

Write down what God has done for you during the fast. "And they overcame him by the Blood of the Lamb, and by the word of their testimony..." Revelation 12:11

FOR RECIPE IDEAS OR TO SUBMIT YOUR FAVORITE RECIPES GO TO:

www.eccdenver.net





"Building Healthy, Happy & Holy Families through Jesus Christ"

3155 North Chambers Road, Unit I-J-K, Aurora CO 80011 303-371-9004 · eccmail7@yahoo.com · www.eccdenver.net

2018 FAST WITH PURPOSE

40 PASTING

As we move into the new year, we are asking our entire body of believers to unite with us in prayer and fasting. In this season we must fast and pray for our

nation, our states, our communities and our families. We need spiritual direction straight from God. We are asking you to join with us for forty days (January 2 - February 10) of sacrifice asking God to move miraculously in every area of our lives. It is our prayer that God will raise up men and women who can touch His heart in prayer and bring revival to our families, our churches and our nation.

Fasting is abstaining from food for spiritual purposes...

Most of us end our prayers quickly not knowing what to say and if God will answer. We rush to eat when we really need spiritual food more than earthly nourishment. Is it any wonder that our prayers are not prevailing? Satan is having a field day, diverting the attention of God's people away from their Lord. The enemy of our soul is so afraid of our unused power in God that he is trying to confuse us, individually and collectively. He wants to keep us from

the increased power we receive as we pray and fast. In this time of global change, we pray that this present generation and the generations to come will return to true prayer and fasting. We pray that the fire of the Holy Spirit will revisit the Church and that the mandates of the Church be re-kindled to take up this forgotten and neglected discipline.

Fasting is abstaining from food for spiritual purposes. The word fast is used for total or partial abstinence from food for a certain period of time. Fasting means to deny self. Self-denial is important to the Christian life, because it positions Jesus Christ as head of our lives. By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. Fasting is not a way to get God to do what we want. Fasting



changes us, not God. Fasting is not a way to appear more spiritual than others. Fasting is to be done in a spirit of humility and a joyful attitude. Matthew 6:16-18 declares, "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."



WHAT IS FASTING?

Fasting is abstaining from food for spiritual purposes. The word fast is used for total or partial abstinence from food for a certain period of time. Fasting means to deny self. Self-denial is important to the Christian life, because it positions Jesus Christ as head of our lives. "Oh taste and see that the Lord is good." Psalm 34:8

OUR FAST

We are fasting from meat, fish, sugar and unnecessary spending for 40 days. If you are under medical care, please contact your doctor before starting your fast. Also, you can do a modified fast for children under 18 such as fasting from sugar, social media, and/or television for all 40 days. Try to have everyone in the house participate in some way.



- Enables you to conquer the flesh and the selfish desires of our age and to walk in the power of the Spirit of God
- Makes you sensitive to hear the voice of God so that you can gain the direction you need for your life
- Opens your spirit to the supernatural and gives us the power and the anointing to work the works of God
- Sharpens your expectancy so that when you ask God for something, you can expect to receive an answer
- Prepares you for the challenges of life. It renews your mind and gives a clearer focus on the things of God
- Enables you to adopt a more healthy life style and brings physical and mental health and healing
- Relieves you of heavy burdens
- Helps you to make quality decisions
- Comforts in times of trouble and brings divine direction
- Brings **PERSONAL** revival and transformation
- Prepares you to deal with spiritual powers unseen and unrecognized by your natural eyes
- Prepares you for new transitions, new careers, new projects and new ministry opportunities
- Helps you to understand the ways of God
- Brings a greater hunger and thirst for God and draws you closer to God

WEEKLY REFLECTIONS

-	

WEEKLY REFLECTIONS

BIBLICAL EXAMPLES OF FASTING



Abraham fasted for his wife Sarah - Genesis 23:2

Jacob fasted for his son Joseph - Genesis 37:34

Moses fasted before receiving the Commandments - Deuteronomy 9:9-18

Joshua and the Elders of Israel - Joshua 7:6

The Israelites fasted when pressed by the Philistines - I Samuel 7:6

David fasted mourning his child's illness - 2 Samuel 12:1-23

Elijah fasted while escaping Jezebel - 1 Kings 19:4-8

Ezra fasted while mourning over sin - Ezra 10:6-17

Esther fasted for the safety of the Jews - Esther 4:15-17

Darius fasted for the safety of Daniel - Daniel 6:18-23

Daniel fasted for an answer to prayer - Daniel 10:1-3

Jesus fasted before temptation by Satan - Matthew 4:1-2

Paul fasted after his conversion - Acts 9:1-9

Church Elders fasted in Antioch before sending out Missionaries - Acts 13:1-3

NOW IS THE TIME



As we come to the close of another year. We must thank the Lord with all our heart, soul, mind and strength. Now is the time to believe God for the miraculous in our families, our communities and our nation. Jesus said, "this kind comes by prayer and fasting," Matthew 17:21. Every

family has a "this kind." "This Kind" is a generational curse or stronghold that tears your family apart. Now is the time to pray and fast and believe God to remove the "this kind" from your family. Believe God to pull down those strongholds that have hindered your family for years. YOU MAY BE THE ONLY ONE WHO CAN MAKE A DIFFERENCE IN THEIR LIVES. When we don't confront Satan by using our spiritual authority and weapons to destroy strongholds, he will continue to "steal, kill, and destroy" (John 10:10). EXAMPLES OF STRONGHOLDS: Ephesians 4:22-23 lists some: lying, stealing, corrupt communication, bitterness, wrath, anger, clamors, slander and malice. Other obvious examples of sinful activity that can become strongholds are: unforgiveness, bitterness, grief, disappointment, addictions, feelings of rejection, negative self-image, depression, illicit sexual activity and occult involvement. There are many others. During your fast, ask God to reveal these to you.

COMMITMENT

The road to successful prayer and fasting involves a commitment to do it. Even if you fall off the wagon one day...**START AGAIN.**

What to Pray?

This year we will join in fasting and prayer for Health (physical, mental and emotional), Spiritual Growth, Prosperity (business, career, personal, etc.) and for our Community of Faith.

The following is a list of items we will agree on in prayer.

These are just a few, you may have others:

THANK THE LORD for all of your blessings - Psalm 103:2-3

PLEAD THE BLOOD OF JESUS over your life, family and finances - Revelation 12:11

PRAY that we would be with one accord - Psalm 133:1

PRAY for divine protection over your life and family - Psalm. 91:11

PRAY for supernatural health and strength - Psalm 53:5

PRAY for wisdom and insight (divine know how) - Proverbs 4:7

PRAY for lost souls and the finances and strategies to reach them - John 3:16

PRAY for spiritual growth in our church - 2 Peter 3:18

PRAY for servant hearts - John 12:26

PRAY for the choir, ushers, greeters, and the children's workers - I Peter 4:10

PRAY for wisdom and finances for our new church home - Matthew16:18

PRAY for our youth and children to have a heart for Jesus - Lamentations 2:19

PRAY for men and women of the church to be blessed financially - Deuteronomy 28:1-14

PRAY for financial restoration of losses to God's people - Joel 2:25

PRAY that we will see the goodness of the Lord in the land of the living - Psalm 27:13

WHAT I NEED FROM GOD

What are you asking God to do? "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Philippians 4:6