

# God's Glory Ministries

## Corporate Fast 2024

God's Glory Ministries will embark on a 21 Day Daniel Fast (beginning at 8:00 a.m. on Thursday, January 11<sup>th</sup> and ending at 8:00 a.m. on Thursday, February 1<sup>st</sup>). During these 21 days of fasting, we will fast sweets, meats, bread, TV, and surfing the Internet. We will watch only the news and Christian TV. Replace your TV time with prayer, Bible study, and listening to praise and worship.

In addition to fruits and vegetables, you may snack on foods such as nuts and raisins. You may also eat oatmeal and any whole/natural grains. Please refrain from eating cheese and eggs. You may drink only water and juice (no sodas).

### **NOTE**

*If you have health concerns, please consult your doctor prior to beginning a fast. This is especially important if you take prescription medications or have a chronic ailment.*

## **2024 Fasting Contract**

My Reason/Cause for Fasting

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Who (if anyone) will I ask to fast with me? \_\_\_\_\_

*I believe that God is the only answer to my request and that prayer without fasting is not enough to get an answer to my need. Therefore, by faith, I am fasting because I need God to work in this matter. God being my strength and grace being my basis, I commit myself to the above fast.*



Signed \_\_\_\_\_

Date \_\_\_\_\_

# My New Year's Resolution (Covenant) for 2024

**Dear Lord,**

(Check all that apply.)

- |   |   |
|---|---|
| <input type="checkbox"/> I will read my Bible daily.                        | <input type="checkbox"/> I will pray every day.                             |
| <input type="checkbox"/> I will spend time praising the Lord every day.     | <input type="checkbox"/> I will witness as God gives me the opportunities.  |
| <input type="checkbox"/> I will give beyond a tithe regularly.              | <input type="checkbox"/> I will (at least) give a tithe (10%) of my income. |
| <input type="checkbox"/> I will abstain from even "the appearance of evil." |   |

**I will quit:** (circle)

- |  |  |  |                                       |
|--|--|--|---------------------------------------|
| <input type="checkbox"/> Smoking         | <input type="checkbox"/> Drinking      | <input type="checkbox"/> Drugs                         | <input type="checkbox"/> Backbiting   |
| <input type="checkbox"/> Criticizing     | <input type="checkbox"/> Gossiping     | <input type="checkbox"/> Murmuring                     | <input type="checkbox"/> Being Bitter |
| <input type="checkbox"/> Pornography     | <input type="checkbox"/> Gambling      | <input type="checkbox"/> Questionable TV/Movie Viewing |                                       |
| <input type="checkbox"/> Procrastinating | <input type="checkbox"/> Evil Thoughts | <input type="checkbox"/> Questionable Music Stealing   |                                       |
| <input type="checkbox"/> Fornication     | <input type="checkbox"/> Cheating      | <input type="checkbox"/> Sowing Discord                | <input type="checkbox"/> Envy         |
| <input type="checkbox"/> Immorality      | <input type="checkbox"/> Adultery      | <input type="checkbox"/> Lying                         | Other: _____                          |

**I will work on the Fruit of the Spirit in my life:** (Galatians 5:22-23)

- |                                     |                                   |                                     |
|-------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Love       | <input type="checkbox"/> Joy      | <input type="checkbox"/> Faith      |
| <input type="checkbox"/> Peace      | <input type="checkbox"/> Patience | <input type="checkbox"/> Temperance |
| <input type="checkbox"/> Gentleness | <input type="checkbox"/> Goodness | <input type="checkbox"/> Meekness   |

**I will work develop the gifts God has given me:** (Romans 12:6-18)

- |                                      |   |                                      |
|--------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Teaching    | <input type="checkbox"/> Ministering    | <input type="checkbox"/> Exhortation |
| <input type="checkbox"/> Giving      | <input type="checkbox"/> Administration | <input type="checkbox"/> Mercy       |
| <input type="checkbox"/> Hospitality | <input type="checkbox"/> Serving        | <input type="checkbox"/> Sharing     |
| <input type="checkbox"/> Sympathy    | <input type="checkbox"/> Grace          | <input type="checkbox"/> Humility    |
| <input type="checkbox"/> Honesty     | <input type="checkbox"/> Peace          |                                      |

**As God gives me the strength, I will be in**

- |   |  |                                   |
|---|--|-----------------------------------|
| <input type="checkbox"/> Life Class (Sunday School) | <input type="checkbox"/> Morning Worship Service   | <input type="checkbox"/> Revivals |
| <input type="checkbox"/> Corporate Prayer           | <input type="checkbox"/> Glory Class (Bible Study) | <input type="checkbox"/> Meetings |
| <input type="checkbox"/> Other Services             |  |                                   |

- I will be on time to every service or appointment.
- I will faithfully pray for my pastor and family.
- I will do my best to pray for and help others in need.

