



C H U R C H W I D E

21 PRAYER & FASTING DAYS OF

MON 9TH - SUN 29TH JANUARY 2023

For more Info and Prayer Call/Text 0110 007 504



zoom

Meeting ID: 818 1816 9183
Passcode: 212121

(Ezra 8:23NLT So we fasted and earnestly prayed that our God would take care of us, and He heard our prayer.)

Our prayer is that your passion for God will be ignited and that you will develop a hunger for His presence that is greater than ever before.

HOW TO FAST EFFECTIVELY

EVERYONE IS WELCOME TO PARTICIPATE

WHAT IS FASTING? (Read Isaiah 58)

Biblical fasting is a **spiritual discipline** which was encouraged by Jesus, Himself, while He was on earth. (Mathew 6:17-18) It refers to voluntary abstaining from food and drink for a specific period of time for spiritual purposes (humble yourself and seek God's face.)

Fasting means putting away things you find pleasure in for the sake of God. It means pushing away things that are pleasant for you in order to seek God's face - for instance, love of tea, coffee, cake, chips, chocolate etc.

This is an "I GET TO experience God thing". It is like going into heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. Figure out what works for you, commit to it, and make it part of your life forever. It should be a lifestyle for every Christian. Remember fasting without prayer is just a hunger strike!

WHAT DOES FASTING DO?

Fasting increases your control over your life. We are spirits enclosed in bodies, however most of the time, our bodies control our spirit. Fasting essentially puts the control back in our hands so that our bodies can become servants to the Lord. Fasting does not however change God and His standards of righteousness or His will, but it changes us.

- Fasting Changes things: Fasting changes the destiny of nations and individuals. (Jonah 3:5-10). It invites heaven to change the course of events.
- Fasting brings God's power into difficult situations: Divine guidance and wisdom come as we wait on God in prayer and fasting. (Deuteronomy 9:7-11)
- Fasting revives us: The power of self is reduced through surrender and God can then have greater freedom to work in us. (Philippians 2:13)
- Fasting purifies us spiritually: It is a spiritual discipline that keeps us engaged with God when we willingly give up our pleasures to focus on God.
- Fasting leads to brokenness: Fasting being an expression of humility and repentance, allows God to have His way in us.





Points to remember:

- Fasting calls for sacrifice (Mathew 16:24) – We sacrifice food and drink for quality time with our Father.
- Fasting goes against our nature: - To fast is to declare war against the flesh. (Galatians 5:7). Expect physical and spiritual resistance during fasting.
- Fasting empowers us- Fasting brings a sense of urgency and persistence into our praying and gives force to our pleas in the court of heaven.
- Fasting should be a lifestyle- God will revive us as we wait on Him regularly in prayer and fasting like Jesus did. (Joel 1&2)

Substituting Meals

- Each day many of us are likely to spend a lot of our time on meals - thinking about what we're going to eat, then shopping, then cooking, then serving it, eating and eventually cleaning up! It's possible to spend multiple hours of our day just on food!
- However, when you are on a fast, you are able to clear out that extra space so you can create time with God _and that is something that pleases God!
- Fasting can ideally save you so much time, you may not even know what to do with it! That is why our encouragement is that during the fast, all meal times should be spent in prayer.
- In essence, at meal times, don't stick around your office or class, vanish! Take a prayer walk, or sit somewhere outside and read your bible and pray. Every one of those days, spend extra time with the Lord. You could for example read 5 books of the bible in one week! In the evening, cook and take care of your family if they are not fasting - sit on the table and bless them - and lead your devotions! Pray for your family.

DIFFERENT TYPES OF FASTS?

A number of fasts exist; these include:

- **PARTIAL FAST** – Having a restricted diet like Daniel did for the duration you have purposed. (Daniel 10:2-3)
- **NORMAL FAST** — when you skip meals all through the day and have one meal at night OR a **Liquid Fast** when you skip all meals and only partake of water and juices
- **ABSOLUTE FAST** –This is a dry fast where you can go up to 3 days without water and food. (Esther 4:16)

We are encouraging our community to engage in a normal or liquid fast for the 21 days but as you feel led!

A liquid fast means no solid food, when you are essentially denying yourself the greatest pleasure of life - eating food! In the scriptures, we see the likes of Moses, Daniel, Ezekiel and Jesus engaging in these types of fasts at different points.

PREPARING FOR YOUR FAST

Here are some of the simple tips to help you prepare for your fast.

