



SPIRITUALLY - PHYSICALLY - TYPICAL - PRACTICALLY **FOUNDATIONS OF FASTING & PRAYING & 5 PILLARS TO A SUCCESSFUL FAST**

SPIRITUALLY

- † Replace Natural Food with Spiritual Food “THE WORD”!
 - ‡ You should feast/partake of scriptures to encourage, enlighten and empower you Spiritually – which will be the spiritual, supernatural, substantiating substitute for natural foods and your natural hunger.
- † Prayer is essential!
 - ‡ If you’re not consistently PRAYING and/or have a prayerful attitude while fasting you’re borderline of merely dieting.
 - ‡ Pray the night before the fast for God to sustain you during the fast.
 - ‡ Begin praying and meditating for the thing(s) you’ll be seeking God for the night before and especially the morning of.
 - ‡ General Things to Pray For...
 - God to sustain you and others during the day Fasting
 - For the request(s), results & God’s response to the Fast
 - Protection & Preservation of you Spiritually, Physically and Emotionally
 - The Purpose & Petitions of the Fast

PHYSICALLY

- † Your Last Meal (prior to fasting) should be a Healthy, Holy & Meaningful Meal
 - † Eat a Healthy Meal Not a Heavy Meal prior to and upon ending the fast.
 - ‡ A Heavy Meal can prove to work against your body before and especially after returning to food (gradually return to a full meal if necessary)
 - ‡ A large meal prior to fasting can prove your distrust in God if done to “store up” food to carry you through the fast – rather than trusting the Spirit of God to carry you through it
 - † Avoid sodas & coffee the night before, during and immediately after the fast - which has the tendency to work against your body and possibly against your season of purification and consecration
- If you have any health issues PLEASE consult your Physician for approval.***
- If you need to take food with your medicine – eat the minimum that you need to eat and continue on your fast as the Lord leads and as you’ve been led to fast.***

TYPICALLY (DIFFERENT TYPES OF FASTS)

- † Scheduled Fast (Has an established type of & timeframe to fast)
- † Spontaneous Fast (As the Spirit leads and places the specifications on your heart)
- † Duration (allow the Spirit to set time boundaries for the start & end times)

SUGGESTED ITEMS/TYPES OF FAST

- † Absolute Fast (No Food or Drinks)
- † Liquid Fast (Liquids Only – water/juice)
- † Water Only (no sodas / juices)
- † Fruits & Vegetables ONLY
- † No Meats
- † No Breads
- † No Fried Foods or Sweets

PRACTICALLY

- † Wake up Spiritually before your body wakes up Physically!
- † Don't get up rushing – working your nerves and your body – which produces anxiety along with other things – which will hinder the spiritual effectiveness and focus of fasting & praying.
- † Beware how you respond and treat individuals while fasting.
 - ‡ (Your flesh can become uncomfortable and can cause an emotional mood swing or frustration (hunger) – Keep it under submission/subjection and remember Who & what you're after, seeking, praying, trusting and believing God for.
 - ‡ Be prayerful concerning the other massive attacks that can/will come as you afflict your soul and fast unto the Lord.
- † Begin the day with at least 15 minutes of fervent prayer and meditation on the Word, Your Prayer Requests and what God will do in, to & through you that day!

A FEW REASON TO FAST & PRAY?

- † Fast as a spiritual discipline
 - ‡ Helping to bring your mind, body and soul in subjection to God and the will of God continuously
- † Fast as the only available means for change and deliverance to take place
 - ‡ Resolving that the blessed and desirable state won't come or the less desirable state won't go but by fasting and praying.
- † Fast in preparation to receive God's Best and long awaited Blessings!
- † Fast to be properly & spiritually aligned to received His Favor on your life and in due season!
- † Fast for the Bridegroom (Christ) to Return in your life
 - ‡ When the Presence of Christ is seemingly absent – We pant & demonstrate our desire and need for His Spiritual Presence and crave and desire Him more than the essence of food.
- † Fast to afflict the soul – to experience and demonstrate and develop a humble, broken, contrite, meek and quiet spirit before God.
- † Fast to intensify your personal ministry to mankind {Intensity, Consistency & Longevity}
- † Fast for your own and/or associates deliverance to take place.

