



Why Fast?

“For the kingdom of God is not eating and drinking, but righteousness, peace and joy in the Holy Spirit.” Romans 14:17

I believe that when God’s people fast with a proper Biblical motive—seeking God with a repentant heart. God will hear from heaven and heal our lives, our Families, our churches, our communities, our nation and world.

Fasting has been a major emphasis in the lives of many of the great spiritual leaders throughout history. John Wesley, the founder of the Methodist denomination, fasted every Wednesday and Friday and required all of his clergy to do the same. Effective ministers of God

from the apostle Paul to Martin Luther to John Calvin made it a continual part of their walks with God.

Fasting

Matthew 6:16

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

First examine your heart, and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers.

2 Chronicles 7:14

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

Repentance must come first.

Acts 3:19

19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

1. Forsake the sin (Prov. 28:13)

13 Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy.

Repentance that is Sincere is demonstrated when the same
temptation to sin, under the same conditions, is resolutely resisted.

2. Regret your actions of sinning in your relationship with God
and others (Psalm 51).

3. Confess the truth and make amends with those we have harmed
(Prov. 28:13; 1 John 1:9; James 5:16, Matt. 5:23-4).

4. Accept your forgiveness and move forward with the LORD
through faith (Phil. 3:13-14; 1 John 1:9). Be comforted by the
Presence of the LORD in your life.

1 John 1:9

9 if we confess our sins, he is faithful and just to forgive us our
sins, and to cleanse us from all unrighteousness.

Finally, it needs to be said that authentic repentance is a lifestyle,
not a "one time deal." there is certainly spiritual progress as we walk
in grace, all genuine progress comes through ongoing repentance.

Timing of a Fast

This is 12 Days of Prayer and Fasting, a season of focused prayer as
a church family. The timing of your fast is as important as the
strength of your focus on God as you fast.

Fasting is about the condition of the heart, not the number of days.
Commitment is the key to see you fast through.

Fasting is the most powerful spiritual discipline of all the Christian
disciplines. Through fasting and prayer, the Holy Spirit can
transform your life.

Fasting

The goal of fasting is to draw nearer to God. Biblical fasting from food is a powerful purpose. You hunger for God's word. Spiritual bread. As you acknowledge your dependence on God and on His word. Fasting always has to do with eliminating distractions for a spiritual purpose and renews us from the inside out. Opening us to celebrate the goodness and mercy of God and prepares our hearts to receive good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge and you should have expectations 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.

Types of Fasts

(make a commitment to a time period)

Fasting was an expected discipline in both the Old and New Testament. For example, Moses fasted at two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.

Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.

Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

Fasting can transform your prayer life into a richer and more personal experience.

Fasting can result in a dynamic personal revival in your own life.

Fasting and prayer are the only disciplines that fulfill the requirements of

2 Chronicles 7:14: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

What Type of Fast Is Right for You?

Complete Fast

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

Selective Fast

This fast involves removing certain foods from your diet. An example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your meal (diet) and consume

water and juice for fluids and fruits and vegetables for food. Daniel 10:3 certain foods.

Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. Again to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Nehemiah 9:1-3

New International Version (NIV)

1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshipping the Lord their God.

Matthew 6:16-18

New International Version (NIV)

16 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 9:14-15

New International Version (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

Luke 18:9-14

New International Version (NIV)

9 To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: 10 "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.'

13 "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

14 "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

Acts 27:33-27

New International Version (NIV)

33 Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food—you haven't eaten anything. 34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head." 35 After he said this, he took some bread and gave thanks to God in front of them all. Then he

broke it and began to eat. 36 They were all encouraged and ate some food themselves. 37 Altogether there were 276 of us on board.



The power of the blood of Jesus has provided everything you need to live a life of victory, including Redemption, fellowship, healing, protection and authority over the devil.

As Christians, we know about the blood, sing hymns about the blood, and remember it during Communion.

Hebrews 9:7

7 But only the high priest entered the inner room, and that only once a year, and never without blood, which he offered for himself and for the sins the people had committed in ignorance.

