



DAYS OF  
**PRAYER + FASTING**

**JAN 10-31, 2021**

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A Quick Resource To Help You Get Started



# **FASTING SCHEDULE**

We will start our time of prayer and fasting on January 10, 2021 and end it on January 31, 2021 together with a communion service.

**We will be hosting 4 nights of prayer online via Zoom:**

- Sun, January 10 @ 6:30PM
- Wed, January 13 @ 7:30PM
- Wed, January 20 @ 7:30PM
- Wed, January 27 @ 7:30PM

## **Daily Posts**

Follow along on Instagram and Facebook for daily videos and posts where we'll share daily prayer points:

 [facebook.com/westonroadchurch](https://facebook.com/westonroadchurch)

 [instagram.com/westonroadchurch](https://instagram.com/westonroadchurch)



# // WHAT IS FASTING?

Simply stated, biblical fasting is refraining from food for a spiritual purpose. The true goal of all fasting is to enter into a deeper personal experience with God. Furthermore, According to Matthew 6, there are three duties of every Christian: **give, pray and fast.**

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

# // WHY SHOULD I FAST?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?



# // TYPES OF FASTING

There are several types of fasting. The one you choose is between you and God. He will honour your best sacrifice.

## **Full Fast**

Drink only liquids (you establish the number of days).

## **The Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

## **Partial Fast**

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

# // DURATION OF A FAST

Fasting is something which is essentially a Spirit-lead experience. Therefore it is important through the guidance of the Holy Spirit to determine the nature and duration of a fast. Probably the two most common fasts practiced today are the one-day and the three-day fasts:

- **Biblical examples of a one-day fast:** Leviticus 23:27; 1 Samuel 7:6; 14:24; Jeremiah 36:6; Nehemiah 9:1
- **Biblical examples of a three-day fast:** 1 Samuel 30:12; Matthew 15:32; Mark 8:2, 3; Acts 9:9.

At Weston we are calling the church to come together for prayer and fasting for a duration of 21 days

**We will start on January 10, 2021 and end on January 31, 2021 with a communion service. We have scheduled 4 Zoom prayer nights:**

- Sunday, January 10 @ 6:30PM
- Wednesday, January 13 @ 7:30PM
- Wednesday, January 20 @ 7:30PM
- Wednesday, January 27 @ 7:30PM



# // **FASTING: QUICK TIPS**

*Taken from JentezenFranklin.org*

## **How to Begin**

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

## **Preparing Spiritually**

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

## **Deciding What to Fast**

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

## **Deciding How Long**

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

## **What to Expect**

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild 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. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## **How to End**

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



# **Fasting: Talk it over with your Kids**

We are so excited that you've decided to join us in fasting as we welcome 2021. It is our prayer that God would do something truly deep and life-altering in you and your family. For those of you who are parents or guardians, we encourage you to take the time to really talk to your kids about what it is that the church is doing, as well as explaining and unpacking the 'why' of it all with them. Remember: there is no "JR" Holy Spirit. Be serious with your children as you discuss this fast – they might even surprise you. We've tried to break it down in the most kid-friendly way possible. Hopefully this information is helpful in your explanation and discussion!

## **What is Fasting?**

Fasting is when you choose to give up something that you really want for a determined period of time, so that you can focus more clearly on God and prayer during that time. Normally, you pray with your spirit and soul (which is what makes up who you are inside), but fasting gets your body involved, too. It's sort of like body prayer. When you fast, it's like you are praying with your whole self.

## **How do I include my Kids?**

- Spend time each day praying and reading scripture as a family. Really work on specific verses you would like for them to have "in their hearts," and make it a point to encourage memorization.
- You can invite them to participate in the fast along with you.
- Ask your child(ren) to choose what they believe that they should give up. For kids this does not need to just be limited to food. They could choose to fast a certain toy/game, T.V. show, dessert, etc. Really work with them, and help them pray through this decision.
- Provide them with something to fast. Have some sort of treat that they enjoy placed in plain sight and tell them that every time that they think about this particular treat, they are to pray, and that once the week is up they may enjoy it as they please.

These are just a few limited suggestions. Feel free to come up with something that fits YOUR family. The goal here is that your kids develop an understanding and appreciation for the discipline of fasting, and that as they grow it would be a consistent aspect of their spiritual life.

