



FASTING DETAILS

What is Fasting?

Fasting is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny my physical flesh, to increase my spiritual effectiveness. Fasting takes prayerful discipline! *Mark 9:29*

What is Prayer?

Prayer is my intentional reach for God's direct and specific involvement in my life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily His word. James 5: 16

What should I include in my prayers? Prayer Requests

SELF: Pray for your personal growth, your improvement, and other specifics pertaining to what you need.

SITUATIONS: Pray for specific situations you need help with.

SUCCESS: Pray for the ability to do well spiritually and physically.

SURROUNDINGS: Pray for The Legacy Project and other church project and for others in need, etc.

How do I Fast? Fast Options

- **DENIAL:** No food from 6AM to 6PM
- **DANIEL:** Fruit, vegetables, juice and water only.
- **DESERT:** WATER is your only beverage option for the entire period of time. You may eat what you like!
- **DROUGHT:** No television with the exception of the news and religious programming.
- **DELIVERANCE:** Refrain from sinful habits or habitual behaviors. (*Examples: cursing, gossip, overeating, alcoholism, ungratefulness, sexual sins, etc. See Galatians 5:19-26 and Hebrews 12:1*)
Prayerfully after the fast, you won't look back!

Possible Fasting Ideas for the Children

❖ **Munchies** Fast

- ❖ Eating only fruit for sweets, (no cookies, candy)
- ❖ Munching on veggies only (no chips, etc.)
- ❖ No carbonated beverages or milk(only water)

❖ **Media** Fast

- ❖ Playing only board games (no video games)
- ❖ Watching only educational or Christian Programs on television or movies
- ❖ Using cell phones only in a case of emergency
- ❖ Use discretion on Educational and Bible Apps that could be optional or put off until the fast.

❖ **Money** Fast

- ❖ Spending only if it is a necessity (school supplies or warm clothing items)
- ❖ No purchases of convenience items, unnecessary snacks, entertainment items, etc.
- ❖ All other monies received are saved.

❖ **Mental** Fast

- ❖ Going to bed earlier than usual
- ❖ Sitting with moments of quiet during the day