



A Call to Fast & Pray

Hello amazing saints of God!

We are asking you to join us, **beginning Thursday January 10th**, in a 21-day corporate fast to seek and honor God in January for the New Year. "I beseech you therefore; brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service" (Romans 12:1). By starting each year with a corporate fast, we have found that God meets with us in very unique and special ways.

Corporately fasting in January is much the same precept as praying in the morning to establish the will of God for the entire day. We believe that, if we will pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more! Below are some helpful tips and information regarding the fast.

Also, check out TheRockCV.com or our Facebook page for recipes and more helpful information.

~Pastors Eddie and Dawna

WHAT IS FASTING

It is abstaining from food, drink, or other items for a period of time in order to spend concentrated time praying and seeking the Lord.

According to the Bible, there are three duties of every Christian: give, pray and fast. Fasting takes a lot of discipline and strength – strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

FASTING OPTIONS

DANIEL FAST – Vegetables & fruit (No meat, dairy, processed foods, sugar)

WEEKLY FAST – One day a week, water or juice only.

CULTURAL FAST – No television, movies or any other type of media

FULL FAST – No food or juices, water only

PARTIAL FAST - A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

TYPES OF FASTING

3 DAY FAST: Esther 4:13-16, 5:1 – 9:3, Matthew 15:22-29, Acts 9:9,17

7 DAY FAST: II Samuel 12:16-23, I Samuel 31:13

14 DAY FAST: Acts 27:33,34

21 DAY FAST: Daniel 10:3-13

40 DAY FAST: Deuteronomy 9:9, 18, 25-29, 10:10, Exodus 24:13-18, 32:15-17, I Kings 19:7-18, Matthew 4:1-11

CORPORATE FAST: 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

REASONS FOR FASTING

WHEN UNDER DISCIPLINE: II Samuel 12:16 – 23

WHEN UNDER JUDGEMENT: 1 Kings 21:27

WHEN IN NEED: Ezra 8:21

WHEN IN DANGER: Esther 4

WHEN WORRIED: Daniel 6:18

WHEN IN TROUBLE: Acts 27:9, 33

WHEN IN SPIRITUAL CONFLICT: Matthew 4:1-11

WHEN DESPERATE IN PRAYER: Acts 9

WHEN THE NEED TO IS FELT: 1 Corinthians 7:5

HOW TO BEGIN YOUR FAST

Excerpt from "7 Basic Steps to Successful Fasting and Prayer" by Bill Bright

1. Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your time of prayer and fasting. This will enable you to pray more specifically and strategically.

2. Make Your Commitment

Pray about the kind of fast you should undertake.

- How long will you fast—one meal, one day, five days, one week?
- The type of fast God wants you to undertake (water only, water and juices, "Daniel fast"—just vegetables, or fasting from some other fleshly desire such as, television, sports, chocolate, etc..)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

3. Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers.

Psalms 66:18, "If I regard iniquity in my heart, the Lord will not hear." (NKJ)

Here are several things you can do to prepare your heart:

- Confess any sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9)
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Matt. 11:25; Luke 11:4; 17:3-4)
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1-2)
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16-17)

4. Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Try tapering off of caffeine (coffee, sodas) prior to fasting to help alleviate caffeine withdrawal.
- Eat raw fruit and vegetables for two days before starting a fast.

WHILE YOU FAST

- Limit your activity
- Exercise only moderately
- Rest as much as possible
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness

5. Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. Make scheduled times in the morning and evening that you will spend time with the Lord without any distractions. Try to make several "quiet times" in your daily schedule (these need not be long, maybe 2-3 minutes) to simply praise God and give Him thanks (Colossians 3:15).

6. End Your Fast Gradually ★

Begin eating gradually. Do not eat solid foods immediately after your fast. Sudden reintroducing solid food to your stomach and digestive tract will likely have a negative effect. Try several smaller meals or snacks each day.

FOOD GUIDELINES FOR A DANIEL FAST

Foods You May Eat:

- **Whole Grains:** Brown Rice, Oats, Barley
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

- **Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soy.
- **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- **Others:** Seeds, Nuts, Sprouts

REMEMBER TO READ THE LABELS!!

Foods to Avoid:

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods Containing Preservatives or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour and All Products Using It
- Margarine, Shortening, High Fat Products

Check the website for recipes and more helpful information, TheRockCV.com