1. Set an objective for your fast.

Is there something you want to trust God for this season? Is it a spiritual renewal and growth? Is it for guidance? For healing? For the resolution of a certain of a certain problem in your life and family? For special grace to handle a difficult situation? Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

2. Commit to your fast

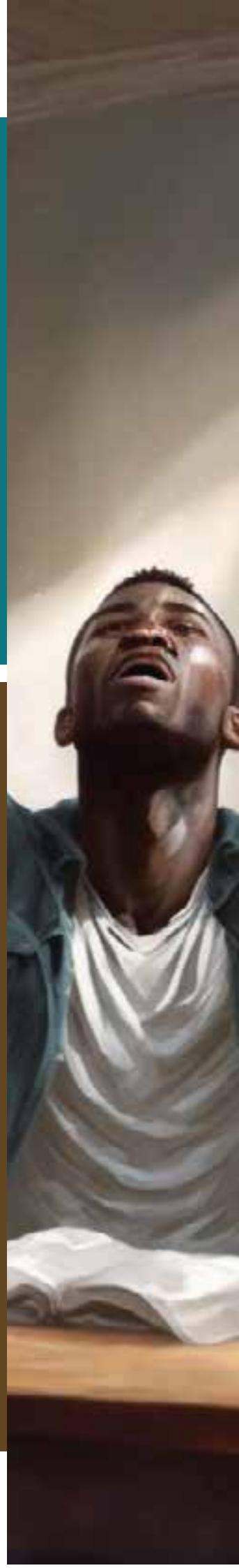
For Jesus, it was a matter of when, not if, his followers would fast. (Matthew 6:16-18; 9:14-15). Before you fast, decide on...

a. How long you will fast?

We are doing a 21-day community fast. If you are unable to commit to that long, I encourage you to at least go for 7 days or 14 days.

b. What type of fast?

We are encouraging a liquid fast for our community, but if you have a serious health condition, please consult with your doctor before you begin.





c. What physical or social activities you will restrict?

While you should be able to carry on with many of your normal activities, you could choose to restrict some in order to focus on prayer

d. How much time each day you will devote to prayer and God's Word?

The idea is to substitute your normal meal times with time in prayer. However, you could, for example, decide to do a one-hour prayer walk each lunch time to pray through the items on the prayer guide.

Making these commitments ahead of time, writing them down and even sharing with someone you trust will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

3. Prepare Spiritually

Pray about your upcoming time of fasting. Ask God to give you an expectant heart and show you any areas of your life that need to be aligned to His will.

Pray for spiritual protection over yourself and your family as you fast. The enemy will often intensify the natural battle between body and spirit (Galatians 5:16-17).

4. Prepare Physically

Don't binge eat before the fast begins! Cut down on caffeine, high fat and sugary foods several days before the fast. Raw fruits and veggies are a great way to condition your body for the fast!

Importance of Water

While fasting, drink a lot of room temperature water.

The average temperature in your body is 56 degrees - cold water could easily shock your system leading you to end up with gastric cramps. Even for juice — don't drink iced drinks, especially after the 3rd day of your fast. Hot drinks can also help. Try and drink at least 8 glasses (2l) of room temp water a day; this will help your system clean itself up. For juices, stick to non-acidic juices such as apple, papaya, sugarcane, watermelon, grapefruit, or coconut. Herbal tea without caffeine with a little honey also works.

Remember, whenever gastric juices cause you irritation and acidity - drink water and flush them out!

TIPS WHEN FASTING

1. Drink a lot of water. (at least 2L daily at room temperature)
2. Spend your freed – up meal times in prayer and reading Gods word
3. Go to work – you'll be even more productive! Exercise regularly. (Though modest)
4. Look nice, dress up, clean up. Don't go around announcing to everyone! If anyone asks, why aren't you eating? Then say; oh, am not eating today; That's it! Don't get into any arguments about it.
5. When breaking your fast, do it gradually, begin by drinking fluids or very light meals as your body adjusts. Never break a long fast with solid protein, could cause you harm!
6. Have an accountability partner or a prayer partner; After all the Bible says, two are better than one! (Ecclesiastes 4:9)
7. Expect Transformation- Long for and expect change as you fast. Seek to draw closer to God and learn His will.

JEREMIAH 29:13

And you will seek me and find me when you search for me with all your heart.

Have you committed to the 21days of prayer and fasting yet? If not, prayerfully consider!

