



"Year of Growth 2017"

40 Days of Intense Fasting and Prayer

*Living Word Christian Center
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Fasting and praying is pivotal in the life of the believer at the beginning of the year, as it establishes a firm foundation for the remainder of the year. The Bible admonishes us in Matthew 6:33, to "Seek ye first the Kingdom of God and His righteousness; and all of these things shall be added unto you." When you commit to seeking God in the beginning of the New Year, you release the first fruits principle that brings the blessing and favor of God for the entire year. Some things will only manifest in your lives when you commit to fasting and prayer.

According to Matthew 6:16 fasting is a must; not an option. The failure to fast causes many to miss God's direction, and inhibits their deliverance from habitual sins and demonic influence. The discipline of fasting releases the anointing to break yokes, and brings the favor of God in the life of the believer.

If your desire is to participate in the prosperity of the Kingdom, be elevated spiritually and fulfill your divine assignment, join us as we fast for the first 40 days of 2017.

How to Begin Your Fast

How you begin and conduct your fast will largely determine your success. By following these seven basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why are you fasting?

We are praying and fasting for **Boldness in Evangelism for winning souls, A fresh baptism of the Holy Spirit, The manifestation of Mark 16:17, That the Lord will send laborers into His harvest, Living Word Christian Academy and Kingdom Prosperity.**

2017 is a year of Growth thru Prayer, Expectation, Spiritual Enrichment, and Action. Our motto: "Live with Purpose, Share the Word, Transform Lives." We are called us to "Shape a Generation for His Kingdom," to this end we will work tirelessly. .

Therefore we need the anointing of the Holy Spirit in all areas of ministry to experience wisdom, revelation, strength and guidance in a time such as this. John 15:5 reminds us that without Christ we can do nothing, and Philippians 4:13 says "*I can do all things through Christ which strengthens me.*"

Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir up the gifts that are laying dormant in us, awaken us to our purpose, and set us on our destined path. Again lets pray that God will bless our Church with Soul Winners, all the Gifts of the Spirit, Prosperity, and that His Glory and Power will be fully manifested in the body of Christ.

STEP 2: Make Your Commitment

Pray about the fast you are undertaking. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14, 15) For Him it was a matter of when believers would fast, not if they would do it.

Before you fast, decide the following up front:

- How long you will fast - one meal, one day, a week, several weeks, or thirty/forty days (Beginners should start slowly, building up to longer fasts.)

FAST 2017 will be:

1st 10 Days:	Sunday, January 1 st thru Saturday, January 7 th : 12 Midnight to 1:00pm Sunday, January 8 th thru Tuesday January 10 th (Total Fast, Water and Juice Only)
2nd 10 Days:	Wednesday, January 11 th thru Tuesday, January 17 th : Midnight to 3:00pm Wednesday January 18 thru Friday January 20 th (Total Fast, Water and Juice Only)
3 rd 10 Days:	Saturday, January 21 st thru Friday, January 27 th : 12 Midnight to 6:00pm Saturday, January 28 th thru Monday January 30 th (Total Fast, Water and Juice Only)
4th 10 Days:	Tuesday, January 31 st thru Monday, February 6 th : 12 Midnight to 8:00pm Tuesday, February 7 th thru Thursday February 9 th (Total Fast, Water and Juice Only)

- How much time each day you will devote to prayer and God's Word: Pray at least three times each day. Sunrise ~ Noon - Sunset

Prayer Meetings:

Meet in the Sanctuary: Every morning at 5 a.m., & 12:00noon, Monday - Friday

Midnight Prayer: Every Friday Night @ 10:00pm during the 40 days.

- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict:

During this time of consecration, limit or cut your TV viewing to just morning and evening news. Replace that free time with your Bible and prayer. Put aside something else that you like doing and also give that time to the Lord.

Your goal is to have at least one full hour of Prayer and Intercession each day.

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3, 4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His *command* in Ephesians 5:18 and His *promise* in 1 John 5:14, 15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1, 2).

- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8. 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16, 17).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. **Consult your physician first, especially if you take prescription medication or have a chronic ailment or pregnant.**

Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

While You Fast

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:

- Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
- Limit your activity.
- Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit; set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word, preferably on your knees.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
- Pray for His vision for your life and empowerment to do His will.

