

PRAISE·CENTRE

FASTING PREPARATION GUIDE

21 FEB - 25 FEB 2022

WHY FAST?

Fasting is a spiritual tool God uses to advance his kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. As a church, we are committing to five days of prayer and fasting to humble ourselves before God, consecrate ourselves to Him for the year, and corporately agree for breakthroughs.

1. Jesus fasted

¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after fasting forty days and forty nights, he was hungry.

Matthew 4: 1-2

And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.

Luke 4: 14

Before He began His ministry, Jesus fasted for 40 days. He knew He was going to need spiritual strength to fulfil His purpose. Fasting makes us physically weak but spiritually strong and prepares us to do God's work.

2. Fasting is an act of humility and consecration

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.

Ezra 8: 21

As we humble ourselves, through prayer and fasting, we receive God's grace and have access to His heart.

3. Fasting helps us become sensitive to the Holy Spirit

While they were worshipping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

Acts 13: 2

When we deny ourselves of our natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are able to focus on God and submit to His will.

4. Fasting brings revival

If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

2 Chronicles 7: 14

Fasting helps us prevail in prayer and intercession. Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting.

5. Fasting is healthy

Fasting cleanses our digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

BEFORE THE FAST

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you."

Joshua 3:5

1. PRAY

Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation in the devotional booklet, which will be provided the Friday before the fast begins.

2. COMMIT

Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on the last page of this manual. Ask God for grace to help you follow through with your decisions.

3. ACT

Start eating smaller portions a few days before the fast. Avoid foods that are high in sugar and fat. Plan to limit physical and social activities for the week of the fast. We encourage you to also ask someone to be your prayer partner throughout the fast.

NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

DURING THE FAST

But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

Matthew 4: 4

1. FOCUS

Set aside time to work through the devotional booklet. Be ready to respond to God's Word and the leading of the Holy Spirit.

2. PRAY

Join at least one prayer meeting during the fasting period. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

3. REPLENISH

During mealtimes, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

BREAKING THE FAST

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

1 John 5:14-15

1. EAT

Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salads, then add more vegetables. Eat small portions throughout the day.

2. PRAY

Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

CONCLUSION

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us ...

Ephesians 3:20

Prayer and fasting gives us the opportunity to realign our lives according to God's will. As we humble ourselves corporately to Him in prayer, we can expect Him to move mightily in our midst. *God's will is for all of us to experience breakthrough and victory in our lives.* Be in faith for God to move miraculously in your life beyond what you can ask or imagine. Be ready to accomplish greater things for and with God this year.

CHURCH GATHERING SCHEDULE

Monday, 21 February 7.30PM at church and Zoom	A night of corporate worship and prayer, as we seek the Lord together to begin our fast.
MID-WEEK	Gather with Life Group for first fellowship of the year, or even a prayer walk together.
Friday, 25 February 7.30 PM at church and Zoom	Prayer night at church. We will open the fast together. BYO food

NOTE: The Prayer Zoom link available for those who are not able to make it physically: <http://prayerroom.praisecentre.church>

MY PLAN

DAY 1

Fasting Options:

Water only

Liquid only

One meal only

Other _____

Attend Prayer Meeting at 7.30 PM

DAY 4

Fasting Options:

Water only

Liquid only

One meal only

Other _____

Fellowship with Life Group/Prayer Walk

DAY 2

Fasting Options:

Water only

Liquid only

One meal only

Other _____

Fellowship with Life Group/ Prayer Walk

DAY 5

Fasting Options:

Water only

Liquid only

One meal only

Other _____

Attend Prayer Meeting at 7.30 PM

DAY 3

Fasting Options:

Water only

Liquid only

One meal only

Other _____

Fellowship with Life Group/ Prayer Walk