



PRAY & FAST

RESET, REFOCUS, REIGNITE

21 DAYS OF PRAYER & FASTING

JANUARY 10-31, 2022

Dear CCC Family,

Beginning January 10, 2022, I'm inviting our church family to set aside 21 days of Prayer and Fasting as we begin the new year. Fasting accompanied by prayer is a spiritual discipline that we see practiced throughout Scripture, and I'm convinced that when God's people fast with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. As we embark on the next 21 days together, here's some information on how to prepare yourself for this season of fasting.

What is the Goal of Fasting?

The goal of fasting is to draw nearer to God and to experience more of His presence in our lives. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

What to do during my fast?

Prayer is key during your time of fasting. When you are fasting, seek Him, give Him a listening ear and the quality time He deserves. He will constantly separate you from dependence on the world. Consequently, your time alone with Him may become more frequent than you originally planned, and needless to say, your prayer life will greatly improve. How appropriate that Jesus and Moses spent extensive time in the desert alone with God. It is ironic that the Hebrew name for desert is *madbar*, meaning "to speak." You will hear His voice throughout the day in a powerful way. You will hear Him when you are driving, talking on the phone, or counseling a friend. Expect to hear Him loud and clear.

Prayer Changes Everything!



Pastor Isaac Roberts

HELPFUL TIPS AS YOU BEGIN YOUR FAST

1. **Set your objective.** Determine ahead of time why your fasting, what areas in your life that you're hoping to see breakthrough and where you need increased clarity.

2. **Decide what type of fast you will do.** Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. Here are a few options to help you get started:
 - A. Complete Fast - In this type of fast, you drink only liquids, typically water with light juices as an option.

 - B. 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, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

 - C. 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.

 - D. Soul Fast – This is a great option for anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

3. **Expect results.** God will begin showing up in amazing ways in your life, miracles will begin to happen in and around you, and you'll develop a renewed clarity in hearing the voice of God.