



40 DAYS of Prayer and Fasting

October 9 – November 17, 2018

(To Consecrate Individuals and A People for the Opening of the New Church)

Throughout history, God has called on His people to humble themselves through prayer and fasting. As children of God, we should practice prayer and fasting to deepen our intimacy with God.

Fasting is a spiritual weapon God used to advance His kingdom, move nations, spark revival, and bring victory to the lives of His people.

In 2 Chronicles 7:14, God says, *"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, will forgive their sin, and will heal their land."* Prayer and fasting fulfill these requirements.

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sins, you will experience special blessings from God.

Fasting is part of a believer's life of faith in Christ. In a fast, the believer chooses to do without something that is hard to do without, for a set period of time.

Biblical fasting is not simply abstaining from eating, but it is abstinence from food with a spiritual goal in mind. It is always accompanied by prayer in the Bible; it is a form of worship. **Fasting is a way of serving God** (Luke 2:37) **and ministering to the Lord** (Acts 13:2).

FASTING DEMONSTRATES HUMILITY BEFORE GOD

"But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom." Psalm 35:13 (See also 1 Kings 21:27-29; Ezra 8:21)

Humility lets us experience God's grace. When we humble ourselves in prayer and turn from our wicked ways, God promises to hear us and answer us according to His perfect will.

FASTING MAKES US SENSITIVE TO THE LEADING OF THE HOLY SPIRIT

"And Jesus, full of the Holy Spirit, returned from the Jordan and was led about by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate

nothing during those days; and when they had ended, He became hungry." Luke 4:1-2 (See also Acts 13:2, Matthew 17:21, Mark 9:29)

We are prone to forget our priorities. Fasting is a visible reminder to us that God takes precedence over all our needs. Fasting lifts up the matter at hand to God who is able to bring about awesome works that bring Him great glory.

FASTING BRINGS ABOUT PERSONAL AND NATIONAL SPIRITUAL 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, will forgive their sin, and will heal their land." 2 Chronicles 7:14

"So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes." Daniel 9:3

FASTING PROMPTS REVIVAL TO AN INDIVIDUAL AND TO THE COUNTRY

It brings forth a stirring that will heal and change us and prepare us for greater things in God's kingdom.

FASTING IS GOOD FOR OUR HEALTH

Fasting improves our physical condition. Many impurities in the body are burned up when the body is denied food, thus, clearing the mind, cleansing, and healing the body. Even people who are underweight who fast for spiritual purposes have been known to gain weight after completing their fasts. Many Bible teachers say that a fast is especially beneficial for spiritual cleansing, and also for breaking addictive habits.

TYPES OF FASTING

There are probably as many ways to fast as there are ways to pray, but these four ideas are a starting point.

NORMAL FAST: In a normal fast, a person goes without food for a predetermined amount of time—1 day, 3 days, 1 week, or longer. Water is allowed and necessary, of course. Extreme care should be taken with long fasts, especially if there are any underlying medi-

cal conditions. It is wise to consult your physician if you are planning on embarking on a long fast.

PARTIAL FAST: In a partial fast, a person just eats certain food in a period of time or has one or two meals a day. Daniel and John the Baptist maintained a certain diet during his fast, and Daniel 10:3 says that Daniel "ate no pleasant food" for 3 weeks.

JUICE FAST: This is a partial fast specifically restricted to only juices.

OBJECT FAST: It is possible to fast on something other than food. Some decide to fast on TV or computer time. But for the rest of this guide, we will address food fasts. The key is to replace the time spent on that activity with time devoted to the Lord.

PREPARING TO FAST

SET YOUR OBJECTIVE & COMMIT TO A TYPE OF FAST.

- Ask for leading from the Holy Spirit.
- Define and write down the objective of your fast.
- Choose the type of fast God wants you to undertake.
- Choose how much time you will devote daily to prayer and meditating on God's Word. ie...
 - MORNING SESSIONS: Monday to Friday, 6 am to 6 pm
 - EVENING SESSIONS: Monday to Friday, 8 pm to 9 pm
- Commit to the fast.

BE EXPECTANT. Be reminded that the Lord listens to a prayer from the heart. Be humble and authentic as we expect results from God.

PREPARE YOURSELF SPIRITUALLY. The foundation of fasting is repentance. Unconfessed sin hinders prayers. Seek forgiveness from all you have offended and forgive all who have hurt you as the Holy Spirit leads you.

PREPARE YOURSELF PHYSICALLY. If you take medication or have a chronic ailment, consult your physician before beginning the fast.

LESSEN PHYSICAL ACTIVITIES. Limit your physical and social activities during your fast so you can spend more time in prayer and reading the Bible.

As you dedicate time in fellowship with the Father, ask for guidance. Clearly define your expected personal applications in your life, family, finances, and church. You are entrusting these to God.

Expect God to answer. Remain thankful throughout and after the Fast.

PUT YOURSELF ON A SCHEDULE. Set aside ample time to be alone with the Lord. Listen to His leading. The more time you spend with Him, the more meaningful your fast will be. Listed below are some ways you can schedule some time or activities to help you stay focused and dedicated during your time of fasting:

- Praise and worship.
- Confession and repentance of sin.
- Meditate on God's Word.
- Pray for His vision in your life and empowerment to do it.
- Spend time in intercessory prayer for your leaders, the world's unreached millions, your family, and personal needs.
- Take short, spiritual walks.
- If others are fasting with you, meet together for prayer.
- Avoid television, computer games, social media, internet surfing, movies, parties, or other distractions that may dampen your spiritual focus.

HAVE THE RIGHT MOTIVES. Your fast is to glorify God, listen to Him, be more intimate with Him, and lift your burdens to Him. **When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.**

CONCLUSION

As we fast, let us all be reminded that we do everything for the glory of God. Our time of fasting and prayer gives us the opportunity to realign our lives according to His will. **As we humble ourselves as a church before Him in prayer, we can expect Him to move mightily in our midst.** God's will is for each and every one of us to grow in our understanding of Him. Daily, we need to experience a greater awe of His inexhaustible love, power, and holiness. So seek Him with all your heart; God has promised that you will find Him!

Adapted from www.perimeter.org/allinsite/wp-content/uploads/2014/11/All-In-Prayer-and-Fasting-Guide-2014-Perimeter-Church.pdf