

# Fast Forward

## Prayer & Fasting

February 11 – March 3, 2013

It is a time for us at First Holiness Church (FHC) to sacrifice a portion of our time to God. Our vision is to touch lives by the light and in order to do that effectively we need to have seasons where we are purposefully seeking God for direction and guidance like Daniel (Daniel 10). So, we will be praying and fasting for 21 days for this is a year to obtain order in the house. I am excited that you are deciding to make this commitment with us. I know that God will work in ways you could never imagine. We have been talking about getting things in order in 2013. We recognize that we may want blessings, but we must get things in order to receive blessings. We must understand that order is a principle –God honors order. We do not want to be in the same place spiritually, mentally, physically, etc...this time next year and we recognize that we need to advance from this state or place that we are in. We are getting things in order so that we can be on a path of moving forward - so that we can receive all that God has for us and so that we can stay in step with God.

**Daily Prayer:** During this year's consecration, I have a prayer focus for each day that we will follow. In addition, I want us to commit to giving God at least **ONE HOUR a day**.

Find time where you can "still" yourself from the day's activities or distractions in order to meditate. "Be still and know that I am God" (Psalm 46). Meditation quiets our emotions, realigns our mind, and frees our spirit to do the will of God. What we could not hear clearly, we begin to hear.

**Corporate Prayer Agreement Gatherings:** This is a time to pray, worship and fellowship in agreement with others. You will be strengthened and enlightened during these strategic times during the fast. You do not want to miss it – so plan now to sacrifice time in order to be in attendance.

Saturday, February 23<sup>rd</sup> 9am – 10am

Friday, March 1<sup>st</sup> 7pm

### **What is Fasting?**

Fast in the Hebrew means "to cover over" (the mouth) and in the Greek "to abstain from", which was usually in reference to food. Fasting is the spiritual discipline of **abstaining** from food so that we can **access** the supernatural power of God. Fasting is just as vital as praying and reading the word. Therefore, it is a spiritual discipline/exercise that we need to learn to practice doing for it will enhance our spiritual development and growth.

Abstaining from food assists us to bring our physical appetite into subjection in order to fulfill a spiritual appetite/hunger; and when we do that we are saying to the Lord that we have a hunger for God and the things of God and that we are putting God first before fulfilling our own physical wants, needs, and desires.

When we fast & pray - **we gain the access to the supernatural power of God which exercises dominion over the natural realm and enables us to:**

1. Deepen our intimacy with God
2. Strengthen our spirit as we dedicate time to prayer.
3. Eliminate barriers between us and God.
4. Break addictions and bad habits.
5. Intercede for others.
6. Receive spiritual insight or revelation.

7. Obtain physical healing.
8. Walk in the favor of God.
9. Apply Spiritual warfare or deliverance... "This kind does not go out but by prayer and fasting" – Matthew 17:21

### **How should I fast?**

Write down what you are fasting from and what you are praying for.

When you approach it with determination, you'll be less likely to waiver in weak moments. You may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle, don't lose heart, God knows your weaknesses. Find the fast or combination of fasts that fits your needs.

### **Fasting Options:**

**These are all some options, but please join with us and fast forward.**

1. Sun up to sun down or from 6am to 3pm.
2. One meal per day
3. No coffee or soda or tea
4. The Daniel Fast - a fast from meats, sweets, and breads, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. I have included a list of foods to eat and foods to avoid on a Daniel Fast.
5. No meats & no sweets

**NOTE: The important thing about fasting is that whatever you abstain from has got to mean something to you.**

**NOTE:** *If you have any condition which would prohibit you from fasting, there are other options. Choose something from your daily routine (i.e. specific foods, television, other technology, etc.) and fast in that manner for the next 21 days. Remember, it has got to mean something to you.*

***If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.***

**Resources:** I strongly encourage you to purchase the following item:

***Fasting*** by Jentezen Franklin available in the Destiny Bookstore.

### **Practical Tips**

#### **Drink lots of water!**

Water transports nutrients, carries away wastes, & hydrates cells, so drink up!

#### **Did you know?**

Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume lots of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

#### **What to Expect**

When you fast your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## **FHC Fasting Goals 2013**

**Fasting to humble the soul (mind, will, emotions)**

**Fasting in submission to God**

**Fasting for revelation from God**

**Fasting for personal transformation**

**Fasting for access to the supernatural**

**Fasting for freedom from bondages or oppressions**

**Fasting for salvation for family, friends, acquaintances**

**Fasting for increase of souls at FHC**

**Fasting for financial increase**

## **DANIEL FAST GUIDELINES:**

### **Foods to Eat**

**WHOLE GRAINS:** Brown Rice, Oats, Barley

**LEGUMES:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**FRUITS:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

**LIQUIDS:** Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar)

Extra-Virgin Olive Oil (small quantities), Honey

### **Foods to Avoid**

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)

**\* Important reminder:** Be sure to drink as much water as possible throughout the fast. A great goal is to drink a gallon of water a day!