

Fasting 2024

“The more we pursue God in all of His glory, the more we reflect God in every facet of our lives.”

“Fasting is feasting on fellowship with God.”— David Platt

Fasting is not a religion act but rather it is a spiritual discipline that even Jesus practiced. *Prayer and fasting are an act of worship.*

Gary Rohrmayer puts fasting in this context, “Fasting is more about replacing than it is about abstaining—replacing normal activities with focused times of prayer and feeding on the Word of God.”

As we approach 2024, we are asking our church family to join us for a season of **corporate prayer and fasting January 2 through January 22**. We will have concentrated times of prayer during this time as well.

Fasting is an essential principle that God intended for every believer to practice. It is not a punishment; it is a privilege! Jesus said, “when you fast” not “if you fast” (Matt. 6:16). The goal of fasting is to POSITION your heart and mind to HEAR from God. I have heard it said that **FASTING** disconnects us from the world and **PRAYER** connects us to God (Matt. 17:21).

Fasting is simple obedience. It is intentional intimacy with God. Fasting will give us a *renewed passion* for purity, a *thirst* for truth, and a *hunger* for holiness. It will also create in us *conviction* for what is Godly, *clarity* for direction in things that will have the greatest impact, and *Christlike character* for everyday living. Fasting will also birth a *revival of righteousness and a return to reverence* in His church.

One of the most powerful explanations on fasting was given by Pastor Devin Wallace: “Fasting is not about moving the hand of God, it is about God moving us. It is about alignment. Fasting is about aligning our heart with His will.

It is about purging our hearts of confusion, conflicting ideas, worldly thoughts and ideas, and our heart becoming one with the Lord. It is taking consecrated time to seek the Lord and making sure that our heart is not being led by our flesh but by the Spirit.

Fasting and prayer is also an alignment of spiritual hearing and spiritual vision. Fasting is about getting on the frequency of heaven. Fasting is making an intentional effort to disengage from the distractions of the flesh. Fasting takes away the comfort of the flesh and reminds our flesh it is not in control. It is

voluntarily denying the flesh to take away the steering wheel that so many of us are controlled by.”

A spiritual fast is ALWAYS accompanied by increased *prayer, meditation, reading/study of the Word of God and worship.*

Examples of Fasting and Prayer

•**Ezra** the priest fasted for God's protection while carrying valuable things for God's temple. We too can fast for God's protection. (Ezra 8:21-23)

•**Daniel** the prophet fasted for the fulfilment of God's promises and received mighty revelations from God. (Daniel 10:3)

•**Jesus, Himself fasted while on this earth, as did his followers and fasting is still a powerful key to Kingdom living.**

Jesus fasted and spoke the Word of God to overcome Satan. (See Matthew 4:1-10; Luke 4:1-13)

Jesus fasted to begin his public ministry and have the power of God and the anointing. (Luke 4:14)

•**Elijah** needed to fast 40 days before he heard God's voice again. (1 Kings 19:8)

•**Moses** fasted to receive the Ten Commandments and the Law of God, and to see God's glory and goodness.

•**The elders**, prophets and teachers in Antioch fasted and ministered to God, which resulted in the launching of Paul and Barnabas' apostolic ministry to the Gentiles (Acts 13:2,3). Likewise, we should fast and pray before getting involved in full time ministry and mission work.

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

God made it clear through the prophet Joel that the last days outpouring of the Spirit will be in proportion to our fasting and crying out to God in humility, hunger and repentance. (Joel 1:5; Joel 2:12)

To help you with your fast we are including some tips for food, reading and rest. Please keep your eyes on the purpose and the prize of the fast. Our ultimate goal is to become more Christ-centered in our everyday life and to begin the new year with prayer, Bible reading and spiritual consecration that will set the

focus for the coming year. We believe God is setting us forth into a new season and we must move forward with intention.

Suggested Daily Prayer Times:

Early morning (between 5:00-9:00 a.m.) Take at least 30 min.

During your lunch hour (11:00-2:00 p.m.) Take at least 30 min.

During the evening – Take at least 30 min.

What to Read:

***Bible** (yearly plans at welcome center or go online for reading guides www.oneyearbible.com or The Bible Recap @ the [biblerecap.com](http://thebiblerecap.com))

***The Power of Prayer and Fasting** by Ronnie Floyd

***The Pursuit of God** by A.W. Tozer

***The Fasting Edge** by Jentezen Franklin (available for download)

* <http://www.jentezenfranklin.org/fasting/> (**website for encouragement in your fast**)

***Fasting & Prayer** by Sharon & Billy Joe Daugherty (available for download)

*Anything on Prayer by Andrew Murray

(Many good books on prayer, worship, healing and hope)

Types of Fast:

Full Fast - Drink only liquids (you establish the number of days).

The Daniel Fast - Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast - A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown.

Social Media/TV/Secular Radio/Computer Games (It is hard to realize how time consuming these particular activities are until we try to lay them aside. Give prayerful consideration to taking some time away for prayer and fasting to hear what God is speaking for your life in 2017)

There are several types of fasting. The one you choose is between you and God.
He will honor your best sacrifice. –Jentezen Franklin

The Modified Daniel Fast

Daniel 1:5-17

Foods to INCLUDE in your Daniel Fast:

All Fruits: Fresh, frozen, dried, juiced or canned.

All Vegetables: Fresh, frozen, dried, juiced or canned.

All whole grains: including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: including but not limited to sunflower seeds, cashews, peanuts, sesame and peanut butter.

All legumes: canned or dried. Pinto, French, black-eyed, kidney, black, cannellini and white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut and sesame.

Beverages: Water, 100% vegetable and fruit juices.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

(Things to **avoid** are sodas, caffeine, processed sugars, dairy products and meats)

Remember to drink lots of water, get plenty of rest, keep a prayer journal, Pray in the Spirit often and meditate on the Word of God. Also limit television, computer and internet to give yourself to prayer.

**** Fast as you can, not as you can't. Not everyone is capable of omitting all foods, even for a few hours. In fact fasting is not recommended for pregnant woman, nursing mothers, young children or the elderly. For a balanced approach, try restricting certain foods and eat more simply—possibly limiting your meals to two instead of three per day. We urge those of you who are diabetic, or who have special diets to use wisdom.**

Suggestions for the corporate fast:

We encourage you to fast something and make sure to spend time **daily** in prayer and reading the Word.

“Fasting coupled with mighty prayer, is powerful. It can fill our minds with the revelations of the Spirit. Fasting in the proper spirit and in the Lord’s way will energize us spiritually, strengthen our self-discipline, fill our homes with peace, lighten our hearts with joy, fortify us against temptation, prepare us for times of adversity and open the windows of heaven.”

—Joseph B. Wirthlin