Signature \_\_\_\_\_

# Information for Those Desiring to Pray with Fasting

## 21 DAY SPIRITUAL MAKEOVER

Fasting is a method that God has given us to seek His face, ask for His help, and to dedicate ourselves to prayer, in a more intensified manner. It is also described as the afflicting of one's soul in order to seek the face of God.

- **Ps. 35:13.** David prayed with fasting for friends when they were sick.
- **Daniel 6:18.** King Darius fasted when he was put into a situation that he had no control over. He was tricked into throwing Daniel into a lion's den.
- **Daniel 9:1-3.** Daniel prayed with fasting for the Word of God to come to pass when he read the Scripture and found out that the 70 years of Jerusalem's desolation was fulfilled. This set the hand of God in motion. *(See Dan. 9: 20-23)*
- **Esther 4:16.** Esther had the whole Jewish population to pray with fasting for her as she risked her life to fulfill her purpose. *(See Esther 4:14)*
- **Acts 13:3.** The leadership at the church in Antioch prayed with fasting before they released ministers into unchartered territory in ministry.
- **Acts 14:23.** Paul and Barnabas also prayed with fasting before installing Elders to oversee the churches they had established.
- **1 Samuel 7:5-6.** Samuel called the people to prayer and fasting to repent from a lifestyle of sin. *(Also see Nehemiah 9:1-2)*
- **Deuteronomy 9:18-19.** Moses prayed with fasting for the Israelites because he noticed a pattern of sin in their lives that could cost them their divine purposes.
- **Matthew 4:1-2.** Before Jesus began the most powerful and anointed ministry the world has ever known, He prayed with fasting. *(Read the Luke 4 account.)*

There are several instances in Scripture where people used prayer with fasting as a means to seek the Lord and/or petition Him for help in pressing situations. Prayer with fasting does not change the mind of God as much as it changes the mind of man so that he can "tune in" to God.

Though there are many benefits to fasting, it should be understood that salvation, sanctification, healing, and all other blessings come from God alone. He is our only Source. Fasting simply changes our normal routine so that we can put ourselves in a position to better hear from and talk to God. It demonstrates our willingness to deny ourselves so that we can tune in to God.

While fasting, Scripture indicates that married couples should consent to abstain (restrain themselves) from sexual activity so that they can give themselves more to spiritual satisfaction over sensual satisfaction.

*Abstaining from sex is permissible for a period of time if you both agree to it, and if it's for the purposes of prayer and fasting – but only for such times. Then come back together again. Satan has an ingenious way of tempting us when we least expect it. 1 Corinthians 7:5*

**PURPOSE OF OUR FAST:** Our purpose in this 21 day fast is to give ourselves to intensified prayer with fasting so that we can...

1. Rob the flesh of its free reign in our daily lives.
2. Rid ourselves of our persistent habits.
3. Repent of known patterns of sin.
4. Release the past and look to the future.
5. Reach for a deeper relationship with Jesus.
6. Render the works of Satan against the church null & void.
7. Restore our passion for the things of God.
8. Renew our commitment to be used of the Holy Spirit.

During the fast, believers are encouraged to...

1. Replace mealtime with Bible study and prayer.
2. Repent of known patterns of sin.
3. Resist the devil by focusing on God and His Word.
4. Ask the Lord to...
  - a. ...empower you to live the truth that you know.
  - b. ...reveal Himself to you through His Word & by His Spirit.
  - c. ...give you greater influence in the spiritual realm.
  - d. ...help you live in genuine love towards others beginning at home.
  - e. ...make you an effective witness for Christ.
  - f. ...give you a fresh outpouring of His Spirit so that the gifts of the Holy Spirit would manifest in your life and in your church.

**What about children?** Please do not force your children to fast. If they desire to join you on a partial fast, that is quite all right. Just make sure that you monitor them closely, but do not make them go without food. (I don't believe that it is a good idea to send them to school fasting. As a matter of fact, I caution you not to do so.)

For those who struggle with “what to say” in prayer, I have provided two prayers that will help you address critical areas. Please understand that these are only model prayers for those who need them. I encourage you to pray spirit-led, Word-based prayers from a sincere, seeking heart.

