

### What is Fasting?

**FASTING** is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny my physical flesh to increase my spiritual effectiveness.

Fasting takes prayerful discipline! Fasting is between you and God.

### What is Prayer?

**PRAYER** is my intentional reach for God's direct and specific involvement in my life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily His word.

### Why Fast?

There are many reasons why people fast. But there is one aspect of the fasting experience that each of us has in common; to have a personal, life-changing experience with the living God. Never confuse your fasting goals with the most foundational reason to fast - to meet with God. All other reasons could cause you to miss the biggest blessing of your fasting encounter.

### Personal Fast Focus

Fasting to break addictions.

Matthew 17:20-21

Fasting to solve problems and seek protection

Ezra 8:21-23

Fasting to win people to Christ and to get God to pour Himself out on mankind.

1 Samuel 7:1-8

Fasting so that the needs of others will be met.

1 Kings 17:10-16

Fasting for wisdom and insight from God

Acts 9:9-19

Fasting for good health and for obedience toward God.

Daniel 1:12-20

Fasting for a stronger testimony and influence.

Matthew 3:4, Luke 1:15

Fasting for protection from the enemy.

Esther 4:16

### **Weekly Study of the Parables**

#### **and the Miracles of Jesus**

*(One Page Summary due each Saturday by Midnight)*

*Email summaries to Pastor C. at [pcp@ccfcares.org](mailto:pcp@ccfcares.org)*

**Week One:** Matthew 25:14-30/John 2:1-11

**Week Two:** Matthew 18:23-35/Mark 4:35-41

**Week Three:** Matthew 7:24-27/Mark 5:1-20

**Week Four:** Matthew 25:1-13/John 6:1-15

**Week Five:** Luke 15:3-7/Luke 5:17-26

**Week Six:** Matthew 13:1-23/Mark 9:14-29

**Week Seven:** Luke 10:25-37/John 5:1-15

### **Pastoral Challenge:**

#### **Join Pastor C. Porter!**

Every Wednesday at 9pm

For an in-depth study of

The New Testament Church

(Starting Wednesday, February 14<sup>th</sup>)

(712) 432-0075 Access code: 194053#

### **Prophetic Declaration:**

We decree and declare that

during this sacred time of

fasting that God will **restore,**

**revive,** and **renew** our faith.

We decree and declare by faith

manifested miracles in our

lives.

### **Forward Scripture:**

*"I press toward the goal for  
the prize of the upward call of  
God in Christ Jesus."*

*Philippians 3:14*

# **THE FORWARD FAST**

**"Blow the trumpet in Zion, sanctify a fast,  
call a solemn assembly; Gather the people,  
sanctify the congregation assemble the  
elders, gather the children..."**

*Joel 2:15-16*

**February 14<sup>th</sup> – April 1<sup>st</sup>**

**CHRIST  
COMMUNITY  
FELLOWSHIP**

**Pastor C. Porter**

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## Forward Fast

### FASTING INSTRUCTIONS

Abstain from food or drink for the first 8 hours of your day. (**Example: Awake at 6am, Eat at 2pm**) Every morning and evening study and read scriptures. Pray daily for direction. Spend limited time on social media networks, spend limited time watching television, talking on the phone and etc. No complaining. Abstain from all sinful habits, or habitual behaviors to reach maximum results, (**Examples: cursing, gossip, complaining, overeating, alcoholism, ungratefulness, sexual sins, etc. See Galatians 5;19-26 and Hebrews 12:1**) prayerfully after the fast, you won't look back.

### FASTING GUIDELINES

**Monday-Saturday—Meatless & Sweetless**  
**Begin each day with 8 hours of fasting** Eat one full course meal per day. Only healthy snacks and water and 100% juice after 8 hours are allowed. (Snacks are on as needed basis. Please do not use snacking as a meal replacement.) Drink water as needed. **Vegetables, Breads, Dairy and Fruits prepared to your liking are allowed.**

**Sunday—No food or drink until after Sunday Service**

You can eat fish, chicken, or turkey (**only fried, baked, broiled, grilled, boiled or steamed**) with your meal along with a dessert and beverage (**sweet tea, lemonade, soda, etc.**).

**Medical Disclaimer:** *If you have health issues please make modifications to the fast per your health condition.*

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## Forward Fast

### WEEKLY PRAYER FOCUS

#### **Week One: Focus**

May our Lord propel you toward His purposes for your life.

#### **Week Two: Faith**

May your resolve to live for God be strengthened.

#### **Week Three: Fruit**

May your life be more consistent.

#### **Week Four: Fervency**

May you (re) gain your edge and (re) ignite your passion for the things of God.

#### **Week Five: Fight**

May you press through those hard situations that seems overwhelming.

#### **Week Six: Finish**

May you break through the chains of fear, doubt, and discouragement.

#### **Week Seven: Flexibility**

May you gain peace and wisdom while in transition.

### CORPORATE PRAYER SCHEDULE

#### **Wednesday & Friday at 5am**

(Starting Wednesday, February 14<sup>th</sup>)

(712) 432-0075 Access code: 194053#

#### **Prayer & Impartation at 6am**

Saturday, February 17, 2018

Saturday, March 3, 2018

Saturday, March 17, 2018

**Christ Community Fellowship**  
**2411 E. Millbrook Road, Suite 101**  
**Raleigh, NC 27604**

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## Forward Fast

### ACCOUNTABILITY DURING YOUR FAST

**1. Establish a Place and Time to Meet With God.** This is a place more than a physical location where you go to sit and listen for the voice of God. It is a place of rest and peace of mind. It is a place where your mind can be renewed, your heart changed. Choose a place where there is no phone to ring and where friends or family will come and disturb you. Be equipped with your Bible, paper, and pen when you go to this place.

**2. Keep a Journal.** Always be prepared to take notes in a journal where you can keep a record of what the Lord has said to You. It would be a shame to hear His voice, then forget what He said. Your fast is a special time set aside for your Creator.

**3. Prepare Your Physical Body.** It is important to prepare your physical body for your fast. You should begin by decreasing the size of your food intake as you prepare to abstain from food. This will help your body adjust more readily. A fast also has a cleansing effect on your physical body. Your body will gradually rid itself of toxins as you go through the fast.

**4. Purify Your Motives.** Why do you pray, read your Bible, pay tithe, give offerings, or go to church? It's to be obedient to what God requires us to do and be blessed! Your fasting will and cannot make Him love you any more than He already does. You cannot trick or force Him into blessing You against His will. Some blessings only come through fasting and praying! The purpose of fasting is to perfect your attitude and heart thus purifying your motives.

**5. To Eat or Not to Eat.** As You continue to fast you won't experience hunger pains as often as You thought you would. Without a preoccupation with food, you will be surprised at your ability to be sustained for a number of days without eating a lot of food!

**6. Fight Doubt.** During your fast, one of your biggest enemies will be your mind and memory. Fasting will make no sense to your mind. The flesh cannot be trained or negotiated with. It must die, it must be crucified! Remember, faith goes all the way!

Notes: