

## Grace Church 21 Days of Corporate Fasting and Prayer

Grace Church's time of corporate fasting and prayer begins on **Sunday, February 4** and continues through **Sunday, February 25**.

### Corporate Event:

You are encouraged to join us:

#### Tuesdays Fasts

During these 3 weeks, the elders are asking that we devote each Tuesday to fasting and prayer as a corporate effort to seek God.

Corporate fast dates include . . .

Tuesday, February 6

Tuesday, February 13

Tuesday, February 20

#### Chili Bowl

Sunday, February 25

5-7pm

In the Activity Center

Fasting on each of these Tuesdays will involve ***abstaining from food for breakfast and lunch. During the time we would normally spend in preparation or eating the meal, it is important to use that time to pray and to read God's Word.*** For example, if you normally spend 20 minutes preparing and eating breakfast, use that 20 minutes to pray and read Scripture instead.

If you are unable to participate in the corporate fast on Tuesdays, you are welcome to choose another day of the week to seek God through fasting and prayer.

## What is Biblical Fasting?

Fasting is a spiritual discipline in which believers abstain from food for the spiritual purpose of intensifying our hunger for God and deepening our relationship with Him.

Fasting encourages a deeper relationship with God by demonstrating our HUMILITY before Him. (Ezra 8:21; Psalm 69:10)

Fasting encourages a deeper relationship with God through our REPENTANCE and CONFESSION of sin. (1 Samuel 7:6; 1 Kings 21:27)

Fasting encourages a deeper relationship with God by acknowledging our sole DEPENDENCE on Him. (Deuteronomy 8:2-3; Matthew 4:1-4)

Fasting encourages a deeper relationship with God by helping us to discern His WILL and DIRECTION in our lives. (Judges 20:26-28; Acts 13:1-3)

Fasting encourages a deeper relationship with God by increasing our appetite to PRAY. (Mark 1:35)

Fasting encourages a deeper relationship with God by increasing our appetite for Him and His WORD. (Matthew 4:1-4; John 4:31-35)

## **What are some different ways to fast?**

These pages contain some suggestions from Dr. Elmer Towns's book *The Daniel Fast for Spiritual Breakthrough*. (Used by permission)

### **Fasting Suggestions**

Eliminate one meal a day and pray during that mealtime.

Eliminate two meals a day, and pray during their times.

Eliminate all desserts.

Eliminate all rich, superfluous foods eaten only for pleasure.

Eat only necessities, and only during mealtime (no snacks).

Eliminate all drinks except water (no coffee, tea, soda or purchased drinks).

### **Contemporary Interpretations**

No text messaging or Facebook or Twitter communications that take your thoughts away from God.

No secular music; only praise and worship music.

No newspaper or pleasure reading; give that time to prayer.

No television; give that time to prayer.

No recreational sports; give that time to prayer.

No sex. "Both husband and wife to refrain from sexual intimacy for a limited time, so they can give themselves completely to prayer." (1 Cor. 7:5, NLT)

## **Some Physical Aspects of Fasting**

If you have specific health issues related to diet, check with a doctor before beginning a fast.

No matter what way you choose to fast make sure and drink fluids including water and fruit juices.

You may need to restrict some of your physical activity during a fast, especially rigorous exercise.

Sudden movements, especially standing up quickly, may cause dizziness or light-headedness.

Expect some physical, mental, and perhaps even some emotional discomfort during a fast. Headaches, sleeplessness, and irritability often accompany a fast, but don't allow the fast to become an excuse for improper actions or attitudes.