

January Prayer and Fasting



As the new year gets underway, I would like to invite our faith family to fast and pray about this new year.

In addition, we would like to invite you to participate in a fast of your choice leading up to Revival Week.

What is fasting?

For Christians, fasting is the act of giving up something (food, drink, entertainment, etc.) for a certain period of time in order to increase our attention on God and what He has to say. There are more than 70 references to fasting in the Bible, and among those who fasted in the Bible are Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul — and even Jesus.

Fasting= Abstaining from something good for a spiritual purpose and for a predetermined amount of time.

Types of fasting: There are several types of fasting. The one you choose is between you and God.

Full Fast: Drink only liquids (you establish the number of days).

Daniel Fast: Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Meal Fast: Choose 1 meal to fast from. Spend the extra time w/ the Lord.

3-Day Fast: This fast can be a Full Fast, Daniel Fast, or give up at least one item of food on each day.

VERSES ABOUT FASTING

Some Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

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

DANIEL FAST

A Daniel Fast is considered a partial fast allowing you to consume certain types of food and drink. The fast is based on one that Daniel followed:

Daniel 1:12 — "Please test your servants for 10 days. Let us be given vegetables to eat and water to drink."

Daniel 10:12 Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words."

As we prepare the fields for rain, our only hope is a fresh outpouring of the Spirit of God. He has done it before, and He can do it again. Let's beseech the Lord together.

-Brett Frazier



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