

40.DAY SOLEMN ASSEMBLIES 2018

JUL 1 – AUG 9 PRAYER & FASTING

Consecrate a fast,
call a sacred assembly;
gather the elders
and all the inhabitants of the
land into the house of
the Lord your God,
and cry out to the Lord.

Joel 1:14

FASTING FAQ_S

CORPORATE FASTING

In Derek Prince's book *Shaping History Through Prayer and Fasting*, he teaches that, through united and collective prayer and fasting—when we drop our denominational labels, racial barriers, and gender bias—God turns the tide of history. He did it with Esther's fast. He did it in Nineveh. He did it in Joel. And He did it in Acts 13, when the leaders of the Antioch Church ministered to the Lord in corporate fasting.

We believe that congregations will receive the reward of fasting when they corporately fast. It seems inevitable that whenever we corporately fast, we begin to see corporate breakthroughs. Healings and deliverances take place. Fasting is God's ordained means for unprecedented breakthroughs.

WHAT IS A FAST?

Fast and pray in order to humble yourself and purify your worship. In fasting we are not trying to get something from God. Rather, we are seeking to realign our hearts' affections with His. We do holy violence to the "pleasures which wage war against the soul," opening the way for a greater submission to the Holy Spirit. In short, fasting enables us to cleanse the sanctuary of our hearts.

Based on biblical truth and historical pattern, when we humble ourselves in prayer and fasting to cry out to God, He responds! This is our great hope. We have a God who sees, hears, and responds to the humble, intimate, beseeching-in-brokenness prayer of His people.

PREPARING TO FAST

Determine the length and type of fast before you start.

There are many different kinds of fasts. It's wise to seek medical advice before committing to fast.

- **A total fast** – like Esther – is without water. This is extremely hard on the body. Do not go beyond three days.
- **A water-only fast** – like Jesus – is very challenging but a deeply worthwhile spiritual experience. Many people can endure 40 days on water alone, though this is subject to one's weight and metabolism.
- **A fruit or vegetable juice fast** is most common. You fast from solids. You consume only fruit or vegetable juice which gives you enough energy to function quite as normal.
- **A fruit or vegetable fast** – like Daniel. You consume only fruit or vegetables. Most people can endure this type of fast for more than 40 days.

Other fasts to consider include having just one meal a day. Or it could be fasting from social media, TV, movies or entertainment. Any of these options are good. Be decisive so that when you are tested you will be able to carry on your fast with great resolve.

Seek the Lord for the extent for your fast whether water, juice, protein drinks or vegetables.

How to prepare yourself:

Two days before your fast, limit your intake of food to fruit and vegetables. Fruit is a natural cleanser and easy to digest. Stop drinking coffee. Prepare yourself for mental irritations such as impatience, crankiness and anxiety. Expect physical discomforts. You may experience dizziness, headaches, and different kinds of pain. The headaches are not necessarily a sign to stop fasting. Your body is working to cleanse itself of impurities.

Prepare for opposition:

Satan tempted Jesus during his fast. We must expect the same. One the first day of your fast, you can bet donuts will somehow show up somewhere. Your spouse (or mom) will suddenly be inspired to cook your favourite meals. Take this as an encouragement from God to press ahead. Many times you may feel increased emotional tension at home. Discouragement may come in like a flood. Don't despair. Recognize the source and take your stand from a position of victory in Christ.

Note: Seek medical advice if you are older or have health challenges- If you are pregnant, do not fast food. If you are pregnant or have health concerns that restrict you from fasting food, consider fasting something else, such as media (Facebook, TV, movies, Netflix... etc.).

Expect to hear God's voice in the Word, dreams, visions, and revelations!

WHILE FASTING

Some things to keep in mind:

- **Take time to pray, read, and meditate on the Word:** This may seem obvious, but busyness and distractions can keep you from your personal devotion. Reading books packed with testimonies of victories gained through fasting will inspire you to persevere.
- **Have a clear prayer focus:** Without a vision (a clear, prophetic prayer goal) the people perish. Have four or five prayer goals. Write them down. Pray through.
- **Do the fast together with someone:** Two are better than one! Young people, talk this through with your parents before starting the fast. Parents and kids should consider fasting together.
- **If you fail to keep your fast, don't give in to condemnation:** The "to fast or not to fast" dilemma can be a major scheme of the enemy. Even though you may fail several times, God *always* extends grace. Hit reset and resume right where you left off.
- **Fast in secret:** Don't draw attention to yourself. Don't boast about your fast. Don't try to mask it when people ask. Just let them know you won't be eating. Be discreet. Be transparent.
- **Make time to rest well.** Continue to exercise.

- **Expect to hear God’s voice in the Word, through dreams, visions, and revelations:** Daniel prepared himself to receive revelation through fasting (Dan 10:1-2). Scripture also speaks of a fasting reward (Matt. 6:18). Expect encounters with God in special ways.
- **Breakthroughs often come after a fast, not during it.** Do not listen to the enemy’s lies that nothing is happening. Every fast done in faith will be rewarded.
- **Break the fast gradually, over several days with fruit juice and/or light soups:** On a light juice fast or water fast, your digestive system shuts down. This can be dangerous if you eat too much too soon. Break such a fast gently with several days of diluted, non-acidic juice, then regular juice, followed by fruit and vegetables.

May you be encouraged in your times of fasting. May you, like Daniel, shape history through fasting and prayer!

**WHILE FASTING
RESOURCES ON FASTING**

- *The Rewards of Fasting*, Mike Bickle and Dana Candler
- *Fast Forward*, Lou Engle
- *Shaping History through Prayer and Fasting*, Derek Prince
- *The Genesis Diet*, Dr. Gordon Tessler
- *God’s Chosen Fast*, Arthur Wallis
- *Hunger for God*, John Piper

SCRIPTURES ON FASTING

Genesis 24:33	Joel 2:12-13
2 Samuel 12:15-17	Jeremiah 36:6
Leviticus 23:27	Jonah 3:4-10
Judges 20	Nehemiah 1
Esther 4:16	Isaiah 58:3-8
Daniel 9:3-5	Luke 4:2-4
Daniel 10:2-3	Matthew 6:16-18