

3 DAYS CHURCHWIDE

**FASTING
&
PRAYER**

Towards a Hope & a Future

JUNE 4TH-6TH

GATHERING IN-PERSON

SUN 9.30 AM - 1 PM | MON & TUES 7 PM - 8 PM

WHAT IS FASTING?

Fasting is giving up things we have a right to for the sake of experiencing God's pleasure.

Fasting is a spiritual discipline which helps us to seek God and to develop spirituality.

WHY DO WE FAST?

- To strengthen our faith and build up our spiritual man.
- To seek God
- To prepare for spiritual warfare
- To break yokes of bondage

*Scriptures For Your
Reflection*

ISAIAH 58:3-12, MATTHEW 12: 28-29,
17:21, MARK 9:29, LUKE 4:1,14,
JAMES 4:7-8, EXODUS 34:28,
EPHESIANS 6:12

WHAT DO WE FAST FROM?

You might consider a partial or an absolute fast.

Some things you might fast are:

- Certain meals/Certain foods
- Media fast
- Things which distract us from God

PREPARING TO FAST

- Ask God what type of fast He is calling you to do over the 3 days
- Pray for Him to strengthen you to be obedient to what He shows you.
- Reduce and adjust food intake.
- Avoid high fat or sugary foods or junk foods.
- Consider removing caffeine, carbonated drinks and television.
- Consult your doctor if you have a medical circumstance, which may be affected.

DURING YOUR FAST

- Separate yourself for quiet meditation, seeking God, worship and the Word.
- Listen and expect God to speak to you.
- Journal what you are sensing God saying.
- Drink plenty of water.
- Drinking fruit juice decreases hunger pains and give natural sugar energy.
- Herbal tea with a drop of honey.
- Avoid caffeine (tea/coffee)
- Take short walks.
- Take power naps as able.
- Most of all, gather together, especially during the allocated prayer times.