



"A CALL TO PRAYER AND FASTING"
March 2018

"FASTING GUIDE"

Decatur First Church of the Nazarene A Call to Prayer and Fasting

“Therefore, prepare your minds for action, be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. - 1 Peter 1:13

A. DETAILS OF THE FAST

When: March 11th through March 18th.

Who: We invite all members and regular attenders to join D1Naz in this week-long fast for our church, our community, and our future.

How: Fast in any way the Lord leads; three methods will be recommended; Media fast, Daniel Fast, or an Absolute Fast.

Prayer Service: Wednesday, March 14th, 6:30pm - Chapel

B. THE PURPOSE OF THE FAST

In Isaiah 58, Fasting is:

1. To loosen the bonds of wickedness
2. To undo heavy burdens
3. To increase our generosity
4. For strengthen emotional and physical health
5. To receive guidance and direction through the voice of God
6. For God’s children to have spiritual break-through

In addition; fasting:

- Sets our hearts to seek the Lord – Daniel 9:3
- Helps us confess our sin – Daniel 9:20
- Fulfillment of God’s promises – Acts 10:1-4
- Changes our desires
- Strengthens our identity

Fasting is always voluntary. Though the leaders of the church invite others to join in this corporate fast with a specific goal in mind and for a specific time, fasting can never be forced or mandated. Fasting is not required to be a part of D1Naz.

Please note: The level at which a person engages in the fasting from food should be determined according to age and physical limitations. Those with a physical disability, illness, or eating disorder should not fast, except under the supervision of a physician. Teens and children are too young to fast food, but perhaps would be better suited to abstain from other things such as TV, internet, video games, and other forms of entertainment.

FURTHER EXPLAINTION

- Fasting and prayer restore the loss of the “first love” for the Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to humble yourself in the eyes of God. – Psalm 35:13
- Fasting enables the Holy Spirit to reveal your true spiritual condition resulting in a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful.
- Fasting can transform your prayer life into a richer experience with God.
- Fasting can result in personal revival and make you a channel of revival to others.
- Fasting will humble you as you find time to seek God’s face in prayer.

TYPES OF FASTING

1. MEDIA FAST

A "media fast" means to go without certain media for an extended period of time in order to humble yourself, seek God, and help your heart to clear from many of the media "toxins" that can distract us from God or grieve His heart. Often times, people who go on a media fast begin to realize the addiction they have to media and the impact it has on their life. But the idea is not just to fast from media for a couple of weeks only to binge on media again. Hopefully this time will encourage someone to develop good lifetime habits of discernment and choices regarding your "media diet."

Suggestions in deciding what type of media to fast

- Television (including movies)
- Internet
- Facebook and Twitter (and other forms of social media)
- Video Games
- Satellite Radio/iPod (or deciding to listening to only Christian Music)

2. DANIEL FAST

The Daniel Fast is a partial fast, which means that there will be some common things eliminated from your daily diet. There will, however, still be generous options available. Focus on eating fruits and vegetables that are pure and simple. For a through guide to the Daniel Fast, please check out the following:

Daniel Fast Information Track PDF via Northway Church.TV

<http://assets.northwaychurch.tv/pdf/2010fast.pdf>

“The Ultimate Guide to the Daniel Fast” by Kristen Feola. Zondervan Publishing Co. Grand Rapids, MI. 2010.

Copies of this resource are available upon request from Pastor Adam

3. ABSOLUTE FAST

This is when no food and no liquids are consumed. It's the rare fast and only mentioned a few times in the Bible. After the Damascus road experience, the Apostle Paul didn't eat or drink anything for 3 days (Acts 9:9).

If choosing an Absolute Fast, please consider the following:

- When choosing an absolute fast, please be sure that you have received confirmation from the Holy Spirit through prayer and Scripture reading.
- Get the approval from your family physician before beginning the absolute fast.
- Drink plenty of water throughout the fast to prevent dehydration.
- When breaking the fast, ease slowly into a normal diet by eating vegetables and fruits while still drinking plenty of water.

MY FASTING EXPERIENCE

I CHOSE THE _____ FAST

JOURNAL

DAY 1

Read: Psalm 139

Prayer: For God's protection over all praying and fasting.

Reflect:

DAY 2

Read: John 3

Prayer: Decatur, D1Naz, and those searching for peace and purpose.

Reflect:

DAY 3

Read: Colossians 1

Prayer: 19,000 “Nones” who have no church to call their home.

Reflect:

DAY 4

Read: 1 Samuel 3

Prayer: Purity in our hearts and minds seeking the clear voice of God.

Reflect:

DAY 5

Read: Acts 17

Prayer: The future of D1Naz.

Reflect:

DAY 6

Read: Psalm 23

Prayer: A prayer of anointing over our President.

Reflect:

DAY 7

Read: Ephesians 2

Prayer: For those dealing with heavy hearts, family issues, or addiction. Pray for the strongholds to be broken.

Reflect:
