

## **Brief Guidance on Fasting**

Ways to Fast:

### ***Fast the Entire Week***

- Don't eat food, only drink water
  - If you are not experienced in fasting, don't try this one!
- Don't eat food, drink only clear juice and water

### ***Fast a Day:***

- 24 Hour: Fast after Dinner one day until dinner the next day.
- 30 Hour: Fast from getting up one day to Breakfast on the next day

### ***Fast to 3:00pm***

- Every day this week. No food until 3:00pm. Then eat normally. Take time in breakfast and Noon to spend with God in prayer!
- Wed & Fri: The early church counted these days as fast days, so to choose these days you are part of a sacred tradition!

### ***Fast a Meal***

- Any meal on any day. A good way to start. But this is different than skipping a meal. It is intentionally taking the time to spend with God.

### **Purpose of fasting:**

- Feelings of hunger remind our hearts to turn to a deeper reliance on God to supply our need: physical, emotional/mental, spiritual
- Use the time not eating to spend with God in prayer: Listening—Asking—Believing—Hoping
- Fasting is a spiritual discipline that is counter-cultural to our impulse driven culture—this in itself becomes an act of spiritual warfare
  - So don't expect it to be easy. But it will be worthwhile
  - Sometimes the breakthroughs occur after the fasting is over; so persevere!
- Be relaxed, God is not mad if you mess up! Just start again.

---Bishop Glenn

January 2022

# Week of Prayer & Fasting to Start 2022 “On Mission with Jesus”

January 2 – 9, 2022

Praying our ABC's

- **Monday: Adoration**

TODAY, simply worship. Ascribe to the Lord the glory due His name the Psalmist says. So worship, tell him your love and devotion, And as you do be sure to listen, for the whisper of His love for and delight in you too! Pray for **Lia & Faithful** as they lead us each week into collective adoration to the King of Kings who we call Abba.

- **Tuesday: Baptisms**

Let's ask the Spirit of Jesus to draw people to Himself, and to use us to do it. Will you join me asking the Lord for 26 baptisms this year? Will you ask that a good number of them are people who now are far from God whose lives he will be drawing because we are praying and giving a winsome word of witness when God prepares the way?

- **Wednesday: Children**

And youth, and their parents as well. But who denies there are lots of forces coming against our children, but not on our watch! Pray for specific families. Pray for **Mr. Joe** as he leads our Children 7 Youth Ministry. Pray for inspired teams of ministering partners to come alongside. At CCF We will raise up a generation who stand in the respect and love of God and live their lives for His glory!

- **Thursday: Disciples**

That's all of us. There is always more to grow into more of the character and life of service that Jesus lived. **Mr. Scott** is our Discipleship Director so lift him before the Lord as well.

- **Friday: Encouragement**

Discouragement comes so easily. So let's pray for encouragement for ourselves and for others. This is what **Sister Melissa** does in Counseling and with her Care giver team. Our prayers are for them but also for all of us to be a truly caring responsive church family. Do good to all especially to those who are in the family of faith the Bible says.

- **Saturday: Finances & Facility**

We all need money to function well. So pray for your finances give them to God for 2022. Ask him where he wants to adjust how you steward His money in your care! And pray for CCF as well. That a generous spirit would be nurtured among us to give according to how the Lord has prospered us in generosity and sacrificially when that prompting comes. Our Facility is of great significance in the Kingdom of God, we want to maintain it and always be adjusting so it is ready to fill the need God wants to minister to there. Pray for our **Executive Board**.