

THREE-DAY ABSOLUTE PRAYER FAST PROGRAM

(PAUL'S FAST)

ANCHOR SCRIPTURE:

Acts 9:9

"And he was three days without sight, and neither did eat nor drink."

BACKGROUND OF THE ACTS 9:9 FAST

The Acts 9:9 Fast is patterned after Saul's supernatural encounter on the road to Damascus, which marked the beginning of his transformation into Paul, the apostle. After being struck by divine light and temporarily blinded, Saul entered into a three-day absolute fast—no food or water—marked by deep spiritual searching, repentance, and surrender. During this time, God was reworking his identity, preparing him for a radical assignment. This fast signifies death to self, divine encounters, and spiritual commissioning.

OUTCOME OF THE FAST

- A divine encounter that redefines destiny
- Spiritual eyes opened and direction received
- Total surrender leading to a new identity and purpose
- Empowerment for ministry and bold witness
- Deliverance from past errors and demonic assignments
- Connection to divine helpers (Ananias) and kingdom networks

SIGNIFICANCE OF THIS FAST IN TIMES LIKE THIS

We live in an hour where many are driven by religion but blind to purpose. Just like Saul, many need divine interruption and clarity about God's true call on their lives. This fast is critical in times of personal confusion, spiritual blindness, or the need for a powerful redirection. In an era where truth is rare and deception abounds, this

absolute fast aligns us with God's purpose, silences every false identity, and opens the door to spiritual clarity, power, and divine assignments.

POSSIBLE REASONS TO EMBARK ON AN ACTS 9:9 FAST

- When seeking divine direction or clarity of purpose
- To break away from religious form and enter true intimacy with God
- When undergoing spiritual confusion or blindness
- To prepare for a divine assignment or transition
- When contending with foundational issues or past guilt
- To shut down distractions and hear God's voice clearly
- To crucify the flesh and embrace a life of surrender and obedience

ACTIVITY

1. List the personal reasons prompting you to begin this fast.
2. Write down the spiritual goals and expectations you have for the next 3 days.
3. Design a quiet prayer schedule for each day with focused hours of meditation.
4. Choose a Day to begin and prayerfully run into it.

- **Note:**

This absolute fast involves no food or water for 3 days and should only be undertaken by healthy adults led by the Holy Spirit. Preferably do this while on break, over a weekend, or with adequate rest and no physical exertion.

- If unsure about your physical state, please talk to a Doctor prior to commencing.
- Also note that Communion Bread and Wine may be taken daily, but not as food.

DAY 1: CONFRONTATION AND SURRENDER

Focus: Heart submission, repentance, divine interruption of human plans

1. Lord, shine Your light and expose every hidden darkness in me. In Jesus' Name – *John 1:5*
2. Blind every carnal vision that opposes Your will. In Jesus' Name – *2 Corinthians 4:4*
3. I surrender all pride and self-reliance. In Jesus' Name – *Proverbs 3:5–6*
4. Interrupt every path not ordained by You. In Jesus' Name – *Isaiah 30:21*
5. Let my life submit fully to Your Lordship. In Jesus' Name – *Luke 6:46*
6. Forgive my ignorance and rebellion. In Jesus' Name – *Acts 3:17–19*
7. Break every religious mindset that limits Your power. In Jesus' Name – *Mark 7:13*
8. Show me the areas I have persecuted Your will. In Jesus' Name – *Acts 9:4*
9. Let conviction lead me to transformation. In Jesus' Name – *John 16:8*
10. Open my ears to hear Your voice. In Jesus' Name – *John 10:27*
11. Take me off the road of destruction. In Jesus' Name – *Proverbs 14:12*
12. Make me fall at Your feet in surrender. In Jesus' Name – *Revelation 1:17*
13. Teach me to obey even when I do not understand. In Jesus' Name – *Romans 1:5*
14. Recalibrate my life to follow You completely. In Jesus' Name – *Luke 9:23*
15. Burn away every ambition not rooted in You. In Jesus' Name – *Galatians 2:20*
16. Let this fast strip me of the flesh. In Jesus' Name – *Romans 8:13*
17. Give me a new heart and new spirit. In Jesus' Name – *Ezekiel 11:19*
18. Bring me to a place of stillness and dependence. In Jesus' Name – *Psalms 46:10*
19. Teach me to wait in brokenness and expectation. In Jesus' Name – *Isaiah 40:31*
20. May this day mark the end of my old life. In Jesus' Name – *2 Corinthians 5:17*
21. Let the fear of God overtake every other fear in me. In Jesus' Name – *Proverbs 1:7*
22. Help me to lay down my own agenda. In Jesus' Name – *Matthew 26:39*
23. Strip me of self-righteousness. In Jesus' Name – *Isaiah 64:6*
24. Purge me of secret sins and hidden faults. In Jesus' Name – *Psalms 19:12*
25. Let me not resist Your dealings. In Jesus' Name – *Acts 26:14*
26. Correct me in love and restore my soul. In Jesus' Name – *Psalms 23:3*
27. Give me a heart that trembles at Your word. In Jesus' Name – *Isaiah 66:2*

