



## Havelock Community M.B.C

Prayer and Fasting; Seeking the Lord;  
Ready For Change

2 Chronicles 7:14-15; Ezra 8:21-23

21 Day Fast/Consecration

January 1-21<sup>st</sup> 2014

### 2 Chronicles 7:14-15



- <sup>14</sup> 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.
- <sup>15</sup> Now mine eyes shall be open, and mine ears attent unto the prayer that is made in this place.

kjv

## Fasting



- Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a defined period of time.
- An absolute fast is normally defined as abstinence from all food and liquid for a defined period of time.
- Other fasts may be only partially restrictive, limiting particular foods or substance.

### 1. Why Should We Fast?



- a. It's an expected discipline in both the Old and New Testament (1 Kings 21:12; Acts 13:3; Mt. 6:17).
- b. Fasting and prayer restores what was lost.
- c. Fasting brings intimacy with God
- d. Fasting is a biblical way to truly humble yourself in the sight of God (Ps. 35:13; Ezra 8:21)
- e. Fasting exposes your weaknesses and gives you power to overcome them.
- f. Fasting often results in personal revival

### 2. How Do I Fast Safely?



- a. Remember your health is important and no one knows your body like you do.
- b. Consult your physician before you begin your fast.
- c. Be mindful if you have a physical problem that will make fasting unwise and dangerous.
- d. In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision.

## For Example:



- Persons who are physically too thin or emaciated (*abnormally thin or weak; especially because of illness or lack of food*).
- Persons who are prone to anorexia, or bulimia. Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

## 3. How Long and What Type of Fast is Right For Me?



- The Bible Recounts Primarily Two Types of Fasts
- a. **A partial fast** is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from "delicacies," meat, and wine (Daniel 10:3).
- b. The "**absolute**" and "**supernatural absolute**" fasts.
  - These are total fasts—no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus on the road to Damascus (Acts 9:9). Moses and Elijah engaged in what must be considered a supernatural absolute fast of forty days (Deuteronomy 9:9; 1 Kings 19:8).

## 4. How Do I Prepare Myself Spiritually and Physically?



- Spiritual Preparation—
- a. Examine your heart, and detect any unconfessed sin (Ps. 66:16-20). Confess them in your prayers.
- b. Spend more time in prayer leading up to your fast.
- Physical Preparation—
- a. Begin eating smaller meals before you abstain altogether. Don't treat fasting as a New Year's Resolution.
- b. Resist the urge to have that "last big feast"

## 5. How Do I Manage My Schedule While Fasting?



- a. Physical Schedule—throughout your fast you may feel somewhat weaker than normal and irritable. Lighten your workload and cut down on strenuous exercise. This will help maintain your morale.
- b. Spiritual Schedule—fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. It's essential to spend much more time in prayer and in the Word of God than normal. Prayer and the Word will feed your spirit and strengthen you.

## 6. How Do I Deal With Responses of Friends and Loved Ones?

- a. Sharing your fasting experience is okay if your heart is in the right place. Your experience can be used as a ministering tool to strengthen others.
- b. Never brag about your experience to enhance your status or position (Matt. 6:16-18).
- c. Resist the temptation to walk around with “the look” of someone who is fasting. (Matt. 6:16)
- d. Sooner or later someone will notice you are not eating, when asked, share what God is doing through you in your fast.

## 7. How Do I Make This Experience The Best It Can Be?



- a. Arrange special time each day with God for communion and devotion.
- b. Meditate on Him when you awake in the night; sing praises to Him when ever you can.
- c. Be aware of satan and his devices. He will come against your fast and prayer time.
- d. Hunger is not the devil.
- e. Expect results from your obedience and sacrifice.

## 8. Why Should I Pray When I Fast?

- a. Praying to our Heavenly Father, in the Name of Jesus Christ, using God's Word (scripture) prayer is the most powerful thing we can do.
- b. He also desires a time of communion, an intimate time of personal exchange and involvement.
- c. Fasting adds power to your prayers. Whenever you abstain from the delicacies of your flesh you sharpen your spiritual insight and clear the lines of communication between you and God.