5 PILLARS FOR A SPIRITUALLY SUCCESSFUL FAST

- † **Concentration** (Watch & Pray – Be Sober, Be Alert, Be Vigilant)
 - ‡ He wants our Focus and our Undivided & Undeniable Attention
 - ‡ There will come distractions to detain & delay what God is going to do
 - ‡ You have to view the distractions as such – they are disguised & designed to delay me from receiving what God has already released & to prolong my perfecting process, preventing me from prospering (Since I'm already called to Prosper)
 - ‡ Therefore, I'm going to recapture & realign my focus on HIM
- † **Contemplation** (Meditation) - Psalms 1:1-3 & Joshua 1:8
- † **Communication** (Prayer) – (Pour out your heart & your Complaint) - Psalm 142
- † **Conversation** (Prayer)
 - ‡ The greatest tool in communication & conversation is not talking or the ability to verbally express what's going on – but the greatest tool in communication is LISTENING!
 - ‡ Many have been taught & conditioned that Prayer is only us talking to God – verses us listening to & waiting for God to speak!
- † **Consecration** (Sanctified Living) Isaiah 58 & 2 Chronicles 7:13-22
 - ‡ Fasting & Praying is a method of Consecration! And the enemy is fighting desperately – because Fasting & Praying is Consecrated Process & Pillar that can & will Produce Power! It is a Tool that can & will cause us to be Tried, Triumphant & Transformed (at the same time)!

SOUTH AUSTIN COMMUNITY CHURCH

28 Days of Consecration & Expectation -Fasting, Praying, Reading, Believing, Receiving & Godly Living

(2 Chronicles 7:12-22) (Habakkuk 2:2-4) (Isaiah 58) (Matthew 6:16-18) (Matthew 9:15)

(Matthew 17:21 & Mark 9:29) (Daniel 9:34) (1 Samuel 1:6-18) (Joel 2:12)

SPIRITUAL, BIBLICAL & KINGDOM RELATED PRAYERS

1. That a Spirit of Repentance & Forgiveness be Released, Received and Reciprocated in the lives of God's people – Resulting in a Spirit of Unity, Peace & Oneness
2. The Church may continue to be One, Unified and Committed to the Call & Causes of Christ
3. That a Greater Hunger & Thirst for HIM, HIS WORD, WORSHIP & HIS Righteousness be Established
4. To have a greater hunger for His Word & to apply His Word resulting in Spiritual Maturity (Transformation)
5. That a Supernatural ANOINTING, STRENGTH & POWER (and a Right, Steadfast & Enduring Spirit) be RELEASED into the lives and spirit of God's people
6. That God would grant us His PEACE and increase our FAITH in Him, His Word, Works & Wonders
7. God would be Honored, Glorified & Praised though our lives
8. For Prayer, Praise, the Word & Worship to become Priority in our lives
9. His Glory would be over us, His Spirit would be in the midst of us & His Presence as a wall of fire around us
10. The Holistic Hope, Help, Health, Heart & Healing of God's People
 - a. Spiritually, Physically, Relationally, Financially, Mentally/Emotionally
11. The Glory, The Hand & The Heart of God will remain over the Ministry as the Ministry is Transitioning, Transforming & Transcending into what God has Deemed, Declared & Desires
12. God's Holistic Vision, Mission, Times & Seasons to be clearly communicated to the Pastor/Leaders and carried out by the leaders & members (Members to read, receive & run with the vision – Habakkuk 2:2-3)
13. That the people may Continue to Walk in the Mission, Vision & Values that God is reestablishing
14. God to grant SACC Favor with Him and with man & for The Blessings of the Lord to overtake us
15. For other churches, pastors and spiritual leaders local and universal that bear the name/Gospel of Jesus Christ
16. For God to do Exceedingly, Abundantly, Above All we may ask or think (continuously & during this Fast)

SACC, KCC & KMM (Ministry/ Member Related Prayers)

17. ALL MEMBERS & FAMILIES REPRESENTED (active & inactive – lost, wandering & hurting)
18. ALL MINISTERS, DEACONS, STAFF, LEADERS, THEIR SPOUSES, CHILDREN & HOUSEHOLDS
19. God to Release, Reveal & Raise up ANOINTED/GODLY LEADERS
20. That God would add to the church ~ Heal & Grow His church according to His will (INCREASE)
(First Spirituality, Numerically, Emotionally, Financially, Holistically)
 - o That the Lord of the Harvest would send forth laborers into His harvest (current & potential members)
 - o For the addition of souls to enhance & advance the Kingdom of God
 - o For Souls to be added to the kingdom and to our church family
21. ALL Current & Future TEAMS / Ministries / Committees... (Development/Dynamics ~ Systematic Strategies)
22. Everyone do their PART with EXCELLENCE (Partakers, Participators and Partners)
23. God to Clearly Reveal The Strategic Steps that would lead to the Ministries Systematic Success
24. The Church to be equipped & empowered with a heart for Evangelism, Discipleship & Outreach
(Sharing our heart and our faith with boldness to compel men to come to Church & Ultimately Christ)
25. The marriages within the fellowship (surviving, reviving and thriving with power)
26. For singles to be established in Him & seek to live out their faith in the face of temptation
27. For our youth (spiritually, academically, socially, etc...)
28. Financial increase and favor during this season and the seasons to come (Church and in individuals lives)
 - o For the LORD to favorably give us Power to get Wealth! (employment, housing, etc)
 - o Wealth & Riches are in our House!

