



THE RAMP CHURCH TORONTO

FASTING PACKAGE

2025



A MESSAGE FROM PASTOR PIERRE

Dear Friends,

Thank you for joining us on this incredible journey of encounters together. 2025 is marked as **the Year of Encounters & Life-Changing Experiences**, and we couldn't be more excited to embark on this spiritual adventure with you. We've carefully designed this workbook to not only deepen your walk with God but to also help you tune your spirit to hear His voice more clearly and walk in step with the rhythm of His heartbeat.

This year's consecration has been crafted to prepare our hearts and spirits for the life-changing experiences ahead. Whether you're a leader, a seasoned believer, or someone new to the faith, these next seven days will be an opportunity to receive impartation, inspiration, and divine instructions from the Holy Spirit.

Prayer opens the door for intimate dialogue with God. It's not just about bringing our requests before God but about posturing ourselves to hear His response and direction for our lives. Fasting creates space in our hearts, clearing out the distractions of the flesh, and allowing the will of God to take precedence.

Though these seven days are personal and unique to each individual, we encourage you to join us corporately through daily video devotionals and live prayer sessions each day at 6:00 AM online and 7:00 PM in person in the sanctuary. There's power in unity, and together, we can experience God in new and profound ways.

We are filled with anticipation for what God will reveal during this sacred time of fasting and prayer. On behalf of Lady Annick and I, we thank you for partnering with us in our vision to see real people, experience a real God, and lead real life change!

With love and expectation,

Your Pastor

It's one thing to know about God – it's a different thing to be known by God. Fasting and prayer are two powerful ways to intentionally posture yourself to experience His presence, receive His plans for your life, and to increase in His power.

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 lives, our church, our communities, our nation, and our 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 days.

YOUR GUIDE TO Fasting

WHAT IS FASTING? WHAT IS FASTING? WHAT IS FASTING? WHAT IS FASTING? 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 phone, computer, e-mail, social media, etc. Fasting breaks the carnal desire to habitually feed our fleshly 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 in a most unusual and powerful way. It is also considered an act of humility before God, as it acknowledges the limitations 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).

PURPOSE OF FASTING THE PURPOSE OF FASTING THE PURPOSE OF FASTING 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

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, gifts such as wisdom, anointing, new prayer mantles, healing power, joy or encouragement; and the list goes on. When we lay aside the things that divide our focus from the things of God, He can unveil things about our lives that we never knew.

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)

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)

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

“O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water.”
(Psalm 63:1, NKJV)

TYPES OF FASTING

The goal of fasting is to bring alignment between 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 (6AM-6PM 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**. Take the Daniel Fast for example. Every year, people start the Daniel Fast but often quit because preparing the food becomes too complicated *or* they are disappointed that they didn't receive spiritual breakthrough. They focus too much on the food they are eating (or not eating).

If you opt for the Daniel Fast or selective fast, some foods are permitted while others are restricted. However, especially as it relates to the Daniel Fast, the priority is not about changing what you eat, although modified diet is required. Biblical fasting is restricting food for a spiritual purpose.

Planning your meals is not about finding ways to satiate your appetite so you don't feel like you are missing the foods you normally eat. If you keep your meals simple, requiring little time to prepare, then you can devote more time to the spiritual insights that 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

01

BY FAITH WITH EXPECTATION (MARK 11:22-24)

02

**USING THE WORD OF GOD (ISAIAH 55:6-11,
HEBREWS 4:12)**

03

**IN THE SPIRIT (ROMANS 8:26-27, JUDE 1:20,
1 CORINTHIANS 14:2)**

04

IN AGREEMENT (MATTHEW 18:19)

05

**CONTINUOUSLY (1 THESSALONIANS 5:17, LUKE 18:1,
1 TIMOTHY 2:8)**

06

**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.

Here are a few examples of how you can pray using scriptures:

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.”

PRAYERS

TO BEGIN

Your day

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 hope that you would be honoured with who I am. In Jesus’ name, Amen.”