## 9. Prayer Involves Several Aspects

- **Faith**—the most meaningful prayer comes from a heart that places its trust in God.
- **Worship**—in worship we recognize what is of the highest worth. Not ourselves, others, or our work, but God alone.
- **Confession**—awareness of God's Holiness leads to confession of our need for Him, and His excellent greatness.



- **Praise**—the natural outflow of faith, worship, confession, and adoration is praise. God receives the highest commendation through our words, thoughts, and deeds. (Ps. 119:164; 150:2)
- **Thanksgiving**—ingratitude is a mark of ungodliness. (Rom. 1:21). Believers, in contrast, live thankfully. And in all things we give thanks. (Col. 3:17; Thess. 5:18).
- **Request**—prayer is not only a response to God's grace. We are privileged to be able to ask God for our daily needs and the needs of others. (Mt. 7:7)
- **Adoration**—God is love, and He has demonstrated His love in the gift of His Son. We offer our adoration to God by giving our lives to His Son.

## 10. Several Kinds of Prayer



1. Prayer of Repentance: II Chron. 7:13-15
2. Prayer of Devotion: Eph. 5:19
3. Prayer of Thanksgiving: Ps. 95:2
4. Prayer of Declaration: I Pet. 2:9
5. Prayer of Supplication: Eph. 6:18
6. Prayer of Intercession: I Tim. 2:1; Rom. 8:34
7. Prayer of Agreement: Matt. 18:19
8. Prayer of Petition: Mark 11:24
9. Prayer of Commitment: I Pet. 5:7

## 11. Prayer Stoppers



- **Lack of Faith**: when our prayers become so ritualistic that we don't believe what we are praying for.
- **Lifestyle**: when our life doesn't reflect what we are asking for.
- **Un-forgiveness**: God is the God of forgiveness. If He can forgive us we can do the same for others.
- **Praying out of Gods Will**: God won't grant any petition out of His will. (James 4:3)

- Iniquity in the heart (Psa. 66:18),
- Refusal to hear God's law (Prov. 28:9),
- An estranged heart (Isa. 29:13),
- Sinful separation from God (Isa 59:2),
- Waywardness (Jer. 14:10-12),
- Offering unworthy sacrifices (Mal. 1:7-9)
- Praying to be seen by people (Matt. 6:5, 6),
- Pride in fasting and tithing (Luke 18:11-14),
- Lack of faith (Heb. 11:6),
- Doubting or double mindedness (James 1:8),
- Disrespecting/dishonoring wives (1Peter 3:7)

## Fast Schedule: January 1-21st

- **6:00am to 6:00pm Monday through Friday**
- **6:00am to 4:00pm Saturday and Sunday**

### Purpose

- The purpose of the 21 day fast (3 weeks) is to allow all of the Saints of God an opportunity to grow and develop in their own personal relationship with God.
- This will be a personal and intense walk with God; with each participant having expectancy to hear from as well as see God move in their life like never before (Matt. 15:32).

- Specifically, each person should seek God for a broader encounter with Him in areas of their life where they have never experienced Him, or want to re-visit with Him (Acts 10:30-31).
- Each person is asked to seek God's direction in their given spiritual gift, His empowerment in areas where they want to be used in ministry for His glory, and His strength within their inner man so that they may grow and mature in spiritual matters with the Lord (Luke 2:36-37).
- Each person should also request God's assistance in getting rid of the things in their life that is hindering them from being in God's "constant and perfect will", to include any negative/non productive attitudes (Isaiah 58:6).