Noon

- Return to prayer and God's Word.
- Take a short prayer walk.
- Spend time in intercessory prayer for your church, community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening

- Get alone for an unhurried time of "seeking His face."
- Meet together for prayer with others who are also fasting.
- Avoid television or any other distraction that may dampen your spiritual focus.

When possible, begin and end each day on your knees with your spouse for a brief time of praise and thanksgiving to God. Longer periods of time with our Lord in prayer and study of His Word are often better spent alone.

Fasting Routine

A dietary routine is vital as well. Dr. Julio C. Ruibal - a nutritionist, pastor, and specialist in fasting and prayer - suggests a daily schedule and list of juices you may find useful and satisfying. Modify this schedule and the drinks you take to suit your circumstances and tastes.

6 a.m. - 8 a.m.

Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.

10:30 a.m. - noon

Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.

2:30 p.m. - 4 p.m.

Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.

6 p.m. - 8:30 p.m.

Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.

Tips on Juice Fasting

- Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
- Mix acidic juices (orange and tomato) with water for your stomach's sake.
- Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.

Breaking Your Fast

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

STEP 6: End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. **Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences.** Try several smaller meals or snacks of fruit each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- Break and extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day:* Add a raw salad.
 - Second day:* Add baked or boiled potato, no butter or seasoning.
 - Third day:* Add a steamed vegetable.
 - Thereafter:* Begin to reintroduce your normal diet.

Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

A Final Word On Fasting

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first day, do not be discouraged, **just keep at it**, have it resolved in your mind that you will succeed, and pray for God's divine strength and presence. God will honor you for your faithfulness.

I encourage you to join us in fasting and prayer again and again until we truly exhibit the Gifts of the Spirit and experience revival in our church, home, and community.

HERE ARE A FEW BENEFITS OF FASTING

- Demonic strongholds can be broken through fasting - Matthew 17:17-21
- Fasting breaks the grip of poverty - Joel 2:12-14
- Fasting brings spiritual protection - Ezra 8:21-23
- Fasting breaks bondage and addictions - Isaiah 58:6

- Healing follows fasting - Isaiah 58:8
- You develop a sensitivity to spiritual things - Isaiah 58:11

Here are some of my personal results of Fasting

1. I hear from God much more clearly during these times.
2. The Spirit of the Prophetic is released through our intercessors.
3. The Word literally comes alive, and I see things that I've never seen before as I read and study.
4. I am refilled with power and become acutely aware of the moving of the Holy Spirit.
5. God reveals "hidden things" so that they can be dealt with.

Fasts in the Bible

1. Moses, which lasted for forty days, as he prayed concerning Israel's sin (Deut. 9:9, 18, 25-29; 10:10).
2. David:
 - a. As he lamented over Saul's death (2 Sam. 1:12).
 - b. As he lamented over Abner's death (2 Sam. 3:35).
 - c. As he lamented over his child's sickness (2 Sam. 12:16).
3. Elijah, which lasted for forty days, as he fled from Jezebel (1 Ki. 19:7-18).
4. Ahab, as he humbled himself before God (1 Ki. 21:27-29).
5. Darius, as he worried over Daniel's fate (Dan. 6:18-24).
6. Daniel:
 - a. As he read Jeremiah's prophecy and prayed for Judah's sins (Dan. 9:1-19).
 - b. As he prayed over a mysterious vision God had given him. This fast lasted for twenty-one days (Dan. 10:3-13).
7. Esther, as she sorrowed over Haman's wicked plot to destroy her people. This fast lasted for three days (Est. 4:13-16).
8. Ezra, as he wept over the sins of the returning remnant (Ezra 10:6-17).
9. Nehemiah, as he wept over the broken-down walls of Jerusalem (Neh. 1:4-2:10).
10. The Ninevites, as they heard the preaching of Jonah (Jonah 3).
11. Anna, as she awaited the baby Messiah (Lk. 2:37).
12. Jesus, as he was tempted by the devil. This fast lasted for forty days (Mt. 4:1-11).
13. John's disciples (Mt. 9:14, 15).
14. The elders in Antioch, prior to the sending out of Paul and Barnabas (Acts 13:1-5).
15. Cornelius, as he sought out God's plan of salvation (Acts 10:30).
16. Paul:
 - a. After his salvation on the Damascus Road. This fast lasted for three days (Acts 9:9).
 - b. While on a sinking ship. This lasted for fourteen days (Acts 27:33, 34).
 - c. All throughout his ministry (2 Cor. 6:5; 11:27).