

Fasting 2021

Fasting: Refraining from food for a spiritual purpose.

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?
10. Do you struggle with areas of pride and desire to walk humbly with God?

“There is never a convenient time to fast, just do it”

Facts:

1774, Virginia Assembly recognized June 1, 1774 as a day of prayer and fasting.

President George Washington fasted regularly

John Adams, James Madison and Abraham Lincoln consecrated days of prayer and fasting (Abraham Lincoln consecrated 3 different days of fasting)

Jesus, Moses, David, Daniel, Job, Nehemiah, Ezekiel, John the Baptist, Paul, Peter and others fasted.

Quick Tips on Fasting. (more in-depth tips on page 4-5)

- 1. the word and prayer, it's just dieting***
- 2. Some days are better than others***
- 3. Normal to have headaches and some dizziness***
- 4. Drink a lot of water while fasting***
- 5. Limit TV***
- 6. Don't condemn yourself if you mess up, get back on and keep going!***

Medical Benefits

- 1. Lose weight**
- 2. Rest for the kidneys**
- 3. Cleanses the body of toxins**
- 4. Slows aging**
- 5. Eliminates smoking, drinking and other harmful habits**
- 6. Lowers blood pressure**
- 7. Lowers Cholesterol**
- 8. Relieves nervousness and tension**
- 9. Helps you sleep better**
- 10. Regulates your bowels to provide better elimination**
- 11. Heals hemorrhoids**
- 12. Makes you feel and look better physically**
- 13. Sharpens your mental process**
- 14. Gives your digestive system a rest**
- 15. Heals rheumatism in the joints and muscles**
- 16. Heals diseases of the heart and circulatory system**
- 17. Stress related exhaustion**
- 18. Skin diseases including pimples and complexion problems**
- 19. Irregular menstrual cycles**
- 20. Diseases of respiratory system**
- 21. PMS**
- 22. Allergies such as hay fever**

Types of Fasts

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

The power of Individual Fasting

1. *Nehemiah 1:3, fasted for Favor*
2. *Daniel 10:1-9, fasted for fresh and new revelation/experiences*
3. *Paul, Acts 27:21, fasted for a solution to a crisis*

The Power of Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

Resources and Helps:

Website: Jentezenfranklin.org/fasting

Book: fasting, by Jentezen Franklin, find on amazon

Book: 101 Reasons To Fast, by Bob Rodgers, find on amazon

Book: The Fasting Edge, Jentezen Franklin, amazon

Fasting Tips

How to Begin

Start with a clear goal. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Thought/tips on Fasting

-If it means something to you then it will mean something to God.

-Many times in the Bible when it said that they “humbled” themselves before the Lord it meant that they were fasting. When we put food aside we find out how strong or weak we really are. Its at that point we can learn to trust God.

-Ask God for visions, dreams and clear words during your fast. Fasting sharpens your spirit man to hear clearly what the Holy Spirit is trying to tell you.

-Keep a journal while you’re fasting, re-visit it throughout the year to see how God is still working since your fast.

-Ask God for new experiences. The Bible is full of stories where God’s people experienced powerful encounters while fasting.

-Fasting releases God to change us. Many of us are known by our dominant personality traits and/or even our negative traits. Ask God to change you into the person HE needs you to be. You just might be surprised.

-Make fasting a consistent part of your life. Use this fast to help you schedule regular days through the year to fast. (for instance; fast the 1st 3 days of each month, the 1st day of each week. That is over 60-70 days of fasting per year)

-Ask God to give you gifts while fasting. Spiritual gifts help us love people more effectively.

-Expect a battle. When you fast you are opening yourself up to God in a way that He can really move. Expect satan to try to discourage you during this process. Push through it! God has great things.

-Fasting naturally helps your prayer life. You will experience times of weakness and doubt. It’s at those times we pray and lean on God for strength. We realize just how much of our lives and walk with God are pride and flesh motivated. Fasting helps us tap into the Holy Spirit more through prayer.

RCF FASTING GOALS for 2021

1. Blessing and Prosperity on all rcf members
2. Financial and spiritual health of the church
3. Greater community impact.
4. City Impact/blessing
5. Front line workers caring for those effected by COVID-19
6. End to the pandemic

