



## 2021 Fasting Information



**“Blow the trumpet in Zion, sanctify a fast, call a solemn assembly”  
(Joel 2:15).**

Our 2021 Fast will begin on Monday, January 4th and end on Sunday, January 24th. We are asking as many as will to join with us in this consecration time as we believe God for our new year direction and vision. Seek God as to how He would have you to fast and let's come together and believe God for His vision to come to pass for 2021.

### WHAT IS A FAST?

#### I. What is fasting?

- A. Fasting is a voluntary choice to discipline your mind, body, and soul to abstain from selected items or things for a specified period of time.
  - 1. Food/Drinks
  - 2. TV/Social Media/Technology/Games
  - 3. Wrong thinking and speaking
  - 4. Bad Habits/People
  - 5. Activities
- B. It is a time to consecrate yourself unto God and to limit outside distractions from influencing your life.
  - 1. Fasting should create a total dependence on God in your life.
  - 2. Our desire should be to live a holy and blessed life unto Him.
- C. Fasting is also a time to hear distinctly from God concerning life, ministry, family, future, the world...
  - 1. Posture your heart, spiritual ears, and eyes to receive from Him.

#### II. Why fast?

- A. You may fast to draw closer to God and for direction from Him.
- B. You may fast to break some habits or addictions.

- C. You may fast for healing, deliverance and salvation.
- D. You may fast on behalf of something or someone else.

## **FASTING IN THE BIBLE**

### **I. Some examples of fasting in the Bible**

#### **A. Exodus 34:28 - Moses**

- 1. Moses fasted 40 days and 40 night's drawing closer to God. The result was the giving and receiving of the Ten Commandments.

#### **B. II Samuel 1:12 - David**

- 1. After the death of king Saul and Jonathan, David and his men fasted a day mourning their death and for the army and the nation.

#### **C. Ezra 8:21-23 - Ezra**

- 1. Ezra proclaimed a fast when leading the exiles back to Jerusalem. He fasted for direction and guidance in dealing with transition.

#### **D. Esther 4:16 - Esther**

- 1. Esther proclaimed a three day fast for the Jews regarding the fate of the nations against Haman as she went in before the king.

#### **E. Daniel 10:3 - Daniel**

- 1. Daniel fasted and prayed 21 days regarding a vision he had received. The result was a revelation regarding the future.

#### **F. Luke 4:1-4 - Jesus**

- 1. Jesus fasted 40 days and 40 nights in the wilderness while being tempted of the devil. He fasted for power and anointing as He was preparing for His earthly ministry.

#### **G. Acts 13:1-3 - The Church at Antioch**

- 1. There were five prophets and teachers that sought God for ministry direction. The result was the consecration of Barnabas and Saul being released for the work of the ministry.

H. Acts 27:33-36 - Paul

1. For 14 days Paul and the others on the ship fasted as he believed God in the face of great danger for safety on their voyage.

II. Fasting is scriptural

**“Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast” (Matthew 9:14-15).**

- A. As you see from the above references, fasting is scriptural and is something that Christians should be participating in.
- B. There are other references to fasting in the Bible. Take the time to research and understand why it was so important and why we need it now.
  1. Take notes on your research.
  2. Journal throughout the fast, as God will be speaking and you don't want to forget what He says.
- C. Surround your life with the Word of God throughout your fast.
  1. As you read and pray, listen to worship music to help you remain in His presence.
  2. Set aside specific times to be alone with God. Avoid unnecessary gatherings and events. Use that time to draw closer to God.

**TYPES OF FASTS**

I. Various ways you can fast

- A. Full Fast
  1. This includes drinking only liquids such as water or natural juices or broth and soups.
  2. A full fast is one which people typically build up to over time. If you are not used to fasting often, we recommend starting with another type of fast.

3. God may lead you on a full fast at particular times on our 21 day journey. That is ok as well.
- B. Partial Fast
1. This type of fast is typically a designated time of the day. An example would be from sunup to sundown or noon to 6:00pm.
  2. In a partial fast, you may choose to do a full fast with liquids only or eat the Daniel Fast type foods for that designated time.
- C. Daniel Fast
1. In this type of fast, no meats, bread and high sugar foods are consumed. Mostly Fruits and vegetables are eaten.
  2. For a list of foods that are recommended and not recommended for a Daniel Fast you can go to this website or click on the link:  
[21-day-prayer-fast-guide.pdf \(rockcdn.us\)](https://rockcdn.us/21-day-prayer-fast-guide.pdf).

## **PREPARING FOR A FAST**

### **I. What to do when entering a time of fasting**

#### **A. Pray**

1. Prayer will establish stability in the mind and body before you deny its normal cravings.
2. It will also help sustain you as you move deeper into your fast and surrender your life to Him.
3. Confess your sin to Him. Remove any unforgiveness or bitterness from your heart. You want to enter into the fast pure before Him.

**“Create in me a clean heart, O God; and renew a right spirit within me” (Psalms 51:10).**

#### **B. Accountability**

1. If you are married, make sure your spouse has consented on this time of fasting.

**“Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency” (I Corinthians 7:5).**

2. Make sure to alert your pastors or leaders, as they pray for you and give account for your soul.

**“Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you” (Hebrews 13:17).**

C. Wisdom

1. If you are taking medicine, it would be wise to speak with your doctor when making changes. It could cause side effects.
2. If you are not taking your medicine during your fast time, please let your pastors or leaders know so they can stand in prayer with you.
3. Limit the amount of your activities and monitor your exercise or workout programs. Your body will need rest.

D. It's not public

1. You don't need to announce to the world that you are fasting. This brings attention to yourself and not God.
  - a. Make sure your immediate family and pastors are aware as they will be directly influenced by your fasting.
2. Remember, what you do in secret, God will reward you openly (Matthew 6:6). Guard your ear gates, eye gates and mouth gate.
3. Anoint yourself each day and enjoy the presence of the Lord.

**“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly” (Matthew 6:16-18).**

## **STRATEGIES FOR THE FAST**

I. What to pray and seek God for

- A. Week 1 - We encourage you to pray for the state of our nation and world. Covering all the effects and impact of 2020.

1. Our government, healthcare, public safety, economy, educational systems and businesses need our intercession.
2. Pray for recovery from the wind and storms that hit the land.
- B. Week 2 - Pray for the healing (mind, body and soul), growth, strength and maturity of the church, both local and global.
  1. Our pastors and leaders need prayer and encouragement to move forward and to discern the direction for what is next.
    - a. We must continue in the momentum that God has released.
- C. Week 3 - Pray for the incoming harvest. Many have been effected by the events of 2020. There are souls that are ready to come into the Kingdom. Pray to the Lord of the harvest that He will also raise up more laborers to help bring them in.
  1. Our nation is in a time of great repentance and from repentance will come a great soul revival. The results will be Kingdom expansion!

## **BREAKING THE FAST**

### **I. How to properly break a fast**

- A. There will be good habits you will have formed during this time. Don't stop doing them just because the fast has ended.
  1. Continue to build on them. God has position you for greater.
  2. Be excited about the new life you have established in Him.
  3. As you prayed when you entered the fast, pray for God's continual direction as you end the fast.
- B. After the fast, your body will fill healthier. Don't rush back into poor eating habits. For some, the fast will change your lifestyle of eating.
  1. Gradually begin to eat solid foods again. Do not cram them in all at once. This could cause stomach pains and body issues.
  2. Start out with light foods and continue to build back up to a place where your body is comfortable again.

**Be encouraged as we journey together for these 21 days. Let's receive the power and breakthrough anointing of God!**