28. Break my will and form Yours in me. In Jesus' Name – *Philippians 2:13*
29. Reveal the weight of Your call upon my life. In Jesus' Name – *Jeremiah 1:5*
30. Remove every false foundation I have built on. In Jesus' Name – *Matthew 7:26–27*
31. Break every cycle of rebellion and stubbornness. In Jesus' Name – *1 Samuel 15:23*
32. Let Your kindness lead me to repentance. In Jesus' Name – *Romans 2:4*
33. Take away every mask and pretense. In Jesus' Name – *Matthew 23:28*
34. Heal the wounds that have shaped wrong choices. In Jesus' Name – *Jeremiah 30:17*
35. Give me grace to die to self daily. In Jesus' Name – *1 Corinthians 15:31*
36. Make my heart soft and responsive to You. In Jesus' Name – *Ezekiel 36:26*
37. Let me see my need for a Savior afresh. In Jesus' Name – *Romans 3:23–24*
38. Restore every place of spiritual dryness. In Jesus' Name – *Psalms 63:1*
39. Cut off every prideful thought that exalts itself. In Jesus' Name – *2 Corinthians 10:5*
40. Break me to build me. In Jesus' Name – *Jeremiah 18:4*

DAY 2: SILENCE, CONSECRATION, AND PREPARATION

Focus: Listening, humility, waiting on divine instruction

1. Silence every other voice but Yours. In Jesus' Name – *Psalms 62:5*
2. I wait for Your instruction and leading. In Jesus' Name – *Habakkuk 2:1*
3. Reveal my true identity and calling. In Jesus' Name – *Jeremiah 1:5*
4. Let my life be set apart for You. In Jesus' Name – *2 Timothy 2:21*
5. Purify my motives and desires. In Jesus' Name – *Malachi 3:2–3*
6. Break the hold of my past. In Jesus' Name – *Isaiah 43:18*
7. Let Ananias-like helpers find me. In Jesus' Name – *Acts 9:10–11*
8. Prepare me in the place of waiting. In Jesus' Name – *Luke 24:49*
9. Let spiritual scales fall from my eyes. In Jesus' Name – *Acts 9:18*
10. Teach me to listen before I speak. In Jesus' Name – *James 1:19*
11. Hide me in Your secret place. In Jesus' Name – *Psalms 91:1*
12. Let Your word dwell in me richly. In Jesus' Name – *Colossians 3:16*
13. Shape my inner man for service. In Jesus' Name – *Galatians 4:19*
14. Let Your Spirit tutor me in silence. In Jesus' Name – *John 14:26*
15. Anoint me for my next season. In Jesus' Name – *1 Samuel 16:13*
16. Keep me faithful in obscurity. In Jesus' Name – *Luke 16:10*

17. Open my ears morning by morning. In Jesus' Name – *Isaiah 50:4*
18. Let divine instructions be clear. In Jesus' Name – *Psalms 32:8*
19. Align my steps with Your voice. In Jesus' Name – *Proverbs 16:9*
20. Remove confusion and double-mindedness. In Jesus' Name – *James 1:8*
21. Grant me stability in the Spirit. In Jesus' Name – *Isaiah 33:6*
22. Let the Spirit of counsel rest upon me. In Jesus' Name – *Isaiah 11:2*
23. Purge every distraction. In Jesus' Name – *Luke 10:41–42*
24. Let this wilderness season make me fruitful. In Jesus' Name – *Hosea 2:14–15*
25. Strengthen me in the inner man. In Jesus' Name – *Ephesians 3:16*
26. Refine me until I reflect You. In Jesus' Name – *Job 23:10*
27. Reveal Your plans, not just my desires. In Jesus' Name – *Proverbs 19:21*
28. Let me abide in You deeply. In Jesus' Name – *John 15:4*
29. Empower me to say "Yes" to Your will. In Jesus' Name – *Luke 1:38*
30. Teach me Your ways, not just Your acts. In Jesus' Name – *Psalms 103:7*
31. Fill me with the spirit of wisdom. In Jesus' Name – *Ephesians 1:17*
32. Let my consecration be genuine. In Jesus' Name – *Isaiah 1:16–17*
33. Let the fire on my altar never go out. In Jesus' Name – *Leviticus 6:13*
34. Build me into a vessel of honor. In Jesus' Name – *2 Timothy 2:20*
35. Let my silence be full of revelation. In Jesus' Name – *Psalms 46:10*
36. Give me strength in stillness. In Jesus' Name – *Isaiah 30:15*
37. Lead me beside still waters. In Jesus' Name – *Psalms 23:2*
38. Speak clearly and powerfully to me. In Jesus' Name – *1 Samuel 3:10*
39. Prepare me for public impact in private. In Jesus' Name – *Matthew 6:6*
40. Sanctify me wholly – body, soul, and spirit. In Jesus' Name – *1 Thessalonians 5:23*

