

5 TYPES OF PRAYER & FASTING:

(FASTING BEGINS 5:00 a.m until 5:00 p.m.)

1) FULL FAST

- ❖ No solid foods for the duration of the fast
- ❖ Drinking plenty of water
- ❖ Abstain from all non-Christian media (although using media for spiritual or work purposes is fine).

(Daily Personal Prayer)

2) DANIEL FAST

- ❖ Eating only fruits, vegetables, whole grain foods & nuts, for the duration of the fast
- ❖ Drinking plenty of water
- ❖ Abstain from all non-Christian media (although using media for spiritual or work purposes is fine).

(Daily Personal Prayer)

3) PARTIAL FAST #1

- ❖ No solid food from 5:00 a.m. till 5:00 p.m.
- ❖ Drinking plenty of water
- ❖ Abstain from all non-Christian media (although using media for spiritual or work purposes is fine).

(Daily Personal Prayer)

4) PARTIAL FAST #2

- ❖ Only eating one meal a day, for the duration of the fast (breakfast, lunch, or dinner)
- ❖ Drinking plenty of water
- ❖ Abstain from all non-Christian media (although using media for spiritual or work purposes is fine).

(Daily Personal Prayer)

5) PARTIAL FAST #3

- ❖ Miss one meal a day, for the duration of the fast (breakfast, lunch or dinner)
- ❖ Drinking plenty of water
- ❖ Abstain from all non-Christian media (although using media for spiritual or work purposes is fine).

(Daily Personal Prayer)

ADDITIONAL CORPORATE PRAYER

- Sunday's 9:45 a.m. (*Pre-Service Prayer*)
- Monday's 6:00 p.m. (*All Church Prayer*)
- Wednesday's 6:45 p.m. (*Pre-Service Prayer*)

MATTHEW 6:6-8

"...**When thou prayest**, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.**7** But **when ye pray**, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.**8** Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him."

MATTHEW 6:16-18

"Moreover **when ye fast**, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. **17** But thou, **when thou fastest**, anoint thine head, and wash thy face; **18** That thou appear not unto men to fast, but unto thy Father which is in secret: and **thy Father, which seeth in secret, shall reward thee openly.**"

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