



## 2022 Fasting Guide

### **From Pastor Brandon:**

Grace and peace to you from God our father and The Lord Jesus Christ. I am excited that God has blessed us to see the first few days of a brand new year. This year certainly presents an opportunity to us like no other. We are the body of Christ which signifies we are under his headship and authority. The Lord prophetically declared to us this year that He is going to settle the matter! Psalms 138:8 declares *“The LORD will perfect that which concerneth me”*. This year God is going to allow you to finish things that have been left unfinished and he is going to settle things that are unsettled!

Our custom has been to enter into 21 days of Prayer & Fasting at the beginning of the year to bring our minds and hearts into alignment with the plan and will of God. This year we will do the same, but with a slightly different approach. In times past we have done a variation of a Daniel fast. As I sought The Lord for how to proceed this year, this kept ringing in my spirit *“Name Your Sacrifice”*. In biblical days different kinds of sacrifices at different times were required to be offered to God from his people. There were other times where God allowed them to give what is known as free-will offerings. A free-will offering was when God allowed his people to choose what sacrifice they would offer. A freewill offering was a special kind of honor to God because it is a true indicator of the condition of the giver’s heart—one gives out of love, respect and gratitude because of what the Lord has done for them and the expectation of what God is going to do.

This year you are to name your *sacrifice*. Name what you are offering to God for these 21 days. I realize the temptation will be there for some to choose something that may not be that difficult. I want to remind you of David’s words from 2 Samuel 24:24 **“I will not present burnt offerings to the Lord my God that have cost me nothing.”** In as much as this is a free-will offering, this is also an indicator of your heart and your expectations for the coming year. I would encourage you that if you have little expectations make a little sacrifice but if you are like me and have big expectations make a big sacrifice. What you put into this experience will also be what you get out of it. As we partner together as a corporate body I am believing for God to meet us individually and collectively during these 21 days. Below is the link to our 21 day reading plan. Let’s press in together!

Yours in Christ,

Pastor Brandon

<https://my.bible.com/reading-plans/29393>



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, God can speak to your situation when you're still and take time to hear what the Lord wants to say 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.