



5 DAYS OF PRAYER AND FASTING SCHEDULE

This year will focus on “Preparing For Growth”. This is a family oriented and personal journey. During this week of fasting, search yourself (for those that have children, help them to discover and identify things pertaining to them as well) to identify things other than food that are pulling you away from intimate time with God (for those that have children, help them to discover and identify things pertaining to them as well). These things can be but not limited to: Social Media, TV, Electronics, Leisure Reading, Music (not edifying Christ) ect. Identify these things and commit the time used on those activities to become more intimate with God.

There are several types of fast that can help you become closer to God and feed your spiritual needs. This year we will focus on and participate in a ***Partial Fast*** as highlighted below. Here are a few other fast that you may want to look into committing to at some point in your spiritual journey with God.

Daniel Fast - *abstains from delicacies, meats, and wines and focuses on fresh foods such as fruits and vegetables*
No Food Fast - *abstains from all food, including milk (protein) and only drinks liquids and water*

Water Only Fast - *abstains from everything except water*

Absolute/Supernatural Fast - *This fast involves abstaining from any food or liquids, including water (the fast of Moses and Jesus)*

Partial Fast – *We will abstain from food from 10pm until 5pm each day starting Monday, January 14th thru Friday, January 18th; eat a simple meal (no fried foods, caffeine, or desserts) & water/juice.*

To continue in our “Preparation For Growth” we will meet for Corporate Prayer on Wednesday, January 16th from 7:30-8:30pm (All Are Asked To Join Us for the Hour including children). This will be a time to reach out to God as a collective body and spiritual family and pray to God for His keys to our development for growth.

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(Excerpts used from Elizabeth Baptist Church *Prayer and Fasting Guide*)

“Most of us initiate our prayers with *OUR* goals in mind. What do *WE* want out of this... When we start off in such a way, we have already blocked out possibly 90% of what God has to say to us... give us... Because we only want to hear and receive what *WE* want, we limit the blessings far beyond our imaginations because we refuse to let God reign over our vessels, which we claim to be part of His Kingdom. The message from God that appears the smallest to you, may indeed become much bigger than you can presently understand.

THE MOST IMPORTANT TOOL IN PRAYER IS LISTENING FOR GOD'S DIRECTIONS FOR OUR LIVES!

God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalm 27:8), to look for Him, the All Knowing for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar in one way to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship. Prayer *IS* our relationship with God.

No prayer = No relationship with God

More prayer = BIGGER relationship with God

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26,27).

WHY SHOULD WE PRAY?

- *We pray because we love God.*
- *We pray to worship God for who He is.*
- *We pray to say thanks to our Father.*
- *We pray to God to praise Him.*
- *We pray to petition God.*
- *We pray to confess our sins.*
- *We pray to intercede for others.*
- *We pray against the enemies of God.*

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- *We pray to listen to God.*
- *We pray to resist temptation.*
- *We pray because He directs us to pray.*

Why Should I Fast?

Fasting and Prayer combined can bring about a transformational revival- in you, the nation, the world... it can be a very powerful tool in seeking God. The ultimate purpose of the fast is not you and what you seek, but God. Fasting is a true way to sacrifice for God and humble oneself to Him (Psalm 35:13; Ezra 8:21). Fasting is an act of worship and honoring.

What is a fast?

A fast is a period of abstaining from something; denying self from a desire. There are multiple types of fasts, which we will address.

How Should We Prepare for a Fast?

Spiritual Preparation

- Pray before you fast. Ensure that you communicate with God and seek His guidance regarding your fast.
- Ask God to help you to examine your heart, detect and repent any unconfessed sins.

Physical Preparation

- Consult a doctor before fasting, in order to ensure that all of your vitals are stable.
- If you have severe health challenges, you should definitely have professional supervision while fasting.
- Decrease the amount of food that you eat a couple of days prior to the fast starting in order to prepare your mind, stomach, and appetite for less food.”

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Prayer and Focus for week of January 14th-January 18th

PRAYER FOCUS FOR DAY ONE: The Salvation of Souls. There is no better way to begin the fast than the burden to seek the lord for the saving of souls. 2 Corinthians 6:2.

Make a spiritual “hit list”.

Make a list of unsaved family members and friends to target in prayer during this fast. Write their names, and keep them in your prayers.

PRAYER FOCUS FOR DAY TWO: Pastors, including your Pastor, need your prayers! Hebrews 13:20-21. Make a list of the specific prayer points for my Pastor and his family.

PRAYER FOCUS FOR DAY THREE: Directions, Guidance, Dreams, and Visions. During this fast, seek God for direction, and guidance in your life. There are six stages of a vision. Psalm 37:23

1. I **thought** it: God gives you the vision.
2. I **caught** it: Start to get excited about the vision.
3. I **bought** it: Consider the cost of the vision and be willing to pay the price.
4. I **sought** it: Nobody can talk you out of it.
5. I **got** it: You possess the dream and are glad you have paid the price to get it.
6. I **taught** it: You must pass it on to the next generation.

PRAYER FOCUS FOR DAY FOUR: (Intercessors) Each of us are the spiritual “gatekeeper” of our home, in our families, in our communities, and in our church. We help to maintain a wall of protection against demonic attack on God’s people. Ephesians 6:18.

PRAYER FOCUS FOR DAY FIVE: Health and Healing. Take the time today to thank God that Jesus is your healer. If there is sickness in the body or mind of a loved one, begin to speak forth health and healing in Jesus name. Begin to declare: By your stripes I am healed... with long life you will satisfy my family and I, and show us your salvation” Isaiah 53:5, Psalm 91:16. Let the name of Jehovah-Rapha, the healing “One”, be proclaimed in this generation! Malachi 4

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