

## **Corporate Prayer & Fasting**

A Church Family "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land. 2 Chronicles 7:14"

### ***What is prayer and fasting?***

Prayer: is communicating with God. Prayer is the getting into the presence of God. It is the place where pride is abandoned, hope is lifted, and supplication is made. Prayer is the place of admitting our need, of adopting humility, and claiming dependence upon God.

Fasting: is the abstinence from food for a spiritual breakthrough, ultimately to get to know God better. Fasting is often seen as abstinence from some form of gratification, for a period of time, in order to achieve a greater spiritual purpose.

### ***What is the purpose of prayer and fasting?***

Prayer is to acknowledge who our father is, His creation and His will for our lives. Prayer exercises our faith and hope. Prayer is the privilege of touching the heart of the Father through the Son of God, Jesus our Lord. Fasting done properly according to Isaiah 58:4, the purpose of fasting is to "make your voice heard on high."

### ***Why should we fast?***

1. Honor God - Mt. 6:16-18, Luke 2:37, Acts 13:2, Mt 5:6
2. Humble Yourself – 2 Chron. 7:14-15
3. Discerning Healing – 1 Cor. 11:30, James 5:13-18, Isaiah 59:1-2
4. Deliverance from Bondage – Mt 17:21, Is. 58:9 (loose bands of wickedness)
5. Revelation – God's vision and will – Dan 9:3, 20-21, Dan 10:2-10, 12-13
6. Revival – personal and corporate – Acts 1:4, 14, 2:16-21, Joel 2:12-18
7. Repentance – personal failures – Psalm 51, Jer. 29:11-14, James 4:8-10

### ***How to pray and get results:***

Jeremiah 1:12b; "for I will hasten (watching over) my word to perform it. Therefore; we need to begin to speak God's word back to him, knowing that His Word will not return unto Him void but it shall accomplish that which pleases Him and it shall prosper in the things whereto He sent it. (Isaiah 55:11) Whatever the needs are in your life, and in the life of the ones you are praying for, find the scripture that fits that need and pray it. We need to speak or call those things that are not as though they were. (Romans 4:17-18) Genesis Chapter 1, God teaches us the way we should pray. God saw and made what He spoke or called

and as children of God we must follow His example.

**Entities to pray for:**

Church Leadership & Families  
Church Body & Families  
Children  
Relationships  
Government  
Our Nation & Others  
Evangelism/Outreach  
Financial Increase & Favor

**Eight steps to prayer and fasting:**

1. How to begin our fast
2. Set an objective- (know what you are praying for)
3. Make a commitment
4. Prepare yourself spiritually
5. Prepare yourself physically
6. Put yourself on a schedule
7. End your fast gradually
8. Expect results

**God says in Isaiah 58: 6-8 that he has chosen fasts so that:**

- (1) Loosen the chains of injustice,
- (2) Untie cords of the yoke,
- (3) Set the oppressed free,
- (4) Break every yoke,
- (5) Give bread to the hungry and provide the poor with clothes and housing,
- (6) Allow the people's light to break forth like the morning,
- (7) Cause their health to quickly appear,
- (8) Cause their righteousness to go before them,
- (9) Cause the glory of the Lord to be their rear guard.

Let's stay together!!!

A people that pray together stays together, a house divided against its self cannot stand.

**A praying church is a powerful church**

# Fasting Game Plan

We want to dedicate time to the Lord at the beginning of the year to grow spiritually, increase mentally, and breakthrough in our health and live the life God called us to!

We will mix a Food and Media Fast!

Food: A Total Fast or Daniel Fast

Media: Cut out hours spent watching TV, Social Media, and/or Entertainment

Instead find ways to spend time with your family and / or productive to your growth.

- Read the Word of God - Specifically dedicate time to learn the Lord's promises for your life. It will nourish and enrich your Spirit, Soul, and Body!
- Spend time in Prayer - Dedicate time to pray. Pray during a determined window of time (i.e. 30 minutes, 1 hour, etc.) but also talk to and thank God throughout the day.
- Family Time - Play Games and do things that create a time of connection.
- Serve the Community
- Etc....

Week 1: Jan 5 – Jan 11

- **Secular Media Fast: Pick 1-3 days** (Sun – Tues, Wed – Fri, etc.).
- **Add: Fast at least 1 complete meal for 3 – 7 days**
- **Add: Take 1-2 days to fast Completely** (Liquids Only or Daniel Fast)

Week 2: Jan 12– Jan 18

- **Secular Media Fast: Pick 3 – 7 days** (Sun – Tues, Wed – Fri, etc.). Do a minimum of 3 days! Look at how God is changing your Life!
- **Add: Fast at least 1 complete meal for 3 – 7 days**
- **Add: Take 3-5 days to fast Completely** (Daniel Fast)

Week 3: Jan 19 – Jan 25

- **Secular Media Fast: All days! Finish STRONG**
- **Add: Fast at least 1 Complete meals for 3 – 7 days**
- **Add: Fast Completely** (Daniel Fast)!

This is Breakthrough time! Great Job! God is rewarding you mightily for you discipline and commitment to Him!