

Prayer and Fasting Guide

For Purpose Driven Fast or a Fast driven Purpose

F.A.S.T. (Friendly, Always Sharing Testimony)

We are focusing on Christ so that we can demonstrate Christ's Love to others!

To redeem the time, let's go Fast!

Exhilarated, Accelerated and Empowered to be a Witness!

What is Fasting?

Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time. A fast may be total or partial concerning that from which one fasts, and may be prolonged or intermittent as to the period of fasting. Christian Fasting draws us closer to God and makes us more sensitive to His Spirit. Fasting is strongly supported by prayer and reading God's word.

What should I do?

- Spend time away from the TV.
- Spend time in the Word (reflect on the scriptures provided on the Calendar).
- Read the daily devotions online.
- Reflect on what God has done for you since you believed.
- Journal the improvements, maturity and victories you have experienced.
- Reflect on how you have overcome adversity, loss, sickness or emotional crisis you have come through.
- Share your story (with a smile). Share your praise.
- Invite everybody to join you for Service, Wednesday's Bible study and prayer, Good Friday Play and Sunday's Morning Worship Service.

What is the purpose of corporate Fasting?

Fasting helps to put things in proper focus and causes us to be humble before the Lord (Ps 35:13 NIV).

As a result, you will have a sharper mind, softened heart, and a receptive spirit to the voice of God. Essentially, fasting demonstrates that we are seeking God with all our heart.

According to Isaiah 58:6-11 ... the kind of fast chosen by God will cause a man to humble himself; the kind of fast that will result in chains of injustice being broken, to set the oppressed free, and to break every yoke.

Corporate fasting and prayer is an effort that should involve **the entire church body**. The main purpose of corporate fasting and prayer is to fulfill the spiritual goals of the church as well as take each individual saint to a higher level with God.

When we commit ourselves to fasting, we are telling our bodies “you are not in control, and I surrender myself totally to the will of God.” Radical obedience and absolute trust in Him will result in every spiritual blessing that God has promised to come to pass.

The key to completing a fast is to remain faithful and committed to your promise to God (Deuteronomy 23:21-23). Remember, Jesus wants us to surrender and submit our stomachs, bodies, mouth and hearts to Him in exchange for spiritual victory, power, and authority. As we attempt to fast, our bodies will rebel and our flesh will fight, but we do not have to give in.

Improper reasons for Fasting

The primary reason for fasting is to exalt and glorify God. Below are all wrong reasons for fasting:

- To fulfill selfish desires;
- To attempt to manipulate God;
- To elevate your status.

We should refrain from...

- Fasting while pursuing fleshly desires /pleasures (i.e., smoking, sex, alcohol, non-religious television and radio, and other worldly activities);
- Fasting without consent of your spouse (for married folk, remember that your body is not your own and you must have the blessings and consent of your husband or wife);
- Fasting while intentionally continuing to sin.

God will never respond favorably to fasting and prayer based on false pretenses or impure motives.

Fasting will bless you when you...

- Repent of your sins and from your old ways;
- Focus on Him and honor Him. We must hunger and thirst for His presence;
- Humble yourself and submit totally to God and His Word;
- Deny all natural desires and lusts;
- Fast with a spiritual purpose and not for personal gain. Never fast to lose weight or attract attention to yourself (or punish your spouse).

What to avoid when Fasting

Matt 6:18 – Fast ...so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen and your Father, who sees what is done in secret, will reward you (NIV).

During this time of fasting, prayer, and self-denial, it is important to surround yourself with other Christians who are following Christ and who are “yielding themselves to God.” Be very careful with whom you associate with, especially during this time of consecration. Those who are not yielded to Christ will drain your energy and if you are not careful, you will begin to conform into their image instead of the image of Christ.

Preparing yourself spiritually with prayer

Prayer is humbling yourself in profession, declaration, supplication, confession, praise, thanksgiving, hope; it involves the offering of adoration, communion with God, a reverent petition made to God, conversation with God (both oral and mental), and is offered with reverence and Godly fear. Before embarking on this Fast, it is imperative that you pray. You may pray your own personal prayer, or use the one provided at the end of these guidelines. In our guidelines, you will also find a closing prayer to glorify the Lord once you have completed the Fast that will end with communion on Good Friday.