DAY 3: DELIVERANCE, REVELATION, AND COMMISSIONING

Focus: Healing, vision restoration, divine assignment, and bold obedience

1. Let every spiritual blindness be healed today. In Jesus' Name – *Acts 9:18*
2. Restore my divine vision and calling. In Jesus' Name – *Habakkuk 2:2–3*
3. Let my eyes open to see as You see. In Jesus' Name – *Ephesians 1:18*
4. Deliver me from every past that hinders my future. In Jesus' Name – *Isaiah 43:18*
5. Baptize me afresh with the Holy Ghost and fire. In Jesus' Name – *Matthew 3:11*

6. Empower me to walk in Your will. In Jesus' Name – *Colossians 1:9*
7. Let every demonic scale fall off my life. In Jesus' Name – *2 Corinthians 3:16*
8. Send destiny helpers to strengthen me. In Jesus' Name – *Acts 9:17*
9. I arise in the strength of God. In Jesus' Name – *1 Kings 19:7–8*
10. I break free from every satanic limitation. In Jesus' Name – *Micah 2:13*
11. Let the chains of fear be broken. In Jesus' Name – *2 Timothy 1:7*
12. Let Your light guide my next steps. In Jesus' Name – *Psalms 119:105*
13. Fill me with the boldness to obey You. In Jesus' Name – *Acts 4:29*
14. Let this fast mark a new chapter of fire. In Jesus' Name – *Leviticus 6:12*
15. I am delivered from old identities. In Jesus' Name – *2 Corinthians 5:17*
16. Let my mouth declare the works of the Lord. In Jesus' Name – *Psalms 118:17*
17. Give me a voice that cannot be silenced. In Jesus' Name – *Jeremiah 1:9–10*
18. Raise me as a witness to nations. In Jesus' Name – *Acts 1:8*
19. Establish me in kingdom purpose. In Jesus' Name – *Romans 8:28*
20. Let the spirit of boldness and truth rest upon me. In Jesus' Name – *Ephesians 6:19–20*
21. Let me be a vessel of power and healing. In Jesus' Name – *Mark 16:17–18*
22. Align me with divine destiny. In Jesus' Name – *Proverbs 3:6*
23. Let my testimony shake regions. In Jesus' Name – *Revelation 12:11*
24. I receive grace for total obedience. In Jesus' Name – *Deuteronomy 5:33*
25. Establish me in a life of prayer and consecration. In Jesus' Name – *Luke 18:1*
26. Let Your voice be louder than every opposition. In Jesus' Name – *Isaiah 30:21*
27. Raise intercessors and mentors around me. In Jesus' Name – *2 Timothy 2:2*
28. Let my life be marked by signs and wonders. In Jesus' Name – *Acts 2:43*
29. Give me grace to endure trials. In Jesus' Name – *James 1:12*
30. Let my ministry emerge from intimacy. In Jesus' Name – *John 15:5*
31. Reveal specific instructions for my next phase. In Jesus' Name – *Acts 9:6*
32. Strengthen me to fulfill my assignment. In Jesus' Name – *Philippians 4:13*
33. Let my steps be ordered by the Lord. In Jesus' Name – *Psalms 37:23*
34. Let my life reflect Christ boldly. In Jesus' Name – *Galatians 2:20*
35. Grant me divine speed and favor. In Jesus' Name – *1 Kings 18:46*
36. Let the commission on my life speak loudly. In Jesus' Name – *Acts 26:16*
37. Reintroduce me to my generation with power. In Jesus' Name – *Luke 4:14*
38. Anoint me for long-lasting impact. In Jesus' Name – *1 John 2:27*
39. Let my name be written among kingdom reformers. In Jesus' Name – *Hebrews 11:39–40*
40. I am sent, anointed, and empowered for divine purpose. In Jesus' Name – *Isaiah 61:1*

PRAYER OF THANKSGIVING AND DECLARATION OF VICTORY

Heavenly Father,

Thank You for this divine encounter through this absolute fast. Just as You met Saul and changed his life forever, I thank You for confronting, cleansing, healing, and commissioning me. I praise You for opening my eyes and giving me a fresh vision. I celebrate every bondage broken, every direction received, and every destiny realigned.

Today, I declare:

I have encountered Jesus! I walk in light, not darkness. My past is behind me, and my future is secure in Christ. I arise as a chosen vessel, ready to proclaim the Gospel with boldness. I receive fresh oil, divine speed, and supernatural strength. I shall not turn back. I possess my inheritance, walk in authority, and fulfill my divine assignment.

Thank You, Lord, for this transformational fast. My victory is sealed. My new season has begun. In Jesus' Mighty Name, Amen.