



Why Should We Fast & Pray?

Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. - 1 Corinthians 7:5 NIV

For I know that good itself does not dwell in me, that is, in my sinful nature.[a] For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. - Romans 7:18-19 NIV

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. - Romans 8:5 NIV

When they came to the crowd, a man approached Jesus and knelt before him. 15 “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water. 16 I brought him to your disciples, but they could not heal him.” 17 “You unbelieving and perverse generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.” 18 Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. 19 Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” 20 He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” [21 Some manuscripts include here words similar to Mark 9:29 - He replied, “This kind can come out by nothing but prayer and fasting.”] - Matthew 17:14-21 NIV

The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. - Romans 8:7 NIV

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. - Ephesians 6:12 NIV

Let’s begin this new year with 21 days of prayer & fasting, January 8-28!

Suggested Reading Plan: [21 Day Favor Fast](#)

Announcements:

- **Sunday Service @ 10 AM.** Nursery for children up to age 4 on weeks 2, 3 & 4; KidZone for ages 5-11.
- **Girl's Ministry** for grades K-6 on Wednesdays @ 5:30 PM! **Resumes January 10!**
- **Finish Line Youth** for ages 12-12th grade Wednesdays @ 7 PM! **Resumes January 10!**
- **21 Days of Hunger** January 8-28. Please join our church family and congregations across New York for 21 days of fasting, prayer, and seeking God! Check out the "21 Days of Hunger FAQs" below.
- **Annual Business Meeting** Saturday, January 20, 2024 @ 10 AM.



New Life Assembly of God

Available in App Stores



21 DAYS OF HUNGER FAQs

WHAT KIND OF FAST ARE WE DOING? The type of fast we are suggesting is a “Partial Fast.” It does not require complete abstinence from food but only limits food intake. There are three options we are recommending for your participation in this fast.

OPTION 1: Single Meal Fast If possible, we would like everyone to eat only one green meal per day consisting of fruits, greens, vegetables and/or soups and a generous supply of fluids. If you have any health conditions, we recommend you consult your physician before starting this fast.

OPTION 2: Daniel Fast Another variation is known as the “Daniel Fast.” Based on the Prophet Daniel's diet and typical Jewish fasting principles, this fast is similar to a vegan diet that may include fruits, vegetables and whole grains. The Daniel Fast may include multiple meals throughout the day in addition to fluids. Again, if you have any health conditions, we recommend you consult your physician before starting this fast.

OPTION 3: Media Fast For those who cannot modify their diet due to medical reasons, you may consider a non-food fast such as giving up TV, computer use, secular music, sports, video games, etc. You don't need to consult your physician for this.

Obviously, you are welcome to modify these options to suit your own schedule or lifestyle. For example, some may opt to eliminate only one meal per day or certain kinds of foods or drinks. Ultimately, our hope is that everyone in the church will participate in the 21 Days of Hunger in some way that allows them to seek after God with greater purpose.

WHY IS FASTING IMPORTANT? Fasting is a spiritual discipline promoted in scripture. Jesus, Peter and the apostles, Moses, Elijah, Esther, Daniel and many others fasted on a regular basis. To fast is to “give up” food (or other items) for a period of time in order to focus more completely on God. It is an expression of faith and spiritual diligence; it is to deny the flesh in order to emphasize building one's spirit and becoming more in tune to the work of the Holy Spirit. Through fasting one can experience spiritual renewal, deliverance from sin, receive guidance from the Holy Spirit, receive answers to prayers, and develop greater spiritual discipline.

DOES FASTING MAKE ME HOLY? Fasting should never be a means to prove one's spirituality or earn favor with God. This is nothing more than spiritual pride and will nullify your fast in God's eyes. Neither is fasting a way to obligate Him to answer a prayer because of your supposed spiritual devotion. On the contrary, fasting should bring us more fully into submission to His will and sovereign plan for our lives. Additionally, our motive for fasting should not be to lose weight or improve our health. Although these results may occur, such self-serving motives should not be our reason for fasting. Spiritual, biblical fasting is for God's glory, never for personal benefit.

IS IT IMPORTANT TO PRAY DURING A FAST? Yes! Absolutely. Fasting without prayer is nothing more than dieting. Dedicate the time and money you would normally spend on eating to God. Be sure that your schedule enables you to set aside time for prayer and studying God's Word.

HOW MIGHT MY BODY BE AFFECTED? To minimize the effects of fasting, drink plenty of fluids—especially water. Be prepared to feel “tired out” or become exhausted more quickly. You may also feel colder than usual. On longer fasts you should plan to get extra rest. Be careful not to turn into a grump. Because fasting usually results in a lack of energy, hunger and tiredness, you may get a little cranky. Resist that tendency. You can't mistreat or abuse people and expect God to honor your fast!

WHAT IF I HAVE MEDICAL ISSUES? If you have a chronic illness, eating disorder or any other health issues, you should always talk with your health professional before considering a fast. This is especially true if you are taking doctor prescribed medications.

ARE THERE SITUATIONS WHEN I SHOULD “PAUSE” FROM THE FAST? Yes, especially if you are feeling ill, excessively weak or emotionally distressed. In such situations, resume your regular (healthy) eating routine and consult your physician immediately.

HOW DO I END THE FAST? Never break a fast with large quantities of food (especially junk food). Ease back into your regular eating routine with light, healthy foods. This is especially important for fasts longer than several days. In fact, use the fast as a catalyst to improve your eating habits and eliminate sweets and fast foods from regular eating.

*“Then I proclaimed a fast ... that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. So we fasted and entreated our God for this, and He answered our prayer.” **Ezra 8:21-23***

ALWAYS CHECK WITH YOUR DOCTOR BEFORE FASTING.