Time Commitment

Since this is a partial (and sacrificial) fast, that means we will not eat between 6:00 a.m. to 6:00 p.m., we will drink plenty of water and eat lightly after 6:00 p.m.; preferably soup, fruit and salads and avoiding meats and sweets. The time commitment for this begins March 8th at 6:00 am and ends at 6:00 pm Friday, April 2nd as is indicated on the calendar. Please refer to the calendar for daily the scripture readings provided as they will guide you into daily meditations.

Let us pray for...

- Wisdom & the Will of God, Strength & Endurance;
- Forgiveness, Healing, Lost Souls, Obedience;
- Humility, Courage, Faith, Evangelism, Unity;
- Spirit of Love, Pulling/Tearing Down Strongholds
- Spiritual Growth.

Guidelines for Fasting

- Begin and end each day with prayer
- When you would normally eat, replace that eating time with prayer, the scripture readings provided and witnessing.
- After fasting, do not start eating meat right away. Be sure to increase your water intake.
- Avoid chemicals during your fast if possible (i.e., NO caffeine, NO nicotine, NO alcohol, etc).
- It is best to break the fast by eating fruit, broth, or a light salad, gradually adding other foods day by day depending upon the length of the fast.
- If you are taking prescribed medication, please consult your doctor before starting the fast.

Important: If you must eat regularly due to medical reasons, please consult with your doctor first. You may also speak with one of the Elders for an alternative to abstaining from eating.

Sample Start-up and Ending Prayers

Father, I consecrate this fast to You and set my mind to gain understanding in all that concerns my heart. (Write your concerns out and keep them before your eyes. Do not lose sight of the reason for your fast.)

I humble myself before You, Most High God. In accordance with Daniel 10:1-3, I will eat only what is required of me during the Fast.

I obey the words of Jesus by putting on festive clothing, so that no one will suspect that I am fasting. Father, you know every secret, and I look to You for my reward. I am assured that You hear me when I pray according to Your will, and I know that I shall have the petitions that I desire of You.

Father, I delight myself in You, and You cause my desires to be agreeable with Your will.

I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and to break every chain of bondage. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will not turn away from my own flesh and blood. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your glory, Lord, will be my rear guard.

Father, thank You for Your Spiritual cleansing of my mind, body, and soul. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to You, and my plans will succeed.

Forever, O Lord, Your Word stands firm in heaven. Your faithfulness extends to every generation, like the earth You created; it endures by Your decree, for everything serves Your plans.

In Jesus Name, Amen.

End of Fast Prayer

Father, in the name of Jesus, You are my Light and my Salvation; whom shall I fear? You are the Strength of my life; of whom shall I be afraid?

Father, you have given me the desires of my heart. You have heard and answered my prayers. To you be the Glory! Great things You have done!

I rest in You, awaiting the manifestation of all that I required and inquired of You.

I thank You for giving me Your strength to face each day. Today, I break this fast as You have directed. I thank You for this food because it is consecrated by Your Word and my prayer.

In Jesus Name, Amen.



KEYS FOR EVANGELISM

Wise People Win Souls

We all should go out and win souls for God
Jesus gave the command at least 5 times in the New Testament.

**Mark 16:15 - And he said unto them, Go ye into all the world,
and PREACH the gospel (Good News) to every creature.**

BUILDING THE KINGDOM OF GOD

**We are on a F.A.S.T. to gain power through prayer! Acts 1:8 - But ye shall receive power,
after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in
Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.**

The Bible says that he who wins souls is wise.

Pr 11:30 - The fruit of the righteous is a tree of life; and he that winneth SOULS is wise.

Instruction in Soul-Winning

And He saith unto them, Follow Me, and I will make you fishers of men."—Matt. 4:19

- Jesus showed himself *friendly* first
- Jesus spent time with a person to build rapport (fishes and loaves on the lakeside)
- Jesus always showed that He cared; let the person know you care
Jesus knew the opportunity to point to the Father; we also must seize the opportunity to share Christ; the opportunity will naturally come up (there will be no need for force)
- They asked Jesus, "What must I do to be save." Once they know you are a friend and they can trust you, then you can talk about the Lord.
- Jesus was wise and discerning. Let the Holy Spirit lead you in your timing.

Rom. 3:23 - For all have sinned, and come short of the glory of God

- All have sinned and therefore need a redeemer
- All will be judged

We all need Salvation; "None is good, no, not one."

