

prayer & fasting

Monday, January 15 - Friday, January 26

Thank you for joining our pastors, leaders, and staff for our annual Prayer and Fasting. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting. In a time of spiritual, cultural, and political unrest; we steadfastly hold to our anchor of hope -- God's Word.

We've prepared this guide to help you get the most out of this time of prayer and fasting.

Why Prayer and Fasting?

There are many reasons **not** to fast. Don't fast to: Get God to do something, gain favor with God, punish yourself for something you did, earn an answer to prayer, or make yourself feel better about your spiritual walk. So, why do we fast?

First, we fast to focus our minds and spirits on the Lord. While we pray all year long, this time of prayer and fasting focuses us as a congregation on seeking the Lord. Fasting is simply a way to focus by taking the time that we would normally spend eating a meal and giving that time to prayer.

Second, we fast to prioritize the Lord. As the year starts, we focus on what really matters -- our relationship with Jesus. Fasting at the first of the year sets the year apart for the Lord and devotes it to Him as holy.

Third, we fast to bring our bodies into alignment with our spirits. Most of us overindulge, and while fasting is not a diet; it does allow us to bring our bodies into alignment with our spirits. The body is not evil—in fact, the Bible tells us that the body can be either an instrument of righteousness or unrighteousness. Fasting brings the body into alignment as an instrument of righteousness by overcoming the hunger for food with the hunger for the Spirit.

Fourth, we fast to develop self-discipline. In an age when anything goes, we fast to remind ourselves that we need to discipline our minds, spirits, and bodies for the race that God has set before us. By fasting, we remind ourselves that our bodies are not in charge of us.

Fifth, we fast to bless others. By giving up some amount of food during this time, we save money and can give that money to the poor who don't have food. In that way, our fast honors God and serves the needy.

Types of Fasting and Prayer

Remember, fasting without prayer is simply a diet, which might be helpful, but will produce no spiritual results! You may choose your fast from these different types.

Full Fast: Go the entire time with nothing but water. This fast is only recommended under the supervision of a medical doctor.

Liquid Only Fast: Sometimes called the "Anything Through a Straw" fast involves only liquids. You decide what liquids are allowed: smoothies, juices, dairy, etc.

The Daniel Fast: No "rich foods" so eliminate meats, dairy, desserts, and other similar foods. Primarily eat fruits, vegetables, and nuts.

The Wesley Fast: Named after evangelist John Wesley, this fast involves refraining from breakfast and lunch, while eating a sensible and small meal after sundown.

One Meal Per Day Fast: Opposite of the Wesley fast, you fast one meal a day while eating the other two meals. The key is to devote that mealtime to prayer and the Word.

Prayer Focus Points

- Day 1: A Call to Repentance (Hosea 6:1-3; Isaiah 1:18-20)
- Day 2: Consecration and Sanctification (Ephesians 4:22-24; Psalm 119:17-24)
- Day 3: Renewed Hunger and Thirst for the Things of God (John 6:35; Matthew 5:6)
- Day 4: Strength to Endure Adversity (Proverbs 24:10; Isaiah 40:31; Galatians 6:9)
- Day 5: Wisdom and Guidance (John 10:27; Psalm 25:4-10)
- Day 6: Finances and Provision (Philippians 4:19; 11 Corinthians 9:6-8)
- Day 7: Peace (Isaiah 26:3-4)
- Day 8: Our Leaders: Nation, State, City, Church (Isaiah 9:6; 1 Timothy 2:1-4)
- Day 9: Hope for the Lost (Matthew 5:13-16)
- Day 10: Outreach and Missions (Luke 4:18-19; Matthew 28:19-20)
- Day 11: Divine Protection against all Evil (Psalm 91; Psalm 37:7)
- Day 12: Strength and Power (Ephesians 3:14-19)

Corporate Prayer During the Fast

Please pray on your own during the fast, but also join your Bethel Temple family for corporate prayer during these times:
Monday through Friday at 6 am, 12 pm, or 7 pm in the Life Center Chapel. **Note: No corporate prayer Monday, January 15.*

After Prayer & Fasting Celebration

Join us **Friday, January 26 at 7 pm in the Life Center Atrium** as we end this time of prayer and fasting with praise, worship, and thanksgiving for God's goodness!