From Genesis to Revelation, the words the blood are kept before our eyes—a reminder of its importance and significance to God and to us. The sacrifices of Abel, Noah and Isaac, and the Passover lamb, and the giving of the Law all came to pass, but “not without blood”

God is love. And the greatest expression of His love toward us is the blood of Jesus. That love covers every need man has had or ever will have, and every time we apply the blood, we experience an outpouring of this love. It is love, through the blood, that has created a barrier between you and all the works of the devil.

“We have redemption through His blood.” –Ephesians 1:7 (NKJV)

His plan of Redemption was the same as it was for Abel, Moses and Noah—it would be through the shedding of blood. Such great Redemption for all mankind, for eternity, could not be accomplished through the blood of just a goat or ram. Redemption of this magnitude required a much greater sacrifice—the blood of His Son—Jesus.

The greatest thing the blood of Jesus accomplished was this—it washed all your sin away and made you clean and pure—white as snow. From the minute you receive Jesus as Lord of your life, God

will not remember any past sin in your life. That's how powerful the blood is!

Galatians 3:13-14 New King James Version (NKJV)

13 Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree"), 14 that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.

The curse is death, sin, sickness, disease, poverty, lack, depression —anything bad you can think of. Adam's treason gave Satan authority over the life of man, but because of the power of the blood of Jesus, the moment you made Jesus Christ the Lord of your life, you were redeemed from the curse.

"Having boldness to enter the Holiest by the blood of Jesus." – Hebrews 10:19 (NKJV)

Because of the power of the blood of Jesus, you can come boldly into the presence of God. The blood of Jesus builds a mighty wall between sin and believers who have been made the righteousness of God through Jesus

2 Corinthians 5:21 New International Version (NIV)

21 God made him who had no sin to be sin[a] for us, so that in him we might become the righteousness of God.

"By His stripes we are healed." –Isaiah 53:5 (NKJV)

But according to Isaiah 53:4-5, Jesus' sacrifice covered every area of man's existence. He bore spiritual torment for our sins, mental distress for our worry, care, sorrow and fear, as well as physical pain for our sickness and disease. The stripes He bore and the blood He shed were for our healing. By His stripes we are healed.

“When I see the blood, I will pass over you.” –Exodus 12:13 (KJV)

Passover

In Exodus, after nine devastating plagues, Pharaoh still refused to let God's people go. So, God sent a final plague—one of judgment—to “smite all the firstborn in the land of Egypt” (Exodus 12:12). As sons of Adam, Satan knew the children of Israel had broken covenant with God and were also due judgment. God could protect them, but “not without blood.” They had a covenant relationship with God through Abraham, but they needed to stand in that covenant. They needed to choose the covenant over the curse. So, God instructed them to take the blood of a lamb and paint it on their doorposts. They did, and the angel of death passed them by. Was it really the blood of a lamb that stopped them from being killed? No! It was the blood of the Lamb (Jesus) who was slain from the foundation of the world (Revelation 13:8, KJV).

When we apply the blood of Jesus to the doorposts of our lives in faith—we access the power to defeat every part of the curse that tries to take residence. When you speak the Name of Jesus in the face of sickness, disease or danger, the blood of the Lamb is behind it, and you are protected!

Every day you have the right to exercise that authority by pleading what the blood of Jesus has done for you. Refuse to give the enemy

even one small inch of territory. Satan is a defeated foe, and through the precious blood of Jesus, we are victorious!!!

When you receive revelation that the blood of Jesus has provided redemption, fellowship, healing, protection and authority over the devil, you will begin to operate in the fullness of its power! The power of the blood of Jesus is enough to overcome everything coming against you. This is how you live a life of victory in Christ, and it's the life Jesus died to give you.

Amen!



Prayer

Matthew 6:5

5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees

what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him.

9 “This, then, is how you should pray:

““Our Father in heaven,
hallowed be your name,

10

your kingdom come,

your will be done,

on earth as it is in heaven.

11

Give us today our daily bread.

12

And forgive us our debts,

as we also have forgiven our debtors.

