



21 OF PRAYER & FASTING

As a church we are setting aside the first 21 days of January to intentionally pray for 2018. In addition to this time of prayer, we are also fasting. We believe that prayer accompanied with intentional abstinence has a unique ability to align our hearts with God.

WHAT IS A FAST?

Fasting is when someone or a group of people (in unity) abstain from food (fully or partially) for a specific period of time in order to seek God through prayer. Many people in the Bible practiced fasting as a spiritual discipline or in response to something specific. In the Old Testament, Israel was required by God to fast collectively at least once a year on the Day of Atonement as well as other occasions. In the New Testament we have records of the early church fasting and praying together for various reasons. Reliable church tradition and recorded history also tell us that the early church (post New Testament) practiced fasting twice a week, usually on Wednesday and Friday.

WHY DO WE FAST?

Knowing what a fast is doesn't necessarily mean we understand its purpose. We can find many good Scriptural reasons for fasting. Below are provided some of the reasons for fasting. It's important to remember that we not only fast for ourselves, but mostly for those around us.

1. To humble ourselves to God (repentance) - Psalm 35:13, 1 Samuel 7:6, Ezra 9
2. To come closer to God - James 4:8
3. To understand God's word (revelation) - Ephesians 1:17-22
4. To know God's will or direction - Acts 13:1-2
5. To seek healing/deliverance - Isaiah 58, Matthew 17:21
6. To seek God's intervention - 2 Samuel 12:16-23, 2 Chronicles 20:3
7. To intercede for others - Daniel 9:3

DIFFERENT TYPES OF FASTS

There are many different kinds of fasts. The most important part of fasting is the time we spend with God in prayer. If we deny ourselves food and do not pray then we will accomplish nothing. The following types of fasts are simply references to what we can abstain from while we seek the Lord in prayer.

1. Full Fast

A full fast is where someone goes completely without food for the allotted time. There are at least four references in the Bible where people fasted food and water, however we are only referencing food as a full fast for obvious reasons. If you choose to do a full fast then we recommend you consult with others prior to doing so, especially if you take any kinds of medication.

2. Partial Fast

A partial fast is to simply go without a meal or two the day of your fast. For example, you could fast from dinner or lunch and spend an extended amount of time in prayer in place of that meal. There are no rules to this kind of fasting but you should decide beforehand what you will do and stick to it as with all fasts.

3. Daniel Fast

This kind of fast comes from Daniel chapter 10, where Daniel had a terrifying vision that caused him to abstain from all pleasant food and drink. If you choose to do this kind of fast then essentially you will be abstaining from all “meats, sweets and treats.” Most people stick to fruits, vegetables and nuts or similar kinds of protein. There are many resources online that could provide healthy options with this fast.

PRACTICAL POINTS OF FASTING

1. Plan your fast - what kind of fast? How long? Write your plan out!
2. Be specific with your fasting - know why you're fasting
3. Plan your prayer time for each day - when will you pray?
4. Journal your fast - Journal out your times of prayer
5. Drink lots of water - we get most of our water from food so double up on water.
6. Seek Accountability - it's good to share what you're doing with a trusted friend.

UNIFIED PRAYER SCHEDULE

JAN 1: RENEWED INTIMACY WITH GOD

JAN 2: PERSONAL VISION FOR 2018

JAN 3: VISION FOR THE SQUARE FOR 2018

JAN 4: STRENGTH AND GUIDANCE

JAN 5: CLARITY FOR SQUARE LEADERSHIP

JAN 6: OUR PASTORS

JAN 7: SUNDAY SERVICES

JAN 8: GOD WOULD USE THE SQUARE TO REACH CITY

JAN 9: GOD WOULD USE THE SQUARE TO BLESS
SINGLE PARENT HOMES

JAN 10: GOD WOULD USE THE SQUARE TO IMPACT
HOMELESSNESS AND THE FOSTER CARE SYSTEM

JAN 11: GOD WOULD USE THE SQUARE TO IMPACT

CAMPBELL HS AND OTHER LOCAL SCHOOLS

JAN 12: GOD WOULD BRING RACIAL RECONCILIATION

JAN 13: GOD WOULD BRING UNITY INTO

SOCIOECONOMIC DIVERSITY

JAN 14: GOD WOULD BRING SALVATION TO THE LOST

JAN 15: THE HOLY SPIRIT WOULD RELEASE FREEDOM

JAN 16: THE HOLY SPIRIT WOULD RELEASE PEACE

JAN 17: THE HOLY SPIRIT WOULD RELEASE JOY

JAN 18: THE HOLY SPIRIT WOULD RELEASE HOPE

JAN 19 THE HOLY SPIRIT WOULD RELEASE FAITH

JAN 20: THE HOLY SPIRIT WOULD RELEASE IDENTITY

JAN 21: THE HOLY SPIRIT WOULD RELEASE A SPIRITUAL
AWAKENING