**Prayer #1:**

*Father, I separate myself to You to pray with fasting so that I can better cooperate with Your plan for my life, my family, and Your church in this city and in the world. I place before You everything in my life that seek to challenge Your reign and rulership. Deal with me and reveal Your truth in my heart so that I will not be a slave to old habits and patterns of sin, and so that I will please You in my daily living.*

*I ask You to release me from the pride of past successes and guilt and shame of past failures to serve You now in greater ways.*

*Restore my passion for You, Lord, so that I can reach for a deeper relationship with Jesus. I pray, Father, that You will cause me, as a member of Your church, to live in such authority that I may render the works of Satan against Your church null and void. I commit to You to be a vessel of honor to be used by the Holy Spirit. Teach me and lead me so that I will do what is pleasing to You. In Jesus' Name. Amen.*

**Prayer #2:**

*Father, I want to know You. Open my eyes to the Truth of who You are. As I read my Bible, reveal Jesus to me. Let me not be satisfied just to know Your Word; let me not be satisfied until I know You personally. Help me to see You in everything I experience in this life. Father, it is only as I get to know You that I will be empowered to...*

- *live the Truth I learn,*
- *submit to You and resist the devil,*
- *enjoy authority in the spiritual realm,*
- *be an effective witness for Jesus, and*
- *Live in genuine love towards others.*

*I desire to know You, Lord. The price to pay for knowing You is nothing compared to the prize of really knowing You. I receive the necessary grace to live out Your plan for my life. Thank You for answering my prayer. In Jesus' Name. Amen.*

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At the end of our 21 days of spiritual makeover, do not expect to be immune or released from temptation, frustration, and everyday challenges. The only thing that may change from this fast is you, but you will definitely see a notable change. Set your faith to come out of this 21-day consecration as a changed person.

\*Remember that fasting doesn't change God's mind; it simply helps us tune in to what God is doing and saying in our lives.

# Fasting

***"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord God, and made my confession..." Daniel 9:3-4***

**I.** Is there a place for fasting in New Testament times?

**A.** Fasting was not required of the disciples of Jesus.

**Matthew 9:14 (Mark 2:18; Luke 5:33)** "Then came to him the disciples of John, saying, Why do we and the Pharisees fast often, but thy disciples fast not?"

**B.** But Jesus spoke of a day when there would be a place for fasting.

**Matthew 6:16-18** (Not "if," but "when ye fast ...") "Moreover when ye fast, ...But thou, when thou fastest..."

**Matthew 9:14-15 (Luke 5:34-35)** "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."

**II.** What guidelines are set forth in scripture concerning fasting?

**A.** It is to be done in a manner of humility and secrecy.

**Matthew 6:16-18** "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 ..."

**Luke 18:9-14** "And he spake this parable unto certain which trusted in themselves that they were righteous, and despised others: Two men went up into the temple to pray. . . The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are...I fast twice in the week, I give tithes...And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to this house justified rather than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted."

**B.** Fasting is closely related to prayer and reading of the Word.

**I Samuel 1:6-8, 17-18**, etc. "And her adversary . . . provoked her; therefore she wept, and did not eat. Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved?...Then Eli answered and said, Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him ..."

**Nehemiah 1:4** "...when I heard these words, I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven."

**Nehemiah 9: 1-3** "...the children of Israel were assembled with fasting ...and stood and confessed their sins...and read in the book of the law of the Lord their God one fourth part of the day; and another fourth part they confessed, and worshipped the Lord their God."

**Daniel 9:3, 20** "And I set my face unto the Lord God, to seek by prayer and supplication, with fasting... and while I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication..."

**Joel 2:12** "...turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning."

**Jonah 3:8**, etc. "For word came unto the king ... and he caused it to be proclaimed and published ... saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God ... Who can tell if God will ... turn away from his fierce anger ... And God saw ..."

**Luke 2:37** "And she was a widow of about 44 years, which departed not from the temple, but served God with fastings and prayers night and day."

**Acts 9:9, 11** "And he was three days without sight, and neither did eat nor drink."

**Acts 10:30** "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing."

**Acts 13:2** "As they ministered to the Lord, and fasted, the Holy Ghost said..."

**Acts 14:23** "And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord..."

**I Corinthians 7:5** "... that ye may give yourselves to fasting and prayer..."

**C.** A fast may be either absolute or partial.

**1.** Examples of absolute (complete) fasts:

**Deuteronomy 9:9, 18** "..... 40 nights, I neither did eat bread nor drink water."

**Ezra 10:6** "Ezra. . . did eat no bread, nor drink water: for he mourned..."

**Esther 4:16** "Go, gather together all the Jews...and fast ye for me, and neither eat nor drink three days, night or day..."

