

# CORPORATE PRAYER AND FASTING

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."*

– 2 Chronicles 7:14

## WHAT IS PRAYER AND FASTING?

**Prayer** is simply communication with God. Like any communication, it is at its best when both are engaged. Meaning it's designed to be an intimate time with God with not other distractions present. It is the greatest avenue we have to tap into God's supernatural will. It is the place where pride is abandoned, hope is lifted, and supplication is made.

**Fasting** is the amazing practice of further devoting our entire being to God's purpose, and is often demonstrated by abstaining from specific natural things like certain foods or liquids. Both the practical and spiritual benefits are exceptional. Scripturally God often linked times of fasting to spiritual breakthrough, miracles, and blessings. However, the ultimate aim is to get closer to Christ and become more like Him.

## WHAT IS THE PURPOSE OF PRAYER AND FASTING?

The ultimate purpose of prayer and fasting is to create agreement with the perfect will of God. Through prayer and fasting we acknowledge our Father, magnify who He is, and establish His will for our lives and all of creation. Prayer exercises our faith and hope. It is a privilege given to humanity. By it, we touch God's heart through our Lord Jesus Christ. Yet, like anything there are proper and improper ways to do them. When it comes down to it, God is simply looking for a pure heart. Isaiah 58 gives great insight into how to properly fast.

As we set aside time to **fast and pray as a Church family**, God will make room for blessings that overflow our capacity to receive!

## WHY SHOULD WE FAST?

1. Honor God - Mt. 6:16-18, Luke 2:37, Acts 13:2, Mt 5:6
2. Humble Yourself – 2 Chron. 7:14-15
3. Discerning Healing – 1 Cor. 11:30, James 5:13-18, Isaiah 59:1-2
4. Deliverance from Bondage – Mt 17:21, Is. 58:9 (loose bands of wickedness)
5. Revelation – God's vision and will – Dan 9:3, 20-21, Dan 10:2-10, 12-13
6. Revival – personal and corporate – Acts 1:4, 14, 2:16-21, Joel 2:12-18
7. Repentance – personal failures – Psalm 51, Jer. 29:11-14, James 4:8-10

### **GOD SAYS IN ISAIAH 58: 6-8 THAT HE HAS CHOSEN FASTS IN ORDER TO:**

- a) Loosen the chains of injustice,
- b) Untie cords of the yoke,
- c) Set the oppressed free,
- d) Break every yoke,
- e) Give bread to the hungry and provide the poor with clothes and housing,
- f) Allow the people's light to break forth like the morning,
- g) Cause their health to quickly appear,
- h) Cause their righteousness to go before them,
- i) Cause the glory of the Lord to be their rear guard.

A people that pray together stays together but a house divided against its self  
cannot stand. A praying church is a powerful church

## PRAYING TO GET RESULTS

*"for I will hasten (watching over) my word to perform it."*

– Jeremiah 1:12b

Effective prayer is when we begin to speaking God's word back to Him, knowing that His Word will never return void. It will always accomplish that which pleases Him and prosper in the things He sends it to achieve. (Isaiah 55:11) Whatever the needs are in your life or the lives of those you are praying for, find a scripture that fits the need and begin to pray it. We need to speak or call those things that are not as though they were. (Romans 4:17-18) Genesis Chapter 1, God teaches us the way we should pray. God saw and made what He spoke or called and as children of God we must follow His example.

## *SOME THINGS TO PRAY FOR*

- Pastor & Pastor's Family
- Purpose Church
- Families (Your family and others)
- Children (Your children and others)
- Relationships
- Saint Louis
- United States
- Nations
- Government

## ***HELPFUL STEPS FOR PRAYING AND FASTING***

1. Set an objective- (know what you are praying for)
2. Make a commitment
3. Prepare yourself spiritually
4. Prepare yourself physically
5. Put yourself on a schedule
6. End your fast gradually
7. Expect results

## FASTING GAME PLAN: BOTH FOOD & MEDIA

At the beginning of 2016, let's dedicate time to the Lord to grow and increase spiritually, while experiencing breakthrough in every area of our lives.

**Key:** We are mixing a Food and Secular Media Fast!

**Food:** Daniel Fast

- Fruits, Vegetables, Whole Grains, Nuts, Seeds, Oils, Herbs, Spices, Soy, Seasonings, Water, etc.

**Secular Media:** We are going to fast watching secular media. In other words, we're cutting out our leniency on secular TV Shows, Music, Videos, etc. Cut out all those hours spent watching "secular" media, which really doesn't add value to you and your family, and devote those hours to Godly activities. I promise those TV shows will still be there when you return (most of them).

*Replace that time with things that help you grow closer to God.*

- Find ways to spend time with your family
- Find ways to do things that are productive to your growth.
- Read the Word of God!
  - ➔ Specifically dedicate time to learn about the Lord's life and promises! It will nourish and enrich your Spirit, Soul, and Body!
- Spend time in Prayer!
  - ➔ Dedicate time to pray. Pray during a determined window of time (i.e. 30 minutes, 1 hour, etc.) but also talk to and thank God throughout the day.
- Play Games or watch family shows together.
- Serve the Community.
- Etc.

### **Week 1: Jan 4 – Jan 10**

- **Secular Media Fast:** Pick 1-3 days to fast *all* secular media.
- **Add:** Do a Daniel Fast for 1-3 days of the week.

### **Week 2: Jan 11– Jan 17**

- **Secular Media Fast:** Pick 3 – 7 days to fast all secular media. Do a minimum of 3 days! Look at how God is using it to change your life!
- **Add:** Do a Daniel Fast for 3-5 days of the week.
  - ➔ **Optional:** Try skipping 1 entire meal at least 3 of those days (i.e. eat 2 meals a day instead of 3).

### **Week 3: Jan 18 – Jan 24**

- **Secular Media Fast:** All days! Finish STRONG
- **Add:** Do a Daniel Fast All week.
  - ➔ **Optional:** Try skipping 1 entire meal every day.

**Challenge:** Try making it more challenging by not eating food and only drinking water during your fast days.

*Great Job, it's Breakthrough time!! God is rewarding you for your commitment to Him!*