

Prayer and Fasting

Join us January 2-23, 2022! In Matthew 6, Jesus tells us that there are 3 duties that every child of God should pursue: **Give, Pray, Fast**. Together we are going forward. Full speed ahead!

How to Begin: Start with a clear purpose and goal in mind. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually: Begin with confessing your sins to the Lord. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness of those you may have offended.

Deciding What to Fast: The type of fast you choose is up to you. I have included a list of a few types of fasts. Remember, the key is replacing the time with prayer and Bible study.

Types of Fasts:

- **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 sunrise to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

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

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!