PRAYERS

TO BEGIN

Your day

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 – ENCOUNTER GOD’S PRESENCE

Exodus 3:1-12, Genesis 28:16-18, Exodus 33:14

DAY 2 – ENCOUNTER GOD’S PROVISION

1 Kings 17:8-16, Genesis 22:14, Philippians 4:14-20,
Psalm 23:1

DAY 3 – ENCOUNTER GOD’S POWER

Acts 9, Ephesians 3:20, Zephaniah 3:16-17

DAY 4 – ENCOUNTER GOD’S HEALING

Mark 5:25-34, John 5:7-8, Isaiah 53:5

DAY 5 – ENCOUNTER GOD’S VOICE

1 Samuel 3:1-10, Psalm 29:3-9 & 85:8, John 10:25-27

DAY 6 – ENCOUNTER GOD’S FREEDOM

Galatians 5:1, Romans 8:1, John 8:36, Psalm 34:19

DAY 7 – ENCOUNTER GOD’S GLORY

Matthew 17:1-8, Isaiah 60:1-2, Habakkuk 2:14

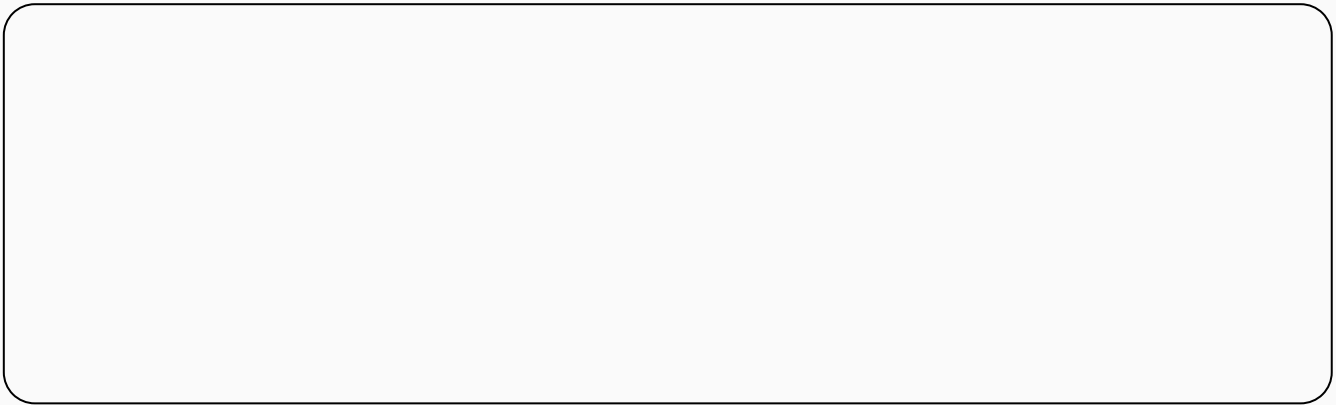


DAY 1

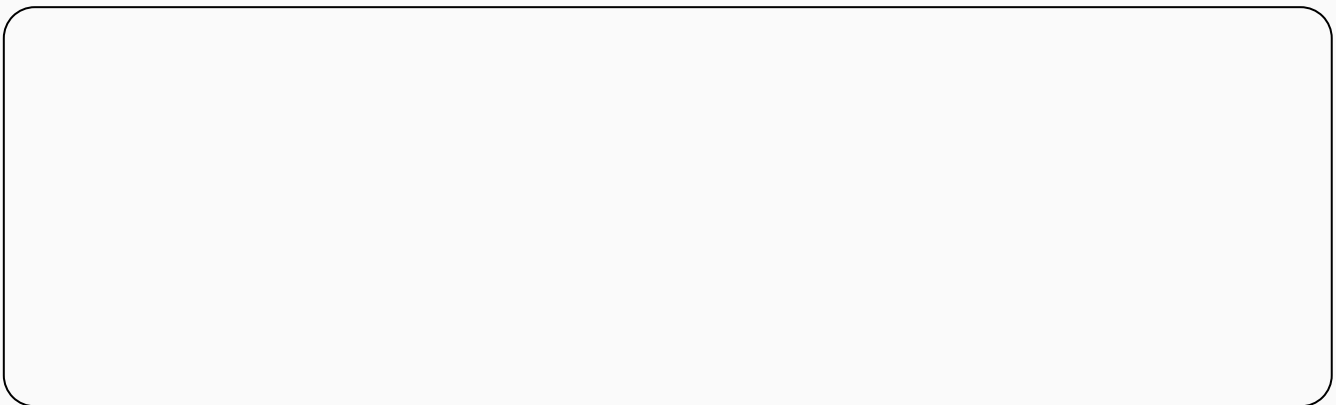
Encounter God's Presence

Exodus 3:1-12, Genesis 28:16-18, Exodus 33:14

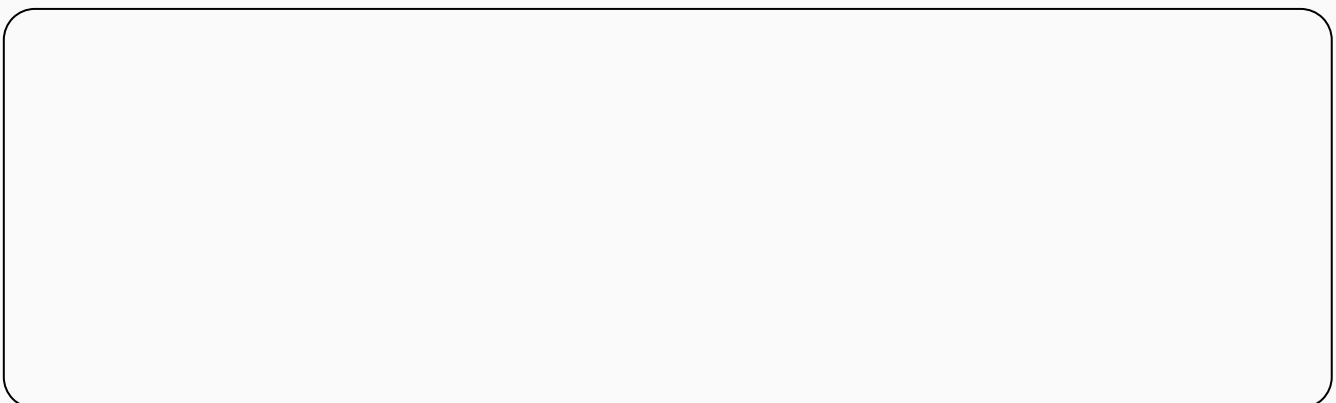
In what areas of my life do I need to be more aware of God's presence?



What fears or doubts might be holding me back from fully responding to God's call?



How can I create space in my daily routine to better encounter God's presence?




DAY 2


Encounter God's Provision

1 Kings 17:8-16, Genesis 22:14, Philippians 4:14-20, Psalm 23:1

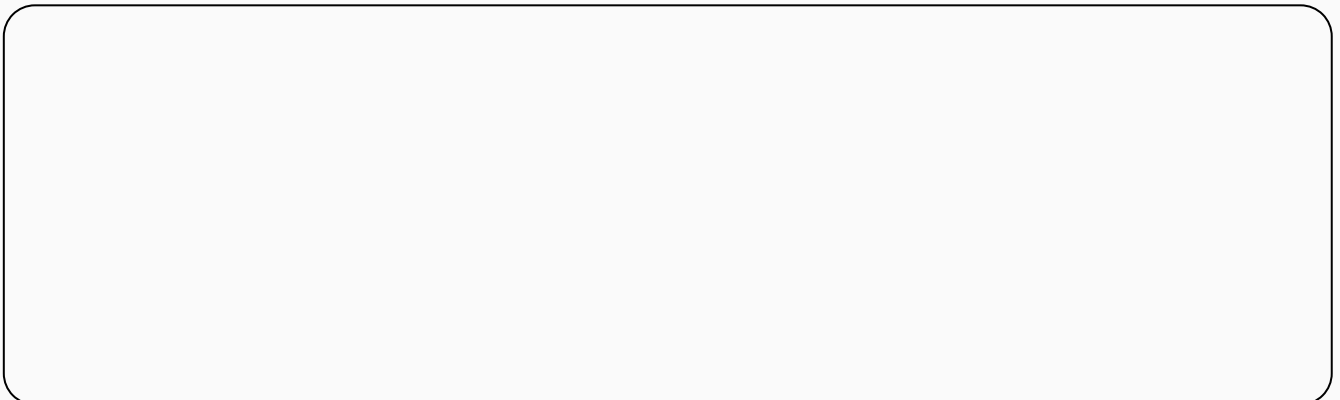
In what ways have I seen God provide for me in the past, and how does it encourage my faith today?



Are there any areas where I struggle to trust God's provision?



How can I practice generosity and faith even in seasons of uncertainty?



DAY 3

Encounter God's Power

Acts 9, Ephesians 3:20, Zephaniah 3:16-17