### REMEMBER:

- **DO NOT EAT BEFORE YOU PRAY, AND END YOUR FAST EACH DAY IN PRAYER.**
- **FOLLOW THE PRAYER, AND SCRIPTURE MEDITATION SCHEDULE.**

## PHASE I:



*January 1<sup>st</sup> (Wednesday) through January 7<sup>th</sup> (Tuesday).*

- We will sacrifice by diligently seeking God's face in prayer at least twice a day, and abstaining from:
  1. One meal in the Fasting period; (breakfast, or lunch—no meats during fasting period—6am to 6pm).Note: If you only eat one meal please abstain from the one.
  2. Replacing that meal with prayer and time in the Word.
  3. From **ALL** fast foods, fried foods, sweets, caffeinated drinks (soda, coffee, teas, energy boosting drinks, etc), alcohol, and tobacco; during the 21 Day Fasting Period.

## PHASE II:



*January 8<sup>th</sup> (Wednesday) through January 14<sup>th</sup> (Tuesday).*

- We will continue to sacrifice through (at least twice daily) prayer, and fasting by abstaining from:
  1. The above foods in PHASE I and,
  2. Two meals in the Fasting period; (breakfast, and lunch—no meats during the fasting period—6am to 6pm).
  3. Replacing those meals with prayer and time in the Word.
  4. From **ALL** fast foods, fried foods, sweets, caffeinated drinks (soda, coffee, teas, energy boosting drinks, etc), alcohol, and tobacco; during the 21 Day Fasting period.

## PHASE III:



*January 15<sup>th</sup> (Wednesday) through January 21<sup>st</sup> (Tuesday).*

- We will continue to sacrifice through (at least twice daily) prayer, and fasting by abstaining from:
  1. **ALL** of the above foods in PHASE I & PHASE II and,
  2. **ALL** meals in the Fasting period; (breakfast, lunch, and dinner).
  3. **NO** Meats during or after the fasting period.
  4. From **ALL** fast foods, fried foods, sweets, caffeinated drinks (soda, coffee, teas, energy boosting drinks, etc), alcohol, and tobacco; during the 21 Day Fasting period.



## PHASE IV:



***January 1<sup>st</sup> (Wednesday) through January 21<sup>st</sup> (Tuesday).***

We will also discipline our minds in limiting or excluding the following activities: (Romans 12:2)

1. Non-productive television programs, immoral movies and activities, video games, card games,
2. Worldly music and videos,
3. ALL tobacco products, and alcoholic beverages,
4. Internet surfing, (*with the exception of banking, work related contact and pertinent e-mails*).
5. Facebook, Twitter, Google+, Instagram, Pinterest, etc.

## During The Fast....



***• During the 6:00 am – 6:00 pm and weekend fasting period, fresh fruits and vegetables are highly encouraged. After 6:00 pm (weekdays) and 4:00 pm (weekends), meats may be consumed (only in the first two phases; after the fasting period 6am to 6pm).***

***• You are encouraged to get an accountability partner for encouragement and strength during the fast.***

- FOLLOW THE SPECIFIC DIRECTIONS OF YOUR DOCTOR, even if he/she instructs you not to fast (still pray).
- DRINK PLENTY OF WATER, and be careful not to over-indulge in water..... Drink plenty of “Low calorie” (G2) Gatorade, or PowerAde Zero,
- TAKE YOUR MEDICATION and your vitamins AS DIRECTED.... even if it means eating food with it.
- STOP FASTING if you begin to feel sick and physically weak (but please continue to pray).
- This time of fasting is encouraged, but is strictly voluntary. It is not encouraged for those under the age of sixteen (16). Parents, please govern and supervise your children/family according to what you deem is best.
- DO NOT FORCE YOUR FAMILY MEMBERS TO FAST, neither attempt to berate them if they are unsuccessful. Keep them lifted up in prayer.



## **REMEMBER:**

- DO NOT EAT BEFORE YOU PRAY, AND END YOUR FAST EACH DAY IN PRAYER.
- FOLLOW THE PRAYER, AND SCRIPTURE MEDITATION SCHEDULE.