**Acts 9:9** "...and neither did eat nor drink"

**Acts 27:33** "...This is the fourteenth day that ye have tarried and continued fasting, having taken nothing."

**2.** Examples of partial fasts (abstinence from certain foods only): **I Kings 17**

**Daniel 10:3** "I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

**D.** There is a place for both the corporate (group) and the individual (personal) fast.

**1.** Examples of corporate fasts:

**I Samuel 7:5-6** "And Samuel said, Gather all Israel ... and they gathered...and fasted ... "

**II Chronicles 20:3-4**

**Ezra 8:21-23** "Then I proclaimed a fast ... So we fasted and besought our God..."

**Nehemiah 9:1-3** " ... the children of Israel were assembled with fasting ..."

**Joel 2:15-16** "... sanctify a fast, call a solemn assembly; gather the people..."

**Jonah 3:5-10** "the people ... proclaimed a fast...from the greatest of them even to the least"

**Acts 27:33-37**

**2.** Examples of the individual fast:

**II Samuel 12:15-16, 22-23** ". .and David fasted, and went in, and lay all night upon the earth."

**I Kings 21:27-29** "When Ahab heard those words, he...fasted, and lay in sackcloth, and went softly."

**Psalms 35:13** "But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting..."

**Daniel 9:3** "And I set my face unto the Lord God, to seek by prayer ...with fasting..."

**Luke 2:36-37** "And there was one Anna, a prophetess...a widow of about 44 years, which departed not from the temple, but served God with fastings and prayers night and day."

**Acts 9:9** "...and neither did eat nor drink."

**III.** Fasting in itself is of no spiritual value (**Isaiah 58; Jeremiah 14:12; I Corinthians 8:8**) – "that which is of the flesh is flesh," **John 3:6** – but it is the attitude of a heart sincerely seeking Him to which God responds with blessing.

**Joel 2:12, 13** "Rend your heart, and not your garments..."; **Romans 14:6, 17; I Corinthians 15:50**

**A.** Only fasting that is done with the right motive, that of glorifying God, can be pleasing in His sight.

**Isaiah 58:3-7** "Wherefore have we fasted, say they, and thou seest not? ... Behold, in the day of your fast ye find pleasure ... ye fast for strife and debate ... ye shall not fast as ye do this day ... Is it such a fast that I have chosen? To loose the bands ... to undo the heavy burdens ... to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him ..."



**Zechariah 7:5-6** "... When ye fasted and mourned ... those 70 years, did ye at all fast unto me, even to me?"

**Matthew 6:16-18** "The hypocrites ... disfigure their faces, that they may appear unto men to fast."

**Luke 18:9-14** "The Pharisee stood and prayed thus with himself, God, I am not as other men are ... I fast twice in the week..."

- B.** The same Bible that teaches abstaining from foods (as God leads) also warns us against testing the Lord (**Matthew 4:7**).
1. Our bodies are the temple of the Holy Spirit (**I Corinthians 6:9**), and we are to care for them as such (v. 20).
  2. It may indeed be profitable for a season for us to exercise severe discipline, to "keep under my body, and bring it into subjection" (**I Corinthians 9 :27**), to be "temperate in all things" (**I Corinthians 9:25**), but we must also realize "that which is flesh is flesh," and we cannot produce spiritual results – however sincere our intentions – from that which is purely flesh.
  3. To deny the flesh of its natural desires may cause us to be more "in tune" to hear the voice of the Lord (**Deuteronomy 9:18, 25**, etc.), but it also places us in a realm more easily prone to the attack of the enemy. It was when Jesus had been fasting for 40 days that He was faced with the greatest Satanic attack (**Matthew 4:1-3; Luke 4:1-2**).
- C.** Scripture warns that in the last days there will be many "forbidding to marry, and commanding to abstain from meats," etc. (**I Timothy 4:1-3**). We are to test the spirits, to see whether they be of God (**I John 4:1**).

