

CORPORATE FAST: TOGETHER – MAKING MAXIMUM IMPACT AT OUR LEVEL BEST: 2 Chronicles 15:1-12

There is power in fasting and prayer – and corporate fast takes it to another level. Be led by the Holy Spirit and decide what type and how long you can fast. The power lies in agreement. You can engage in one of the FOUR TYPES of Fast. MAKE MAXIMUM IMPACT AT YOUR LEVEL BEST!

FASTING RIGHT

A. Some Basic Guidelines on Fasting:

1. Speak to the Lord about your fast prior to the day/period. Ask the Holy Spirit to strengthen you throughout the period.
2. Be of few words throughout the period; it's a period of consecration. Instead, pray more. [James 3:2]
3. Stay focused on God and have Scriptures to MEDITATE on during the period of fasting [Isaiah 26:3]
4. Spend time both reading and studying the Scriptures. You get insight and understand the Scriptures better during a fast.
5. Pray without ceasing (don't just go on hunger strike)
6. You can, and MUST drink water regularly especially on a long fast
7. Make sure your motive is right/pure [Isaiah 58:3-5]

B. Types of Fasting: The 4 major types include Partial, Liquid, Normal & Complete.

1. Partial Fast: This is the type that has traditionally been termed 'Daniel Fast.' As the term *partial* depicts, it is not abstaining completely from food.

2. Liquid Fast: This is similar to Daniel fast, but in this type, one depends solely on pure fruit juices – apple, pineapple, mango, orange, grape, etc. & pure vegetables juices. Both Partial and Liquid fasts are recommended for beginners or those who are physically unable to do the normal or complete fast.

3. Normal Fast: This is the type of fast where food is completely avoided. This is also called a 'typical fast' or 'water fast' as water becomes the only liquid that is taken in by the person fasting.

4. Complete/Absolute Fast: Involves a total abstinence from food and water. There are a few incidences where this type of fast is mentioned in the Bible. This is not recommended for anyone, except you have specifically heard from the Lord

C. Breaking Your Fast

Thank God for the strength He gave you through the power of the Holy Spirit

1. Start with water if you did a complete fast, then less acidic fruit juices or fruits or vegetables;
2. Take a little at time and allow time to elapse
3. Even though your body will be craving for food, don't rush in the process of eating.

D. Basic Steps to Effective prayer: A.C.T.S.

1. ADORATION: Praise & Worship – Expressing our love and esteeming God for who He is (He's loving, He's faithful, He's merciful etc.)

2. CONFESSION: Confess any sins that may be present in your life (Psalm 66:18). Ask the Lord to cleanse your heart and position you to hear His voice.

3. THANKSGIVING – Express appreciation/thank God for His provision and protection and for all He's done and going to do for you (Psalm 100).

4. SUPPLICATION: Petition/Intercession – Ask God to answer specific requests (for yourself/ friends and loved ones/ the church/ situations, etc.)

E. How to Develop A Vibrant Prayer Life

1. Schedule Time –Prayer is something that we must be intentional about. It will not happen automatically or by accident. Those who have developed strong prayer lives and a strong relationship with the Lord have been purposeful about it.
2. Pray the Scriptures (speak God's Word back to Him in prayer); Pray in the Spirit/Pray in tongues (1 Cor. 14:1-2, 14-15).
3. Make a conscious effort to memorize portions of Scripture that minister to you and meditate on them during fasting.
4. Make a Prayer List if needed to help guide you – but most importantly, let it come from your heart. Prayer is RELATIONSHIP!

21-DAY CORPORATE PRAYER & FASTING: JANUARY 2-22, 2019
 “Seek the LORD and His strength; Seek His face evermore!” **1 Chronicles 16:11**

WEEK 1: JANUARY 2ND – 8TH	WEEK 2: JANUARY 9TH – 15TH	WEEK 3: JANUARY 16TH – 22ND
<p>Praying for Ourselves: <i>To seek the face of the Lord and His strength continually.</i></p> <p>(Psalm 105:3-5; 1 Chronicles 16:10-11)</p>	<p>Praying for Families: <i>That our families will seek the Lord and encounter Him.</i></p> <p>(Psalm 22:27-28)</p>	<p>Praying for the Church/Region: <i>That the Church will grow in knowledge, wisdom, and in the fear of the Lord.</i></p> <p>(Ephesians 1:17-22)</p>
<p>2nd: Pray for personal consecration – Ask the Lord to touch your lips with His fire and purge you from all sins. (Isaiah 6:1-7; 1 John 1:8-10)</p>	<p>9th: That the Lord will have mercy on our families and draw them to Himself. (Ephesians 2:4-5)</p>	<p>16th: That God will build His Church according to His Divine purposes. (Matt. 16:18; Eph. 3:9-12; Col. 1:24-27)</p>
<p>3rd: Ask the Lord to help you seek first His Kingdom and His righteousness. (Matthew 6:33)</p>	<p>10th: That the Lord will strengthen our families as we wait on Him. (Isaiah 40:29-31)</p>	<p>17th: That the Church would walk worthy of the Lord and be fruitful. (Colossians 1:9-11)</p>
<p>4th: Ask the Lord to help you contend for His Presence, Prioritize His will, and Desire Him. (Psalms 17:1-2; 27:4; Isaiah 26:8-9)</p>	<p>11th: That the Lord will lead you and your family to triumph in Christ Jesus. (1 Cor. 15:57; 2 Cor. 2:14)</p>	<p>18th: That the Church shall dwell in safety and be protected from evil because of our Covenant of Peace with the Lord. (Ezekiel 34:25)</p>
<p>5th: Ask the Lord to help you set your gaze upon Him; and keep your mind and affections on Him always. (Isaiah 26:3)</p>	<p>12th: For household salvation; for the return of prodigals; for hearts to be open to the gospel. (Acts 16:15, 31; Is. 60:4; Lu. 15:11-32; 2 Tim. 2:24-26)</p>	<p>19th: That the Church will seek to advance the Kingdom of God and walk in readiness. (Luke 12:35-36; Matt 25:1-13)</p>
<p>6th: To clearly hear the voice the Lord and to walk in obedience. (Is. 50:4-5; John 10:27-28)</p>	<p>13th: Ask the Lord for His divine provision & protection over our families. (Gen. 22:14; Psalm 24:1; 50:10)</p>	<p>20th: That we will be steadfast, immovable; and always abounding in the work of the Lord. (1 Cor. 15:58)</p>
<p>7th: Pray that the Lord shall direct your thoughts into His love and counsel. (2 Thess. 3:5)</p>	<p>14th: Pray for single moms: that the Lord will be their refuge and strength (Ps 46:1; Joel 3:16; Deut. 10:18)</p>	<p>21th: That the Church would walk in maturity: truth & grace. (Eph. 4:11-16)</p>
<p>8th: To be fruitful and prosper in every area of your life. (Psalm 1:1-3)</p>	<p>15th: That the Lord will surround our families with walls of salvation and keep us in His perfect peace. (Isaiah 26:1-3)</p>	<p>22st: For Divine provision for the work of the Kingdom. (Gen. 22:14; Ps. 24:1; 50:10; Prov. 13:22; Isaiah 45:1)</p>