

20 CONSECRATE 25

OUR PRAYER FOR YOU OVER THE COURSE OF ANY FAST IS THAT YOUR PASSION
FOR GOD AND HIS WORD WILL BE IGNITED AND THAT YOU WILL DEVELOP A
HUNGER FOR HIS PRESENCE GREATER THAN EVER BEFORE!

▶▶▶ 20 DAYS OF FASTING

FIND YOUR FAST ZONE

When starting fasting, discomfort is common, but you can adapt quickly. It's important to find a fasting method that suits you. While fasting involves avoiding food, different combinations work for different people. Success in fasting relies on discovering your "Fast Zone," where you feel most spiritually focused and energized. Just like athletes have target heart rates, finding your Fast Zone helps you select the right fast.

It is important to remember that no specific type of fast is inherently more spiritual than another. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do. Just remember, listen to your intuition, try different methods, and stick with what keeps you in your Fast Zone.

FULL FAST

A full fast involves consuming only liquids, such as water, clear broth, and 100% fruit and vegetable juices, to maintain strength.

PARTIAL FAST

Partial fasts involve giving up specific items like caffeine, one meal a day, or fasting during set times of the day.

SPECIFIC FOOD FAST

Specific food fasts omit certain items from meals, such as red meat, processed foods, or sweets, and can accommodate various dietary needs or medical conditions.

JUICE FAST

Juice fasting consists of consuming vegetable and fruit juices, often with whey protein, as a popular and effective alternative to solid food. Even if you choose not to make your entire fast liquids only, substituting one or two meals for liquids is a great alternative.

DANIEL FAST

The Daniel fast, inspired by the biblical figure Daniel, emphasizes spiritual focus and bodily discipline by abstaining from certain foods like rich foods, meat, and wine, with interpretations varying based on individual preferences and spiritual goals.

25 DAYS OF PRAYING

DAY 1-2

Forgiveness of Sin and the forgiveness of others

DAY 3-4

Out pour of the Spirit, The Spirit's indwelling, The Spirit's leading

DAY 5-6

Protection
Psalms 91- Prayer against demonic encroachment and unrighteous agreements

DAY 7-8

Mind cleansing and clarity
Prayer for vision and direction
(Ministry, career, self, marriage, community etc..)

DAY 9-11

Healing, Mental health, Physical health, Emotional Health

DAY 12-14

Deliverance, Generational curses, Bondages

DAY 15-17

Shattering Strongholds on self and others

DAY 18-20

Prosperity and Financial blessings

DAY 21-23

New land and property for ministry expansion of UCFM

DAY 24-25

Ministry growth and leadership development of all ages

2025 THEME

KINGDOM CULTURE

CITIZENSHIP MADE KNOWN



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WHAT DO I DO DURING MY FAST?

SCRIPTURALLY, FASTING IS ALMOST ALWAYS PARTNERED WITH PRAYER.
(EZRA 8:21,23; LUKE 2:36-37).

**DURING TIMES WHEN YOU WOULD NORMALLY EAT,
YOU MAY WANT TO:**

WORSHIP

NEHEMIAH 9:1-3; ACTS 13:1-3

PETITION

DANIEL 9:3,17

READ THE WORD OF GOD

NEHEMIAH 9:1-3; JEREMIAH 36:6

ASK FOR DIRECTION AND GUIDANCE

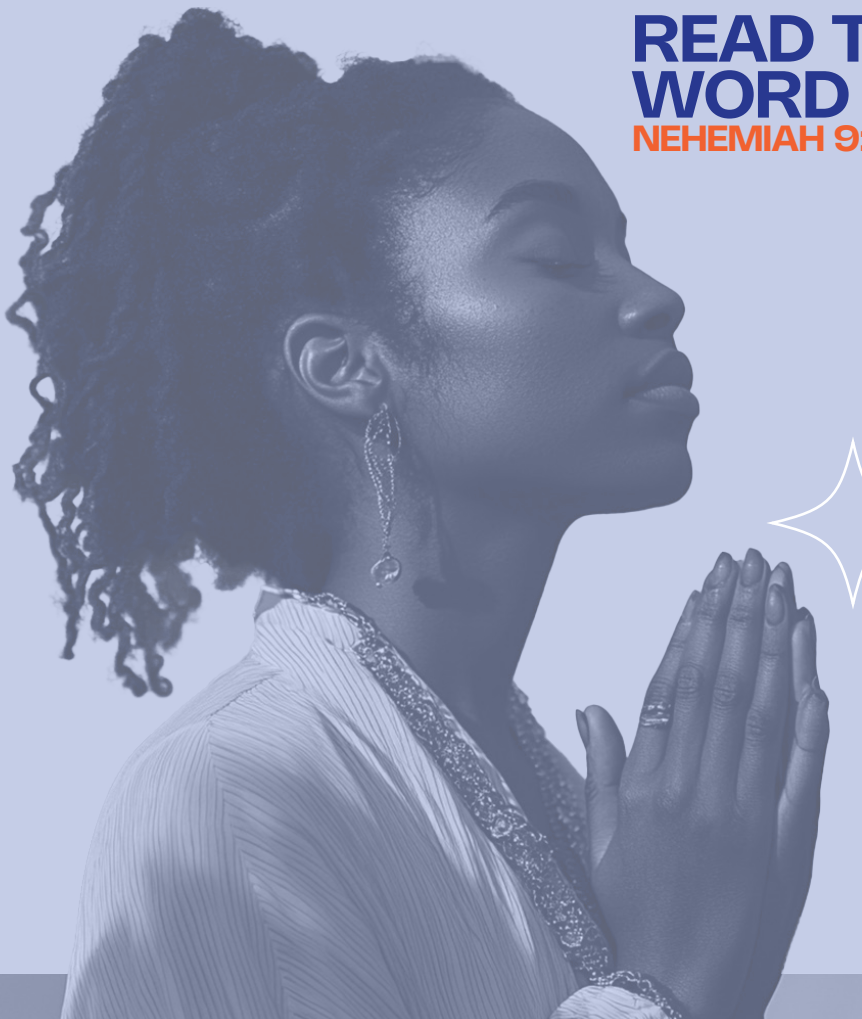
JUDGES 20:19-46; EZRA 8:21

REPENT

JOEL 2:12-17



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PRAYER CALL

25 DAYS
25 MINS
06 PM

CALL

(267) 807-9605

ACCESS CODE

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