Rom 3:10 - As it is written, There is none righteous, no, NOT ONE:

Charles Spurgeon wrote:

"Have you no wish for others to be saved? Then you are not saved yourself, be sure of that."

Pointers

- You don't need to be a psychologist, therapist or theologian to witness
- All you need to witness is a heart that has been given to the Lord Jesus Christ
- You will also see the need for others to come into relationship with Jesus
- Have a willingness to share your faith—why you believe Jesus is the answer to our needs
- Remember: "Those that call upon the Name of the Lord Shall Be Saved"
- Witnessing starts with prayer and ends with prayer (You be prayed up)
- This is your opportunity to meet new people, reunite with old friend, and have fun.
- Remember there is your part, and there is God's part.
- Let God use you. Reach out to people! You may have to go out of your way.
- Be yourself and **release** what is in you. You might get a strong witness that God wants you to say something to a person...go ahead and say it in faith and love.



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BOLM – March 2010 – MINISTRY-WIDE FAST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 FAST 6 a.m. to 6 p.m. Morning: Luke 22:43-46 Evening: John 3:14-17 Focus: Wisdom & The Will of God	9 Morning: Luke 22:37 Evening: Ezra 9:5-7 Focus: Strength & Endurance	10 Morning: Isa. 53:2-3 Evening: John 8:7-11 Focus: Forgiveness	11 Morning: Isa. 50:4-6 Evening: Acts: 2-36-39 Focus: Healing	12 Morning: Isa. 50:7-8 Evening: Ps. 19:13-14 Focus: Lost Souls	13 Morning: Isa. 53:5-7 Evening: Mark 14: 21-25 Focus: Obedience
14 Morning: 2 Cor. 8:9 Evening: Mark 15:25-28 Focus: Unity & Spiritual Growth	15 FAST 6 a.m. to 6 p.m. Morning: Phil. 2:7-11 Evening: Luke 23:32-34 Focus: Spirit of Love & Evangelism	16 FAST 6 a.m. to 6 p.m. Morning: Heb. 2:10-13 Evening: Luke 23:39-42 Focus: Humility	17 Morning: Heb. 2:14-18 Evening: Matt. 26:26-30 Focus: Faith	18 Morning: Heb. 5:8-10 Evening: Heb. 9:14-15 Focus: Courage	19 Morning: Heb. 13:12-16 Evening: Romans 5:9-11 Focus: Faith	20 Morning: 1 Peter 1:10-12 Evening: Rev. 15:3-4 Focus: Evangelism
21 Morning: Mark 15:1-47 Evening: Luke 23:1-56 Focus: Courage	22 FAST 6 a.m. to 6 p.m. Morning: 1 Peter 2:20-21 Evening: Rev. 7:9-11 Focus: Healing	23 FAST 6 a.m. to 6 p.m. Morning: 1 Peter 3:18-22 Evening: 1 Peter 1:19-21 Focus: Pulling down strongholds	24 FAST 6 a.m. to 6 p.m. Morning: Gal. 2:20-21 Evening: John 1:29-30 Focus: Wisdom & The Will of God	25 Morning: Ps. 143:10-12 Evening: Acts 1:8 Focus: Forgiveness	26 Morning: John 15:13-17 Evening: Acts 4:33-34 Focus: Lost Souls	27 Morning: Eph. 5:2 Evening: Acts 6:8-11 Focus: Spirit of Love
28 <u>PALM SUNDAY</u> Morning: Eph. 5:2 Evening: Acts 6:8-11 Focus: Pulling down strongholds	29 FAST 6 a.m. to 6 p.m. Morning: Titus 2:11-14 Evening: Isa. 40:31 Focus: Humility	30 FAST 6 a.m. to 6 p.m. Morning: 1 John 3:16-17 Evening: Dan. 11:32b-33a Focus: Strength & Endurance	31 FAST 6 a.m. to 6 p.m. Morning: Rom. 5:6-11 Evening: Eph. 3:16-19 Focus: Unity	1 FAST 6 a.m. to 6 p.m. Morning: Rom. 14:9-13 Evening: Col. 1:9-4 Focus: Spiritual Growth	2 <u>GOOD FRIDAY</u> FAST 6 a.m. to 6 p.m. Morning: 1 Cor. 15:3-8 Evening: 1 Cor. 1:26-28 Focus: Obedience ***EASTER PLAY*** "The Interview"	3 Morning: Rev. 5:9-12 Evening: Heb. 11:32-35