

## **5 TYPES OF PRAYER & FASTING:**

***(FASTING BEGINS SUN., JANUARY 11TH, 5:00 a.m... UNTIL SAT., JANUARY 24TH, AT 5:00 a.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.**"

**YOUTUBE CHANNELS TO WATCH (click the name to go to YouTube channel)**

#### ***Kid Shows***

- [The Story Keepers](#)
- [VeggieTales](#)
- [Superbook](#)
- [Bibleman Animated Series](#)
- [Young David](#)

- [The Prince of Egypt](#)
- [New Testament Animated Stories](#)

### ***Toddlers***

- [Sing-Along Songs](#)
- [Listener Kids](#)

### ***Podcasts***

- [Jason Sciscoe Podcast](#)
- [Jason Sciscoe – Prayer Nation](#)
- [The Fruitful Vine](#)

### ***Music***

- [UPCI Music](#)
- [Apostolic Music](#)
- [Linderos](#)
- [Alett Frias - music](#)

### **SPOTIFY PLAYLISTS**

- [Apostolic Music \(22 hours of music\)](#)
- [LOV Worship](#)
- [LOV Vibes](#)
- [LOV Upbeat](#)

### **SIS. DELGADO SPOTIFY PLAYLISTS**

- [Prayerful Worship Playlist](#)
- [Give Thanks Playlist](#)
- [Instrumental Hymns for Study Playlist](#)

## BOOKS

- [Fast Forward by Josh Herring](#)