

21 Days of Fasting & Prayer

Schedule & Directives

January 6-27, 2019



21 Days of Fasting and Prayer (Jan. 6-27, 2019)

Each year we begin by fasting for 21 days. If we will pray, seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our entire year! If you sense that God has more for your life, then why not begin 2019 by believing for more of Him.

There's more to life...more to faith...more to you! God gives you the formula for success which boils down to two words: God first! "God first" is His priority that should rule every decision of our lives. In Matthew 6:33, Jesus tells us to seek God first and to hear His plan, receive His direction and His blessings. If you want success in your life, in your marriage, in your work, in your witness—putting God first is key.

God hears the cry of the oppressed and the unsaved. When God is our first priority, He can use us to help others. The words of Isaiah 58:6-14 give us insight into how significantly God views the power of fasting in fulfilling His kingdom purpose.

- Please pray over this material on fasting and prayer and consider how you can participate
- Whatever you're planning, please do something to recharge and empower your spiritual life
- Let's believe for new victories, new purpose and great joy!

"When you fast...and your Father, who sees what is done in secret, will reward you." Matt. 6:16-18

Special meetings focused on spiritual renewal...

- **January 6**...Sunday 9 & 11am ... Communion service, Sermon: Building Spiritual Muscle
- **January 9, 16**
Wednesdays: Prayer & Fasting for the New Year at 10am & 7pm
January 9: IN reach & OUT reach; January 16: Growth/ Ministries/Serving (kids/youth/adult)
- **January 12**... Saturday Call to United Prayer for power and boldness... 10am-12pm
- **January 13, 20**... Sunday 9 & 11am... **Vision 2019: Stronger in Him**
- **January 22**
Tuesday: Live Streaming with Times Square Church (7pm)...worldwide prayer meeting
- **January 25-27**...*Spiritual Renewal Weekend* with Rev. Chuck Price (*Reapers in the Rain*)
(Friday/Saturday at 7pm and Sunday 9am/11am & 6 pm... 4 powerful services)

Fasting Directives

A Spiritual Commitment

- Fasting involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself” (Daniel 1:8).
- It also involves a time commitment. Be specific. If you determine to fast for a certain time, keep it. Don’t stop before your commitment.
- Your fast is a statement of faith to God that you want Him to work in your life and to answer your prayers.

Many of us think of fasting as a spiritual duty to God, depriving ourselves of food and drink for a period of time in order to prove our love for Him. Fasting is less about what we’re giving up and much more about what we’re making room for. When we fast, we exchange what we need to survive for what we need to live—more of God.

Fasting Basics

Simply stated, biblical fasting is refraining from food for spiritual purpose.

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year. We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Fasting Types

The one you choose is between you and God. He will honor your best sacrifice.

Full Fast

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

Partial Fast

Examples of a partial fast: giving up one meal a day, fasting for a period of the day, giving up certain foods (ex. sweets, coffee, meats, chocolates, etc...)

21- Day Fast: *The Daniel Fast*

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables, grain. Please consult the document "*The Daniel Focus and Foods*".

Many here at Trinity are following this type of fasting.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

10- Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

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

Fasting: other than food (Isa. 58:6-8)

Traditionally, fasting refers to abstaining from food or drink during a period of spiritual growth to become closer to God. Just because you cannot give up food does not mean you can't participate in the fasting experience. It is not necessarily what item you give up, but more about what that item means to you and how it reminds you to stay focused on the Lord. For example, it might be a bigger sacrifice to you to give up some media connection, rather than food.

When choosing something to fast, it's important that it is meaningful to you. Many people "cheat" by choosing something that wouldn't ordinarily be missed. It can be anything that is important to you, such as watching television, a hobby you enjoy, social media, internet, your cell phone, shopping for non-essentials. It should be something that is a part of your regular life and that you enjoy.

Quick Tips

How to Begin. Start with a clear goal. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually. Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Rom. 12:1-2).

Deciding What to Fast. The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long. You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect. When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End. Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Spiritual Focus:

- <https://www.jentezenfranklin.org/fastingbasics> (Jentezen Franklin)
- <https://jamesriver.org/blog/the-call-to-fast-part-1> (John Lindell)

Practical Fasting and Food Preparation

- <http://www.daniel-fast.com>; <https://ultimatedanielfast.com>
- <https://draxe.com/daniel-fast>
- <http://dish.allrecipes.com/recipes-kick-start-daniel-fast>