13

And lead us not into temptation,[a]

but deliver us from the evil one.[b]’

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

We are focused in our prayers for deliverance from coronavirus.

He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers ...

—2 Corinthians 1:10-11 (NIV)

Pray for medical professionals, caregivers, and researchers responsible for fighting the new coronavirus.

God, as more people get sick, healthcare workers and first responders are working longer hours with fewer supplies and with more risk of contracting the new coronavirus themselves. Renew their energy and sustain them on long shifts. Bring Your protection upon them as they work with patients. Multiply their supplies so they have the protective items needed to stay safe on the job. Inspire and invigorate the research doctors developing better tests to diagnose the virus, create vaccines to prevent it, and identify protocols to eliminate the disease's spread.

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

—Psalm 23:4

Pray for people who are infected with COVID-19 or facing quarantine.

Jesus, during Your ministry on Earth You showed Your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to people who need Your loving touch because of COVID-19. May they feel Your power of healing through the care of doctors and nurses. Mercy givesers your hands. You showed the same compassion Jesus.

Take away the fear, anxiety, and feelings of isolation from people receiving treatment or under quarantine. Give them a sense of purpose in pursuing health and protecting others from exposure to the disease. Protect their families and friends and bring peace to all who love them.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
—Philippians 4:6 (NIV)

Pray for people at higher risk of developing the disease.

Dear Lord, we lift to You our concern for people who are more likely than others to become severely ill from COVID-19 — the elderly and people with chronic health conditions. Protect them from harm and be their comfort in this time of uncertainty and, for many, preventive isolation from loved ones.

Cast all your anxiety on him because he cares for you.
—1 Peter 5:7

Pray for leaders responsible for making decisions about the new coronavirus.

Father, we seek Your wisdom daily. Be with people making decisions that affect the lives and futures of our families, communities, countries, and the wider world. We pray that they communicate clearly, truthfully, and calmly — with each other and with the public — and that their messages are received and heeded. May truth and empathy be the touchstones of people setting policies for our protection.

Exodus 18:21

Moreover, look for able men from all the people, men who fear God, who are trustworthy and hate a bribe, and place such men over the people as chiefs of thousands, of hundreds, of fifties, and of tens.

Proverbs 3:5-10

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones. Honor the Lord with your wealth and with the first fruits of all your produce

Proverbs 31: 8-9

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.”

Pray for families adjusting to new ways of life.

Holy Spirit, as families adjust to everyone being home as businesses and schools close, we ask that You guide people in their new realities. Give spouses grace for each other. Prompt worn-out parents to speak words of kindness and encouragement to their children. Help children find creative ways to experience the beauty of all You have created and continue learning.

Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

—Psalm 57:1

Pray for business owners and families facing financial stress.

Jesus, we thank You for Your faithfulness in how you have guided and equipped people in their jobs and have provided in the past. It

can be scary and overwhelming not knowing how bills and obligations will be met or to not be able to provide for families. As people feel financial strain during the uncertainty, bring them comfort and peace, reminding them that You are there for them. Provide for them in their times of need.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

—John 14:27

Pray for grocery store workers and delivery drivers.

Lord, we are so grateful for all the people who continue to work each day so that people are able to eat. We ask that You bless and protect them as they serve. Give them grace to handle disgruntled customers during supplies shortages. Keep their bodies healthy as they unload and stock boxes of supplies. Keep their cars and trucks running smoothly as they deliver needed supplies and food people have ordered online. And please protect them all from contracting the new coronavirus.

Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

—Lamentations 3:22-23

Pray for the disease to stop spreading.

Almighty God, we know that everything is in Your sovereign control. We ask that You keep this new coronavirus from continuing to spread. Give government officials the ability to safely handle people arriving from other countries. Help people decide to stay home instead of traveling or going out needlessly. Holy Spirit,

remind people to wash their hands properly. And while it may be heartbreaking, comfort families as they decide to keep their distance from elderly or other high-risk family members.

God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea ...

—Psalm 46:1-2

Yes praying for our own needs and interceding for others are also important reasons to fast and pray. Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world. By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.