



RENEW **E**FRESH **E**STORE

PRAYER & FASTING GUIDE

JANUARY 27 - FEBRUARY 9



FASTING GUIDE

This is a great time to fast, speak to the Lord through prayer, and receive a renewed vision of your life!

We're certain that you have experienced a multitude of life altering events over the past several years. Some of these events were good and promising, and yet other circumstances presented serious challenges. In the midst of it all, we know that God has a sovereign plan for you that no other event can alter, change, or defeat.

A deeper, more frequent, and intentional prayer life will transform you, this Church, and our Community. That's why you should strengthen your connection with the Lord, download His divine guidance, and directly respond to His plans for your life. We're praying that you experience a season of personal renewal, refreshment, and restoration. Hey, you can do this, and let's do this together with a spirit of unity! If you are ready for positive change, to reach a higher level, then It's time to Fast and Pray!

PLANNING FOR THE FAST

Pray - Spend time reading the Bible before the Fast. Ask the Holy Spirit for guidance in your prayers. He may guide you differently than He does with other people. The Spirit may direct you to restrain from certain things that He does not require of other people. Be sensitive to the Holy Spirit, and His path for your personal renewal.

Consult - Confer with your physician, especially if you are pregnant, nursing, or taking medication. Determine the fast that will work best for you, based upon your physician's recommendation/approval.

Commit - Pray ahead of time about what type of fast you should do and commit to being successful with God's help. The first day is usually the hardest, but it becomes easier with each subsequent day. You can do it!

The fast you choose is between you and God. Let the Holy Spirit direct and govern the entire process. If you sincerely seek Him then you will hear His response.

DURING THE FAST

Read - Set aside time to read and meditate on God's Word daily! Be ready to respond to the Word and the Holy Spirit.

Pray - Intercede daily for your family, Church, Pastors, Community, and Nation.

Renew - During mealtime, or during your time of consecration, read the Bible and Pray. Be sure to drink plenty of water and rest as much as you can. Your spiritual awareness will intensify and become keenly stronger during these times. (Note: Be patient with the people around you because you may experience moments of impatience, irritability, and intolerance.)

BREAKING THE FAST

Eat - Gradually reintroduce the items into your diet from which you restrained.

SAMPLE FASTING OPTIONS:

1. The Full Fast - Drink only liquids.
2. The Partial Fast - Fasting within a predetermined bracket of time (e.g. 6am - 6pm).
3. The Daniel Fast - Fruit & Vegetable fast. With this fast, you fast all meat and "choice foods" (For example pastries or other sweet treats)

Consult - Confer with your physician, especially if you are pregnant, nursing, or taking medication. Determine the fast that will work best for you, based upon your physician's recommendation/approval.

Time of Consecration Options:

You can also restrain yourself from TV, sports, social media, shopping, hobbies etc... If you are not fasting from food for health or medication reasons, you might consider restraining from things that consume time or mental and emotional energy. This creates space to fellowship with God, and to hear His voice.

SCRIPTURE REFERENCES

2 Chronicles 7:14 (NKJV)

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 heal their land.

Matthew 11:28 (NKJV)

Come to Me, all you who labor and are heavy laden, and I will give you rest.

Hebrews 4:14-16 (NKJV)

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace help in time of need. to

John 14:12-14 (NKJV)

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.

Ezekiel 37:10-14 (NKJV)

So I prophesied as He commanded me, and breath came into them, and they lived, and stood upon their feet, an exceedingly great army. Then He said to me, "Son of man, these bones are the whole house of Israel. They indeed say, 'Our bones are dry, our hope is lost, and we ourselves are cut off!' Therefore prophesy and say to them, "Thus says the Lord God: "Behold, O My people, I will open your graves and cause you to come up from your graves, and bring you into the land of Israel. Then you shall know that I am the Lord, when I have opened your graves, O My people, and brought you up from your graves. I will put My Spirit in you, and you shall live, and I will place you in your own land. Then you shall know that I, the

Habakkuk 2:1 (NKJV)

I will stand my watch And set myself on the rampart, And watch to see what He will say to me, And what I will answer when I am corrected.

