

# Fastening Guidelines

- **FASTING (PARTIAL FAST)**
- This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food during certain periods throughout the day. The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a greater spiritual purpose. It causes us to shift our focus from the outside-in to the inside out. Remember, your personal fast should present a level of challenge, you must know your own body and what your limits are. The most important part of the fast is to seek God in prayer and follow the Holy Spirit as He leads you, not just deny yourself food.

# Fasting Guidelines

**Monday, January 7<sup>th</sup> – Sunday, January 27<sup>th</sup>**

We are asking you to fast a minimum of six hours a day for the entire duration of the fast (21 days)

Depending on your schedule please choose a time that works best for you, only drinking liquids during this time (water, juice, etc):

- 6:00am ~ 12:00pm
- 12:00pm ~ 6:00pm
- 6:00pm ~ 12:00am
- 12:00am to 6:00am (only if you work nights)

# Why Fast?

- We are encouraging our church family to consider fasting corporately for 21 days in the month of January. This is part of a season of high-intensity prayer as a church family. You may also opt to fast at other times during the year for your own spiritual development. The timing of your fast is not as important as the strength of your pursuit of Him as you fast.
- During the month of January, we will set aside a season of prayer and fasting to seek God and believe Him for His plan to be fulfilled in our lives as well as in the life of our church throughout 2019. We believe, as we do this, the bands of wickedness will be loosed; we will undo heavy burdens; the oppressed will be set free; and we will break every yoke. We would love for you to join us as we corporately pray together for our nation, its leaders, families, our church, and the lost. We believe that there is something very powerful that takes place when we all come into agreement in the spirit of unity and faith. It is there God releases His dynamic power in our lives.

# **Saturday Morning Prayer Schedule**

***Saturday Prayer / 9:00am -10:00am***

- Saturday, January 12<sup>th</sup>
- Saturday, January 19<sup>th</sup>
- Saturday, January 26<sup>th</sup>

# **Wednesday Night Prayer Schedule**

***7:00pm - 8:00pm***

- Wednesday, January 9<sup>th</sup> (Men)
- Wednesday, January 16<sup>th</sup> (Women)
- Wednesday, January 23<sup>rd</sup> (Families)