



# CALL TO FASTING JAN 2021

JEREMIAH 29:13 YOU WILL SEEK ME  
AND FIND ME, WHEN YOU  
SEARCH FOR ME WITH ALL YOUR  
HEART.

Join us as we embark on a period of fasting and prayer beginning **11th January** to seek God and commit 2021 into his hands.

Fasting is a spiritual discipline accompanied with prayer that helps us focus on Him. Fasting is seen across the Old and New testament. Jesus fasted 40 days and reminded His followers to fast. He said, "When you fast," not, "If you fast" (Matthew 6:16).

Fasting involves abstinence from food or drinks for a defined period of time for the sole purpose of seeking God's face, having intimacy with Him and having supernatural breakthrough.

### **Fasting is NOT to:**

- Get God to approve of us or gain his favour
- Impress God or man
- Be done out of religious duty or legalism

### **Types of fast**

Fasting is abstinence from food and privileges for a define period in order to seek God's face. There are several types of fasting:

1. Corporate fast – (Nehemiah 9, Acts 27:33, Acts 13:1–4, Acts 14:23) This usually involves the whole congregation as directed by the leadership.
2. Private fast – Daniel (Daniel 10:3), Jesus (Luke 4:1–2) This is usually self-appointed as directed by the Holy Spirit.
3. Partial fast – liquids and/or vegetables (also called a Daniel fast) This involves the eating of vegetables only (i.e. no meats or other substantial solid foods) for an appointed period. Water is usually drunk during this fast. It also involves choosing to forgo certain daily pleasantries during this time (Daniel 10:1-4).
4. Absolute fast – No food. This involves complete abstinence from food entirely (Luke 4:1-2).

## **Scripture References for Fasting**

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

## **How Long to Fast**

We will be seeking God for 21 days in the Daniel Fast (no breads/meats/sweets) but we know that everyone's situation and circumstance will be different so will suggest seeking God and following His direction for length of time and how to do this.

You should set aside time to pray and read the Bible during this time.

Either way, please join us in prayer over the 21 days. God is looking for us to be willing vessels and will honour our sacrifice.

## **Benefits of Fasting**

- Some benefits include:
- Deeper intimacy with God
- Answers to prayer
- Develops humility before God
- Gain wisdom, understanding and revelation
- Authority over demonic strongholds
- Opens our hearts to hearing Gods voice - we become more sensitive to the Holy Spirit
- It creates an environment for miracles
- Fasting helps bring deliverance and demolishing of strongholds in lives.

## Who Should Fast

All Christians who, as true disciples, want to grow and mature in the disciplines of the kingdom. Jesus expected his disciples to fast (Matthew 6:7–17).

## Who Should Not Fast

People with particular medical conditions and also pregnant women should consider their situation and seek medical advice.

## Prayer Points During the Fast

We will have daily scriptures and points of prayers, but ensure you have your own prayer points for your own situations. We will set up a new Whatsapp group so please confirm if you will be joining so we can add you please email **thegospelcentre@blueyonder.co.uk** to be added to this.

## Preparation

In preparation for this time:

- Begin to decide how you want to fast and what your day will look like in terms of prayer times, what books you want to read, maybe you want to journal or write out specific scriptures, declarations
- Prepare your petitions and requests – pray big and be specific
- Prepare your heart by repenting of any known sin, letting go of unforgiveness, grudges etc
- If there is anything hindering your relationship bring that to God or ask him to reveal what may be hindering you so you can pray about it
- Begin to reduce heavy meals, caffeine, sugar, drink more waters. Expect some headaches, tiredness in first few days as your body adjusts.
- Prepare your soul and quieten hearts and seek to remove or reduce distractions e.g. reducing entertainment and social media

## More Resources

<https://www.daniel-fast.com/>

<https://jentezenfranklin.org/fastingpdf>