

Fasting

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the things God desires to bring into our lives.

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

Scripture Reading

MATTHEW 6:16-18 MATTHEW 9:14-15

LUKE 18:9-14 ACTS 27:33-37

NEHEMIAH 9:1-3

Types of Fast

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.

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

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.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your 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.

DAILY PRAYER POINTS

PRAY THAT THE CHURCH WILL BE ESTABLISHED IN EVERY NATION AND AMONG ALL PEOPLES OF THE WORLD.

DAY 1 - PRAY THAT THE CHURCH WILL BE ESTABLISHED IN EVERY NATION AND AMONG ALL PEOPLES OF THE WORLD.

DAY 2 - PRAY FOR GOD'S SPIRIT TO BE POURED OUT ON SCHOOL AND COLLEGE CAMPUSES THROUGHOUT THE U.S.

DAY 3 - PRAY FOR MIRACLES AND HEALINGS THAT DEMONSTRATE GOD'S POWER TO OUR UNBELIEVING WORLD.

DAY 4 - PRAY FOR MISSIONARIES SERVING IN THE U.S. AS MILITARY, INSTITUTIONAL, OR VOCATIONAL CHAPLAINS AND THOSE MINISTERING IN CROSS CULTURAL ENVIRONMENTS.

DAY 5 - PRAY FOR THE GOSPEL TO BE MADE KNOWN TO THOSE WHO HAVE NEVER HEARD.

DAY 6 - PRAY FOR FREEDOM FOR THOSE BATTLING ADDICTION AND FOR FAMILIES TO BE RESTORED.

DAY 7 - SEND ME! PRAY THAT GOD WILL PREPARE OUR HEARTS TO ACTIVELY PARTICIPATE IN MISSIONS BY COMMITTING TO PRAYER, GIVING, OR GOING.

DAY 8 - SERVE/LOVE OTHERS LIKE JESUS PHILIPPIANS 2:3-4

PRAY THAT GOD WOULD HELP TO BE OTHERS FOCUSED AND SACRIFICE SELFISH DESIRES SO THAT OTHERS MAY COME TO KNOW GOD.

DAY. 9 - GENEROSITY PROVERBS 11:25

PRAY TO HAVE A HEART OF GENEROSITY. A HEART THAT WILL GIVE OF TIME, MONEY, TALENTS, AND RESOURCES WITH A CHEERFUL HEART. WHEN I DO THIS I KNOW THAT GOD WILL BLESS ME AND REFRESH ME. GOD GIVE US A LOVE FOR YOUR CHURCH SO WE CAN'T HELP BUT WANT TO BLESS THEM.

DAY 10 - OUR CHURCH HEBREWS 10:24-25

WE PRAY FOR STRENGTH FOR OUR PASTORS, LEADERS, AND FOR THE CHURCH BODY. LET OUR CHURCH BE AN EXAMPLE OF YOUR LOVE AND SHOW ME MY PLACE TO SERVE YOUR CHURCH.

DAY 11- OUR CITIES PROVERBS 11:11

WE PRAY FOR OUR CITY. YOU HAVE PLANTED US IN THIS COMMUNITY ON PURPOSE. USE US TO BE PART OF SOLUTIONS AND NOT PROBLEMS. TO SERVE WITH SELFLESS HEARTS AND GENEROUS HANDS.

DAY 12 - OUR WORLD & UNITY IN THE WORLD

MARK 16:15

GIVE US A HEART FOR THE LOST PEOPLE AROUND THE WORLD. SHOW US WHAT PART YOU WOULD HAVE US TO PLAY. WE PRAY FOR THE MISSIONARIES AROUND THE WORLD FOR PROVISION AND WISDOM FOR THEIR MISSION

WE PRAY THAT UNITY WOULD SWEEP ACROSS OUR NATION, OUR CITY, AND OUR CHURCHES LIKE NEVER BEFORE. HELP US DO OUR PART TO ACT IN COMPASSION, KINDNESS, HUMILITY, GENTLENESS, PATIENCE, AND LOVE. GIVE US EYES TO SEE EVERYDAY OPPORTUNITIES RIGHT IN FRONT OF US.

DAY 13 - FORGIVENESS

PROVERBS 17:9

THANK YOU, GOD, FOR FORGIVING US OF OUR SINS. YOUR WORD COMMANDS THAT WE MUST FORGIVE OTHERS AS YOU HAVE FORGIVEN US. RIGHT NOW I CHOOSE TO FORGIVE OTHERS WHO HAVE WRONGED ME. YOUR WORD SAYS TO BLESS MY ENEMIES, SO I PRAY FOR THEM NOW. HELP ME TO LOVE THEM LIKE YOU.

