

CORPORATE FASTING & PRAYER

JANUARY 15 - FEBRUARY 4, 2024

TRUE FASTING

ISAIAH 58: 1-14

Fasting is setting ourselves apart to center our lives on God. It is not just not eating or eating differently and expecting supernatural results, but fasting helps us focus more on God and His Word. We will become aware of the supernatural power of God that is already working around us.

HELPFUL TIPS

- **Solid Commitment:** To set a daily time to be with God is absolutely crucial to growing in intimacy with the Father. You must keep seeking God's face, even in times when you feel weak or vulnerable.
- **Stay Alert:** As you enter this time of increased spiritual devotion, recognize that the enemy will try to discourage you. Immediately ask God to strengthen your determination to face difficulties and temptations.
- **Be encouraged:** A closeness to God and increased spiritual sensitivity are generally the results of fasting. Don't be discouraged if you don't have an extraordinary experience, as some people do. Your motivation should be to glorify God and not have an emotional experience or achieve personal satisfaction. When your motivations are correct, God will reward your hungry heart and bless your time with Him in a special way.

Throughout the Bible, believers took a fast for three reasons:

1. **To become more aware of the presence of God.**
2. **To confirm the will and anointing of God.**
3. **To hear a Word from the Lord in a time of need.**

FRIDAY NIGHT PRAYER

Fridays, January 19 and 27, and February 2 we will be praying at church at 7:30 pm.

WALK IN NEWNESS OF LIFE

Romans 6:4 Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

Chapter 6 of Romans examines the Christian life and its practice and concludes that the Christian is freed from the power and punishment of sin at the moment of receiving Jesus into his heart.

We turn to Romans 6:4 to understand that our union with Christ means participation in a new and different life.

In the previous verse, he wrote that Christians have been baptized into Christ Jesus and into his death. This seems to mean that, through the Holy Spirit, a person who comes to faith in Christ experiences a spiritual baptism that leads us to Christ himself; we identify so closely with Jesus that God accepts his death as payment for our sin.

Paul has also said that on that spiritual level we were baptized into Christ's death on the cross. He now writes that we were also buried with Him in death. Paul wants to communicate that there was a true spiritual transaction when we were saved. On a spiritual level, we experience death and burial with Christ. Then God gloriously raised us from that spiritual death, just as God raised Christ from physical death. The Father did all this so that we could enter and experience spiritual life for the first time.

This is a huge idea, but it is at the heart of what it means to be truly Christian. True spiritual transformation takes place within us, and we no longer remain the same as we were before, but rather we come to life, and God wants us to participate in this new life in a meaningful way.

DAILY BIBLE READING FOR FASTING

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| <input type="checkbox"/> January 15 - 2 Corinthians 5:17 | <input type="checkbox"/> January 22 - Colossians 3:9-11 | <input type="checkbox"/> January 29 - 2 Timothy 2:21 |
| <input type="checkbox"/> January 16 - Galatians 6:15 | <input type="checkbox"/> January 23 - Ephesians 4:22-24 | <input type="checkbox"/> January 30 - Lamentations 3:40 |
| <input type="checkbox"/> January 17 - Ephesians 2:10 | <input type="checkbox"/> January 24 - 2 Corinthians 4:16 | <input type="checkbox"/> January 31 - Philippians 2:14-16 |
| <input type="checkbox"/> January 18 - Colossians 2:12 | <input type="checkbox"/> January 25 - 2 Peter 1:4 | <input type="checkbox"/> February 1 - Colossians 3:12-14 |
| <input type="checkbox"/> January 19 - Colossians 3:1 | <input type="checkbox"/> January 26 - Titus 3:5-7 | <input type="checkbox"/> February 2 - Romans 12:2 |
| <input type="checkbox"/> January 20 - Romans 7:6 | <input type="checkbox"/> January 27 - John 3:5 | <input type="checkbox"/> February 3 - Colossians 1:21-22 |
| <input type="checkbox"/> January 21 - Psalms 51:10 | <input type="checkbox"/> January 28 - 2 Corinthians 3:18 | <input type="checkbox"/> February 4 - Romans 6:4 |

TYPES OF FASTING

Total Fast: Water only

Daniel Fast: Water, fruits, vegetables only

Jewish Fast: no food sun-up to sundown

Skip a Meal Fast: (or two) a day

A personal fast of your choosing

There are many ways you can participate in the fast this year. You can choose to fast in one of the ways above for the entire 21 days, or you may combine some ways of fasting. Everybody can do something. Prayerfully decide how you will participate in the fast. Ask the Lord how He would like you to participate, and write your commitment down. Stick with your commitment—your stomach will try and talk you out of it.

Below is an example of how you can do it:

CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	15 BEGINS 12 AM	16	17	18	19	20
	ONE MEAL A DAY	ONE MEAL A DAY	ONE MEAL A DAY	ONE MEAL A DAY	ONLY WATER	ONLY FRUITS AND VEGETABLES
					PRAYER 7:30PM • CHURCH	FAMILY DEVOTIONAL
21	22	23	24	25	26	27
ONLY FRUITS AND VEGETABLES	ONLY FRUITS AND VEGETABLES	ONLY FRUITS AND VEGETABLES	ONLY FRUITS AND VEGETABLES	ONLY FRUITS AND VEGETABLES	ONLY WATER	NO MEAT, FISH, DESSERTS OR SWEETS
					PRAYER 7:30PM • CHURCH	FAMILY DEVOTIONAL
28	29	30	31	1	2	3
NO MEAT, FISH, DESSERTS OR SWEETS	NO MEAT, FISH, DESSERTS OR SWEETS	NO MEAT, FISH, DESSERTS OR SWEETS	NO MEAT, FISH, DESSERTS OR SWEETS	NO MEAT, FISH, DESSERTS OR SWEETS	ONLY WATER	NO MEAT, FISH, DESSERTS OR SWEETS
					PRAYER 7:30PM • CHURCH	FAMILY DEVOTIONAL
4						
NO MEAT, FISH, DESSERTS OR SWEETS						
ENDS 12 PM						

IMPORTANT

- Throughout the entire fast you will not drink soda, **only water**.
- On Fridays 19 and 26, and February 2 we will be praying together at the **church** at 7:30 pm.
- On Saturdays, January 20 and 27, and February 3, you can do a **Family Devotional** by sharing the Bible reading for the day and praying with your family.

BEFORE FASTING

Answer the following questions so you can refer to them at the end of the fast and see how God manifested Himself to you during this time of fasting.

What are the motives that lead me to fast?

What am I waiting for from God during this time of consecration through prayer and fasting?

What am I expecting to change in me during this time of consecration?

Am I determined above all else to worship to the Lord in this fast?
