

# **Abundant Life Christian Church**

## **Week of Prayer and Fasting**

### **6a.m. - 6p.m.**

Those who work at night are asked to fast from 10p.m.-10a.m. or whenever your shift is for a total of 12 hours.  
(Consult God and your physician before Fasting if you have medical needs)

#### **Scriptural References**

The True Fast (Isaiah 58.6-8) and Zechariah (7:9-10)

*Zech. 7:9-10* <sup>9</sup> Again the LORD returned to the central issue: “administer true justice; show mercy and compassion to one another. <sup>10</sup> Do not oppress the widow or the fatherless, the alien or the poor. In your hearts, do not think evil of each other”.

*Luke 5:34-35* <sup>34</sup> And He (Jesus) said to them, “Can you make the friends of the bridegroom fast while the bridegroom is with them? <sup>35</sup> But the days will come when the bridegroom will be taken away from them; then they will fast in those days.”

#### **Definition**

1. Going without food and or water
2. Consuming only water and simple foods

#### **Objectives**

To promote spiritual discipline

To develop proper control over bodily desires/habits/strongholds

To prepare for a special task or decision

#### **Cleansing Before The Fast**

A few days before the Fast begins:

Abstain from the use of caffeine and large amounts of sweets, sweeteners, alcohol, unnecessary drugs, tobacco products, etc.

#### **During The Week of the Fast**

Abstain from the use of the products listed above, along with unhealthy amounts of foods such as fast foods and fried foods each day after 6p.m. until the end of the Fast.

#### **Examples Of Foods To Eat**

Baked fish, chicken, steamed vegetables, green salads and drink water

#### **Teens' Fast**

Teens may choose to Fast from T.V. at night, secular music, junk foods (chips, soda, candy, etc.), video games, caffeine, alcoholic beverages, unnecessary drugs, and tobacco products.

#### **Children's Fast**

Children may eat food, but refrain from sweets. Children may choose to fast from T.V., video games, junk foods, and secular music.

### **Reasons For Cleansing:**

1. To clear the body from chemicals and toxins
2. To eat healthy
3. To refrain from the sin of gluttony
4. To prepare the heart and mind to hear from GOD
5. To think clearly

### **Remember To:**

1. Pray without ceasing.
2. Study to show thyself approved unto God (2 Timothy 2:15).
3. Keep a journal of what you hear God directing you to do individually, as a family, and as the body of Christ.
4. Use breath enhancements as needed so as not to offend others.

### **Things NOT to do during the fast that is displeasing to God:**

Do not tell anyone you are fasting.

Don't be confrontational. Know that the enemy knows you are fasting and he will try to distract you. Pray before addressing issues of conflict.

Don't allow unsettled matters to linger.

Don't compromise your word.

Don't draw attention to yourself.

### **Things To do during the fast that are pleasing to God:**

Pray for specific areas of need.

Be open for ways to be a blessing and make a difference in someone's life. (Rescue/Refuge).

Have a pleasant and positive attitude.

### **Results after the Fast:**

Revelation about something you have prayed about.

Discernment about how to solve problems and minister to others.

God's Light will shine where darkness once lived.

Renewed Strength.

You will be refreshed and will refresh others.

### **How To End Your Fast:**

Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks.

**REMEMBER: Fasting is INWARD not OUTWARD!**

## **The True Fast**

*Isaiah 58:6-14* <sup>6</sup> Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? <sup>7</sup> Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? <sup>8</sup> Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward. <sup>9</sup> Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; <sup>10</sup> And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday. <sup>11</sup> And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. <sup>12</sup> And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. <sup>13</sup> If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words. <sup>14</sup> Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

## **Things to Pray for During the Fast**

### **1. For the will of God to be done.**

*Luke 11: 1-4* <sup>1</sup> And he said unto them, When ye pray, say, <sup>2</sup> Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. <sup>3</sup> Give us day by day our daily bread. <sup>4</sup> And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

### **2. To abide in the vine and become fruitful disciples.**

*John 15:4-10* <sup>4</sup> Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. <sup>5</sup> I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. <sup>6</sup> If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned. <sup>7</sup> If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. <sup>8</sup> Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. <sup>9</sup> As the Father hath loved me, so have I loved you: continue ye in my love. <sup>10</sup> If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

### **3. That the life of Jesus might be made manifest in our body.**

*II Corinthians 4:6-11* <sup>6</sup> For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ. <sup>7</sup> But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. <sup>8</sup> We are troubled on every side, yet not distressed; we are perplexed, but not in despair; <sup>9</sup> Persecuted, but not forsaken; cast down, but not destroyed; <sup>10</sup> Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. <sup>11</sup> For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh.

**4. For ALCC to possess the Land.**

*Josh:1:11* <sup>11</sup> Pass through the host, and command the people, saying, Prepare you victuals; for within three days ye shall pass over this Jordan, to go in to possess the land, which the LORD your God giveth you to possess it.

*Nehemiah 2:18* <sup>18</sup> Then I told them of the hand of my God which was good upon me; as also the king's words that he had spoken unto me. And they said, Let us rise up and build. So they strengthened their hands for this good work.

**5. For the unity of the body and for every part to supply. (Time, talents and treasures)**

*I Corinthians 12:12* <sup>12</sup> For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.

*Lk:6:38* <sup>38</sup> Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

**My Prayer List**

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- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.