PASTOR, LADY V & PASTORAL FAMILY RELATED PRAYERS

- ✠ Pastor & 1st Lady (Spiritually, Individually, Relationally, Holistically)
- ✠ Children {holistic health – growth – maturity - protection}
- ✠ For God to Anoint Pastor afresh continuously with astounding wisdom, clarity, understanding & strength
- ✠ For God to Consistently Bless His Word by Sharing and Sending a Rhema Word to the House Continuously
- ✠ Supernatural Strength, Spiritual Stamina, Power, Divine Protection, Deliverance, Blessings & Favor
- ✠ Intensified Increase in Spiritual Disciplines, Spiritual Gifts & Personal/Private/Family Devotion

“31 Days of Praying for Your Pastor”

Day 1: Pray that your pastor will love God with all his heart, soul, mind, and strength. Pray that God’s Spirit will work in his heart in power and that he will value and follow biblical priorities. (Deut. 6:5; Matt. 6:33)

Day 2: Pray that your pastor will cultivate strong character and uncompromising integrity. Pray that his testimony will be genuine, and that he will never do anything that he would need to hide from others. (1 Tim. 1:5, 3:7; Eph. 6:10-12)

Day 3: Pray for his personal walk with God—that his soul and spirit will be nourished and strengthened in his quiet time with God, beyond sermon preparation. Pray that he will spend more time in the Word of God. (Mark 1:35; 2 Tim. 2:15-16)

Day 4: Pray that your pastor will counsel and teach with discernment through the wise use of Scriptures and faith in God’s power to work. Pray that he will be protected from the effects of sinful or negative attitudes that he encounters as he counsels. (Mal. 2:7; James 1:5-6; John 17:15)

Day 5: Ask God to protect your pastor’s marriage and keep it strong as a model of Christ’s relationship with the Church. Pray that your pastor will tenderly cherish and lead his wife, and that she will respect and encourage her husband, submitting to his leadership. (Eph. 5:23-33)

Day 6: Pray that God will protect your pastor’s wife from bitterness when her husband is criticized. Pray that her prayer and devotional life will be consistent, and that she will guard her mind and heart. (Heb. 12:15; Prov. 4:23)

Day 7: Pray for your pastor’s children, and especially that the pressures of the ministry will not discourage or embitter them. Pray that your pastor will provide godly leadership in the home, not based on fear of what others will think, but according to scriptural truth. (Eph. 6:4; Col. 3:20-21)

Day 8: Ask God to protect your pastor from evil plots of Satan. Pray that he will not be corrupted as he rubs shoulders with the world in the course of the ministry. (1 John 17:15; Isa. 54:17; 2 Cor. 2:11; 1 Pet. 3:12; Ps. 9:9,10, 91:9,10)

Day 9: Pray that God will build a hedge of protection around your pastor’s family. Pray that your pastor will guard from any improper relationships and that their family time will be protected. (Ezek. 22:30a; 2 Cor. 10:4,5; Matt. 19:6)

Day 10: Pray that your pastor will use discernment in use of emails, internet, texting, and other media sources. Ask God to protect his heart concerning the use of his free time. Pray that he will be morally pure and that he will wear the armor of God so that he will not fall to sexual temptation. (Rom. 13:14; 1 Pet. 1:16; Eph. 6:10-18; 2 Cor. 10:4)

Day 11: Pray that God will bring godly friends and encouragers to your pastor and his family, to strengthen them for the ministry and provide meaningful fellowship with times of rest. (Phil. 2:19-25)

Day 12: Pray that your pastor will be humble and authentic in his faith, not given to pride or hypocrisy. Pray that he will have pure motives and give God glory for every gain and victory. (Micah 6:8; Gal. 6:14; John 7:17,18;)

