



2021 Fasting Guide

Perhaps God is calling you to do something different... Perhaps you're wondering where God wants to take you in the coming year... Maybe there's an answer you've been waiting on for sometime...

No matter your reason, it will require you to have FAITH. God can speak to your situation when you're still, take time to hear what the Lord wants to say through prayer and fasting. In a year where God is increasing our faith, what better way to start than with a 21 day journey through prayer and fasting.

What is prayer?

Prayer is communicating with God. I Thessalonians 5:17 tells us to pray without ceasing. One key factor to a successful fast is staying in close communication with God. Fasting without prayer is simply skipping a meal.

What is a fast?

A fast is a voluntary and purposeful act of abstaining from a pleasurable activity. It is an effective spiritual discipline that turns our attention away from the flesh and toward God. In Scripture, fasting is almost always linked to abstaining from food. However, there are other ways to fast as well. Anything that can be given up temporarily in order to grow closer to God can be considered a fast. Your fast may include abstaining from food, television, sweets, meat, social media or other activities. Fasting should be limited to a set time, especially when fasting from food. Some may choose to fast from sun up to sundown, while others may choose to fast from a particular meal of the day.

Why pray and fast?

Matthew 17:21 (NLT) – *But this kind of demon won't leave except by prayer and fasting.* There are some things that will only be changed through the sacrifice of fasting, coupled with prayer.

Joel 1:14 (NLT)- *Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there.*

The Bible tells us to fast and call a group together to cry out to the Lord.

The benefits of fasting

Prepares the Penitent Heart-Joel 2:12-13

Adds Power for Spiritual Service-Matthew 17:21

Aids in Pursuing God- Daniel 9:3

Aids in Focusing on God-Joel 2:12

Rewarded When Done Discreetly-Matthew 6:16-18

Puts Us in a Posture of Humility-Psalm 35:13

Weapon in Spiritual Warfare- Esther 4:16

Sets the Captives Free- Isaiah 58:6

Ushers in Healing- Isaiah 58:8

Aids in Receiving Direction- Acts 13:2

Get Specific Prayers Answered- Ezra 8:23

Aids in Receiving Revelation- Daniel 9:3, 21-22

Tips on fasting

1. You should consult your physician prior to beginning a fast.
2. When the designated time of fasting has been completed, transition out of the fast with care. You should end the fast gradually.
3. When the desire for the thing you are fasting from rises up, recognize that is the flesh opposing the spirit. Press against it during your time of fasting, with prayer, praise and meditating on the word of God.

Types of Fasts

Complete Fast: This fast calls for drinking only liquids, typically water with light juices as an option.

Selective Fast: This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast: This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast: This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

Our Corporate Fast: Our corporate fast will consist of a combination of a partial fast and a selective fast. **For 21 days we will not eat any red meat (beef, pork, veal, etc.) or sweets.** We will also fast between 9:00am and 4:00pm daily. We understand that because of various medical conditions not everyone will be able to follow the corporate fast, but we encourage you to fast by sacrificing and honoring God through one of the of fast listed above.

We recommend at least 1 quiet day a week for you and your family during our fast. A quiet day is a day where we step back from our devices (tv, phones, social media, tablets, etc.) and give our attention to the word of God and prayer.

Join us on Wednesday Nights on ZOOM During these 21 days as we come together for prayer and words of encouragement.

Ignite Kids:

Please consider incorporating your children into this fast. It may be difficult to have them abstain from food. However teach them the spiritual significance of fasting and the importance of sacrificing something to accomplish something great. During these 21 days we encourage you to ask them what they would like to give up (suggestions would be one of their favorite video games, reduce tablet time or tv time, etc. Don't just have them focus on what they are giving up but also what they are gaining spiritually.

