

## Some Guidelines for Fasting

### Isaiah 58:6-9 KJV

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? [7] Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

[8] Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward.

[9] Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

*The importance of fasting is not in the act of fasting, nor a ritual, but in our motive for fasting. It is not what you do but why you do it!*

*We want to truly hear from God about our lives, our nation, the Church and then be prepared to act on what we hear.*

### Matthew 6:16-18 KJV

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. [17] But thou, when thou fastest, anoint thine head, and wash thy face; [18] That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

*This fast is not for public performance, but to re-align ourselves with the will of God. Fasting and prayer help us to open our spiritual ears to hear from God.*

### Acts 13:2-3 KJV

As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

[3] And when they had fasted and prayed, and laid their hands on them, they sent them away.

*As a Church, our fasting together is for guidance and direction in this upcoming year.*

### Luke 4:1-2,14 KJV

And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, [2] Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

[14] And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

*Fasting is done to abstain from things(food/sex) in order to give greater attention to spiritual matters and allow a deeper flow of the Anointing.*

### **Some Scriptures that may assist you**

II Chronicle 7:14. Acts 14:23  
II Chronicle 20:3. I Cor. 7:5  
II Samuel 3:35. II Cor. 11:27  
Joel 1:14.  
Ezra 8:21-23

*Your ability to fast is based upon you and your current conditions.*

### **If on Medicine**

*You may be on medications that require you to eat to take medicine.*

*Obey as you are led although looking for every opportunity to abstain from food. Maybe not eat the hours in between your medication times. Stay prayerful all through out the day.*

### **For Others Participating**

1. Stay hydrated. Drink water throughout the day.
2. Stay away from fruit juices, sugary beverages; these may trigger a desire to eat.
3. Eat (1) meal per day.
4. No red meats. Grilled chicken or fish is preferred.
5. Salads/Soups/Beans are good
6. Make sure to stay away from your favorite **trigger** food(ice cream/cookies/fried foods) **You Know!**

*We can and will succeed in this fast!  
We are praying for you and please pray for your Pastors.*

### **Prayer:**

*Father God, as I start this fast, I thank you for your ability to complete it resting upon me now. I put my flesh under so that I can hear you and your Word speaking to me. I expect to receive wisdom and guidance and direction for this new year.*

*I pray and believe that I will see and hear my part as to how I can help my Pastors get your Word done in this new year.*

### **1 John 5:14-15 KJV**

***And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: [15] And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.***

*Thank you Lord! Amen*