Doors

1 Corinthians 16:9, Rev. 3:8, Acts 12:10

What are some areas of your life that you're believing God for opportunities?

How can you position yourself to be prepared for when doors begin to open?

How can you discern which are the right doors to enter in 2024?

Day 5

Increase

Psalm 115:14, Deuteronomy 11:1, 2 Corinthians 9:8

What are some of your limiting beliefs? (About God, yourself, family, career, finances, etc.)

In which areas of your life do you need to exercise more spiritual authority?

In 2024, what are 3 specific areas that you believe God for increase?

Day 6

Stewardship

Genesis 1:28, Matthew 25:14-23, Proverbs 3:9, Luke 16:11

How does scripture change the way you see God? How does scripture change the way you see yourself?

What are some practical steps that you can take to become a better steward of the things that God blesses you with?

In which areas are you committing to learn, grow, and develop in 2024?

Day 7

The Anointing

Isaiah 10:27, 1 John 2:27, Psalm 23:5, Psalm 105:14-15, Luke 4:18

What is the anointing? What does it mean to be anointed?

Why do you need the anointing of the Holy Spirit?

How can I live out the unique anointing that God placed on me in 2024?