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Beloved,

Fasting is an incredible spiritual posture to help bring breakthrough on a personal and corporate level. There are many verses in Scripture that attest to the power of fasting with prayer. Here are just a few:

Isaiah 58:6-12 **Joel 2:11-19** **Matthew 6:16-18** **Matthew 9:14-15**

I am asking all of you to commit the next 21 days to fasting and prayer. There is great power and effectiveness when we stand **together** in agreement. Please join us in this endeavor. We will officially begin our 21 days on Monday January 9th and will end on Sunday January 29th.

Please take time this evening to seek the Lord about the specifics of your fast. Discuss them with your household so that there will be unity and agreement. Pray together as a family and commit your household to 21 days of prayer and fasting. Set a time, at least once a week, for your family to come together and pray together. Let this be a powerful time of sharing about the breakthroughs that are occurring, and of course, to pray and minister to one another. If you live alone, find a prayer partner within the church.

Suggestions: Everyone must set guidelines for their fast with wisdom. Obviously, if you are working a job or are going to school, it is not likely that you will be in a position to totally fast from food for 21 days. Nor would this be wise. Let the Lord lead you.

There are adjustments you can make to your diet that would still be sacrificial and beneficial. Such as, forgo all sweets (junk food), and/or caffeine. You may have food addictions, things you turn to for comfort, or that you have no control over how much you eat (gluttony, binging, addictions). Separate yourself from these things during your fast. You may want to choose certain days or certain meals of the day to *totally fast* food. Some choose to do a Daniel Fast of fruits and vegetables only (see Daniel 10).

Consider curtailing, if not eliminating all secular entertainment (t.v. movies, video games, sports, etc...). These are things that distract us and rob us of time that could be spent in prayer with God. If the thought of doing this causes a negative reaction in your soul, then

you may have some idolatry in your life, and fasting (abstaining) from it will help break the bands of wickedness (Isaiah 58).

Also consider greatly curtailing your electronic communication: cell phones, texting, Facebook, my space, the internet, etc... Many countless hours are sometimes wasted on these things. Though these things are not necessarily evil, in and of themselves, they do rob us of precious time.

Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is. Ephesians 5:15-17

Let this be a time to break bad habits and begin good habits and customs. Fasting can help break the bondages of sin (if we pursue the Lord from a humble heart) and bring physical healing. By His stripes we are healed, spirit, soul, and body.

Let this be a time to establish wisdom and discipline that will go beyond the 21 days: eating right, exercise, spiritual discipline, stewardship of time and money, getting enough rest, etc...

Whatever you do, always apply wisdom, remembering that fasting is a spiritual discipline that involves our whole being, requiring self-control and sacrifice. Your flesh will not desire to do this! Don't get discouraged, **get excited**, get in Faith, believing for His grace to be sufficient for you... and also believing that you will never be the same! Establish goals and believe God!!

Begin your day in prayer. Set your alarm, rise early, and spend time before the Lord in prayer and in His Word every morning, before you head out to work or school. This is a good habit that every disciple of Jesus should establish, as this was our Lord's custom (Mk 1:35).

We are supplying you with a prayer guide – with Scripture readings. Please use this guide as you seek the Lord, as this will help us remain in unity.

Blessings,
Pastor Rick