What areas of my life need transformation and surrender to God's power?

How can I allow my personal encounters with God to influence those around me?

Am I willing to let go of my plans in exchange for God's greater purpose?

DAY 4

Encounter God's Healing

Mark 5:25-34, John 5:7-8, Isaiah 53:5

What physical, emotional, or spiritual wounds am I bringing before God for healing?

Do I truly believe that God desires to heal and restore me? Why or why not?

How can I demonstrate faith for healing like the woman who pressed through the crowd to touch Jesus? (Mark 5:25-34)

DAY 5

Encounter God's Voice

1 Samuel 3:1-10, Psalm 29:3-9 & 85:8, John 10:25-27

Am I actively listening for God's voice, or am I distracted by other influences?

What steps can I take to cultivate a heart that is responsive to God's leading?

How have I heard God speak to me in the past, and how did I respond?

DAY 6

Encounter God's Freedom

Galatians 5:1, Romans 8:1,, John 8:36, Psalm 34:19

Are there any areas in my life where I feel bound and in need of God's freedom?

How can I embrace the truth of God's Word to walk in greater freedom?

What habits or mindsets do I need to surrender to experience the fullness of freedom in Christ?

DAY 7

Encounter God's Glory

Matthew 17:1-8, Isaiah 60:1-2, Habakkuk 2:14

What is the anointing? What does it mean to be anointed? How can I seek and experience more of God's glory in my daily life?

What distractions or obstacles prevent me from fully focusing on God?

How can an encounter with God's glory empower me to fulfill my calling in life?