Day 13: Pray that your pastor will make wise lifestyle choices in order to protect his health, especially in the areas of exercise, eating moderately, and getting sufficient rest. Pray for times of relaxation and renewal to balance the stress of ministry. (Rom. 12:1,2; 1Cor. 6:19,20; 9:27, 10:13; James 3:1,2)

Day 14: Pray that your pastor will focus on the Word of God and walk in the fear of the Lord, instead of the fear of man, as he prepares his message. Pray that he will seek to please God rather than men and pursue holiness rather than the praise of men. (Prov. 19:23; Acts 6:4; 2 Tim. 2:15; 2 Tim. 4:1,2; Heb. 11:6)

Day 15: Praise God for your pastor’s leadership and pray that he will make godly decisions. Pray that he will lead with a shepherd’s heart and that he will always speak the truth in love. (1 Kings 3:9; Jer. 3:15; Rom. 12:6-8; 1 Pet. 5:2)

31 Days of Praying for Your Pastor (con't)

Day 16: Pray that your pastor will be courageous in the pulpit in proclaiming Christ and confident in his use of the Word of God. Ask God to help him speak with insight, transparency, and humility. (Col. 1:28, 4:3a; Eph. 6:19)

Day 17: Pray that your pastor will be a “Great Commission Man”, committed to personal evangelism and equipping the saints to seek the lost. Pray that he will have a heart to develop a thriving ministry program in his church. (Matt. 28:19,20; Luke 19:10; Rom. 10:15)

Day 18: Pray that your pastor will be a man of prayer, worship, and lead by example—teaching the congregation how to walk in a close relationship with the Father. (Matt. 4:10; Mark 1:35; Luke 22:36; Acts 1:14a; 1 Thess. 5:17)

Day 19: Pray that your pastor will use wise time management, seeking God’s perspective for his schedule, and guarding his time against unnecessary interruptions. (Ps. 90:12; John 9:4; Eph. 5:15,16; Col. 4:5)

Day 20: Pray for fresh divine anointing on your pastor’s ministry. Pray that God’s working will be powerfully evident in his personal life and the spiritual life of the congregation. (Rom. 15:18,19a; 1 Cor. 9:27; 2 Tim. 1:7)

Day 21: Pray for your pastor will not give in to discouragement. Let him deal with inevitable criticism and conflict by committing himself into the hands of God, who judges righteously. (1 Pet. 2:23)

Day 22: Let him edify the congregation with wisdom and serving with God’s “agape” love. (Luke 9:23,24, 10:43b-45; John 13:5-9; Gal. 5:13b; Phil. 2:3,4)

Day 23: Pray for spiritual unity in the church staff and among the spiritual leadership of the church (elders, deacons, etc.). Pray that the enemy will not be allowed to create division, strife, or misunderstanding among church leaders. (Rom. 14:19; 1 Cor. 12:25)

Day 24: Pray that God will give your pastor clear, biblical vision of what your church can be and should be doing for His glory. Pray that he will communicate that vision clearly and confidently to the church. (Prov. 29:18; Mal. 3:11; John 15:16, 17:17; 2 Tim. 3:5)

Day 25: Pray that your pastor will seek God for personal revival, and for the revival in your church and community. (2 Chron. 7:14; Ps. 69:32)

Day 26: Pray that your pastor will think biblically, with the mind of Christ. (1 Cor. 2:16; Eph. 4:17; Col. 2:6-8)

Day 27: Pray that he will earnestly seek God’s will and be committed to instant and complete obedience—ready for God to work powerfully in and through his ministry. (2 Cor. 10:3-5; Luke 9:23,24)

Day 28: Pray that he will strive for personal excellence and will believe God for all He wants to do in the congregation and pastor’s life. (Col. 3:23,24; 2 Pet. 1:3)

Day 29: Pray that your pastor will be a man of faith and passionate for the love of God, not given to worry, fear, or an uptight or anxious spirit. (Prov. 3:5,6; 1 John 4:18)

Day 30: Ask God to provide for the financial needs of your pastor and family. Pray that he will be a wise steward of his finances as well as the finances of the church. (Ps. 37:25; Phil. 4:19; 1 Tim. 6:11; Heb. 13:50)

Day 31: Ask God to heal any hurts that your pastor has suffered in the ministry. Pray that he will serve the Lord with gladness, and encourage the congregation to worship God with a joyful, surrendered spirit. (Is. 61:3)