

What to Expect (Physical Effects)

When on a fast your body detoxifies, eliminating toxins from your system. This can cause 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. Drink lots of water. Chew sugar free breath mints or gum.

How to End

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

My reasons for fasting:

By the strength and grace of God, I commit to the fast.

Signed Date

NOTE: Fasting and your health: If you have health issues or concerns about your physical ability to fast, please consult your doctor before beginning your fast.

Excerpt of information from www.jentezenfranklin.org

2014 GREATER LOVE 21-DAY FAST

START DATE:

Monday, January 6th

END DATE:

Sunday, January 26th

(End of day)

Please join the Prayer Partners Teams at 9:15 a.m. on Sunday mornings during the fast.

SCRIPTURES

Psalm 42:1-2; Job 23:12; Ezra 8:21;

Isaiah 58:6; Matt. 6:16-17;

Matthew 6:14-21 OR other scriptures of your choice.

Greater Love Church
Pastor Steven Barlow

Biblical fasting is refraining from food for a spiritual purpose. Fasting brings one into a deeper, more intimate relationship with the LORD. Sometimes we need spiritual renewal in our lives. Fasting is one of the ways that can cleanse us. It will help the process of communicating with the Father. You are following Jesus' example when you fast.

What to Do

- *Pray without ceasing (1 Thessalonians 5:17).*
- *Read and study the word of God at every opportunity.*
- *Stay focused on the blessings you are expecting from God.*
- *Spend time listening to praise and worship music.*
- ***If you fail in your trying, don't give up, start over again.***

What to Expect

- *Breakthrough unlike anything you've ever experienced.*
- *Supernatural blessings and release of the power of God in your life.*
- *Expect the enemy to tempt you with food and anything else he thinks will try to turn you around from completing the fast. Expect to get hungry.*

Areas of Focus for Corporate Fast

- **RESTORATION** – *of marriages and families and family values. Restoration of other things that the enemy has robbed us of.*
- **RELEASE** – *of captives being held by sin, addictions, depression and any other forms of bondage.*
- **REWARD** – *for those who humble themselves and pray and seek God's face (2 Chronicles 2:14)*

How to Begin

Start with clear goal(s). Be specific about why are you fasting. Write it down in a journal or the back of this handout.

Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Do you desire to know God's will for your life? Is there a friend or loved one who needs salvation? Do you need to break away from bondages that have been holding you hostage?

Ask the Holy Spirit for guidance to define what things you want God to do during this fast.

Prepare Spiritually

- Confess your sins to God. (1 John 1:9)
- Ask the Holy Spirit to reveal areas of weakness in your life.
- Forgive all who have offended you and ask forgiveness from those you may have offended (**Mark 11:25; Luke 11:4; Luke 17:3-4**).
- Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (**Romans 12:1-2**).

Decide What Type of Fast

Full Fast

Drink only liquids

The Daniel Fast

- What to eat and drink: Water and juices. Eat all kinds of fruits and vegetables, seeds, nuts and sprouts, brown rice, beans. Fish, if desired.
- Foods to avoid: Meat, white rice, fried foods, sweets, bread, caffeine, carbonated beverages, refined sugar, margarine, shortening and high fat products.

Partial Fast (This can be full fast (drinking only liquids) or giving up particular food items, i.e. sweets, coffee, sodas)

- 12 Hour fast: Midnight to Noon
- Partial Day Fast 1: Midnight to 3:00 p.m.
- Partial Day Fast 2: 6:00 a.m. to 6:00 p.m.