DAY 14 - FAMILY RELATIONSHIPS

JAMES 3:18

WE PRAY FOR SUPERNATURAL HEALTH IN EVERY ONE OF OUR FAMILY RELATIONSHIPS. THERE IS HARD WORK INVOLVED IN GETTING ALONG WITH EACH OTHER, AND WE ARE WILLING TO PUT IN THE WORK. REVEAL AREAS WHERE WE NEED TO PUT SELF ASIDE AND WALK IN LOVE, GRACE, AND FORGIVENESS.

DAY 15 - GRACE

EPHESIANS 2:8, MATTHEW 10:8

FOR IT IS BY GRACE YOU HAVE BEEN SAVED, THROUGH FAITH - AND THIS IS NOT FROM YOURSELVES, IT IS THE GIFT OF GOD. HEAL THE SICK, RAISE THE DEAD, CLEANSE THOSE WHO HAVE LEPROSY, DRIVE OUT DEMONS. FREELY YOU HAVE RECEIVED; FREELY GIVE.

DAY 16 - FREEDOM FROM TEMPTATION

1 CORINTHIANS 10:13

GOD, THERE ARE MANY THINGS ON EARTH THAT WILL TRY TO KEEP US FROM LIVING THE WAY YOU WANT US TO LIVE. WE PRAY YOU WOULD GIVE US STRENGTH TO OVERCOME TEMPTATION AND SIN. WE KNOW NOTHING ON THIS EARTH HAS MORE POWER THAN THE NAME OF JESUS. HELP US TO OBEY AND FOLLOW YOUR WORD.

DAY 17 - BOLDNESS

2 CORINTHIANS 3:12

INCREASE THE BOLDNESS OF ALL FOLLOWERS OF CHRIST. YOU HAVE GIVEN US A GIFT OF A NEW LIFE, AND THERE ARE MANY PEOPLE AROUND US WHO ARE IN NEED OF ALL THAT YOU HAVE FOR THEM. GIVE US BOLDNESS TO SHARE THE GOOD NEWS OF JESUS WITH THOSE IN OUR INFLUENCE.

DAY 18 - POWER OVER THE ENEMY

EPHESIANS 6:12

WE RECOGNIZE THAT THERE IS A REAL ENEMY AT WORK IN THIS WORLD. GIVE US WISDOM TO DISCERN THE WORK OF THE ENEMY AROUND ME AND TO OPPOSE HIS SCHEMES AND PLANS. HELP US LIVE IN FAITH AND NOT FEAR. WE CLAIM VICTORY IN OUR LIVES. YOU HAVE EQUIPPED US WITH THE ARMOR OF GOD AND THE POWER OF YOUR WORD. LET US STUDY YOUR WORD, WALK IN TRUTH, AND ALLOW YOUR PEACE TO GUARD, AND HOLD FAITH AS OUR SHIELDS.

DAY 19 - WISDOM

PROVERBS 2:6

YOUR WORD SAYS IF WE LACK WISDOM, WE CAN ASK FOR IT AND YOU WILL FREELY GIVE IT TO US. WE ASK FOR YOUR WISDOM. WE DON'T WANT TO LEAN ON OUR OWN UNDERSTANDING; WE NEED YOURS. WE ASK YOU HELP GUIDE OUR DECISIONS, PLANS, ATTITUDES, AND ACTIONS. WE INVITE THE HOLY SPIRIT TO HELP US USE GOOD JUDGMENT IN ALL WE DO.

DAY 20 - DISCIPLINE

HEBREWS 12:11

WE THANK YOU FOR YOUR WORD. HELP US TO FOLLOW WHAT YOUR WORD SAYS AND HAVE DISCIPLINE IN OUR DAILY LIVES. SHOW US THE THINGS WE NEED TO AVOID AND WHAT WE NEED TO PUT INTO PRACTICE. HELP US HAVE SELF-DISCIPLINE TO FOLLOW THROUGH ON WHAT YOUR HOLY SPIRIT IS PROMPTING US TO DO. HELP US HAVE DISCIPLINE IN OUR CHARACTER AS YOUR HOLY SPIRIT WORKS IN OUR LIVES.

DAY 21 - WORSHIP

PSALM 105:1-4

THANK YOU FOR YOUR FAITHFULNESS TO US. WHEN WE LOOK AT THE WAVES, THE MOUNTAINS, THE HILLS, WE SEE YOUR CREATIVITY. WHEN WE LOOK AT OUR LIVES, WE SEE YOUR LOVE. EVEN ON THE HARDEST DAYS, YOU ARE NEAR. WE WILL ALWAYS REMEMBER ALL THAT YOU'VE DONE AND PRAISE YOU FOR WHO YOU ARE. WE DAILY WILL WORSHIP YOU AND TELL OTHERS OF WHAT YOU HAVE DONE AND WHO YOU ARE.

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