#### **IV.** How long should I fast?

- A.** Bible personalities fasted and sought God diligently until they obtained from God what they desired (see the examples of Hannah, **I Samuel 1:6-8, 17-18**; and Paul, **Acts 9:9,17-19**) – or until the Lord made it evident that what they requested simply would not be obtained (as in the case of David, **II Samuel 12:15-23**).
- B.** The length of a fast may vary.
1. One night. **Daniel 6:18**
  2. One day. **I Samuel 7:6; II Samuel 1:12; 3:35; Judges 20:26**
  3. Three days and three nights. **Esther 4:16; Acts 9:9, 17-19**
  4. Seven days. **I Samuel 31:13; II Samuel 12:16-23**
  5. Fourteen days. **Acts 27:33-34**
  6. Twenty-one days. **Daniel 10:3-13**
  7. Forty days.
    - a. Moses (at two different times). **Exodus 24:18; 34:28; Deuteronomy 9:9, 18, 25-29; 10:10**
    - b. Elijah. **I Kings 19:8**
    - c. Jesus. **Matthew 4:2 (Mark 1:13; Luke 4:2)**

**V.** When should I fast?

Many occasions for fasting are recorded in scripture.

**A.** The ordination of elders and commissioning of apostles to ministry

**Acts 13:3** "And when they had fasted and prayed, and laid their hands on them, they sent them away."

**Acts 14:23** "And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord..."

**B.** Intercession for the people of God. (**Exodus 24:18; Deuteronomy 9:8-9, 12-20, 23-27; Ezra 10:6; Daniel 9:3-4; Joel 2:12-14, 17-18; Jonah 3:5-10**)

**C.** Humbling and chastening of oneself

**I Kings 21:27-29** "... Seest thou how Ahab humbleth himself before me?"

**Psalms 35:13** "... I humbled myself with fasting ..."

**Psalms 69:10** "I wept, and chastened my soul with fasting..."

**D.** Seeking the Lord and His way

**Judges 20:26-28**, etc. "Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the Lord, and fasted that day until evening, and ... inquired of the Lord ... (whether to) go out to battle...And the Lord said, Go up..."

**II Chronicles 20:3** "And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah."

**Ezra 8:21-23** "Then I proclaimed a fast that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to ask the king...to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our god is upon all them for good that seek him...So we fasted and besought our God for this: and he was intreated of us."

**E.** Repentance and confession of sin (**I Samuel 7:6, I Kings 21:27-29**)

**Ezra 10:6** "... he ate no bread, nor drank water: for he mourned because of the transgression ..."

**Nehemiah 1:4-7**, etc. "...when I heard these words, I sat down and wept, and mourned certain days, and fasted, and prayed..."

**Nehemiah 9:1-3** "... the children of Israel were assembled with fasting ... and stood and confessed their sins ... one fourth part of the day ... they confessed ..."

**Jeremiah 36:6-10; Daniel 9:3-5, 20** "... confessing my sin and the sin of my people..."

### **Jonah 3:5-10**

- F.** Receive healing (**I Samuel 1:5-11, 18-20; II Samuel 12:15-16, 22-23; Isaiah 58:8; Acts 9:9, 17-19**)
- G.** Petitioning God to withhold His hand in judgment

**Deuteronomy 9:18, 25** "And I fell down before the Lord...I did neither eat bread, nor drink water, because of all your sins...because the Lord had said he would destroy you."

### **Isaiah 58:9**

- H.** Preparation to receive word from God (**Deuteronomy 9:18, 25; Isaiah 58:9**)
- I.** Spiritual deliverance

**Isaiah 58:6** "Is not this the fast that I have chose? To loose the bands...to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

**Mark 9:29 (Matthew 17:21)** "And he said unto them, This kind can come forth by nothing, but by prayer and fasting."

- J.** Seeking assistance in time of fear

**II Chronicles 20:3** "And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast ..."

- K.** Mourning another's death (**II Samuel 1:12; 3:35**); out of concern for another's safety (**Daniel 6:18**); or when faced with threats on one's own life (**Esther 4:3; 9:1-3**).
- L.** Seeking protection (**Ezra 8:21-23**)
- M.** Lacking material provision; in need

**II Corinthians 11:27** "... in watchings often, in hunger and thirst, in fastings often..."

- VI.** Fasting is an extremely valuable and important facet of the Christian life, but it is not an infallible means of "getting what we want" from God. (**Jeremiah 14:12** "When they fast, I will not hear their cry ...")

Example: **II Samuel 12:15-23** (David's son died anyway.)

Obedience is better than sacrifice (**I Samuel 15:22**).