

Prayer, Fasting & Praise

We Know That God Hears and Answers

Join us and be amazed as His wonderful hand moves mightily in our lives and in this church to increase our impact on cities and nations.

Like in the days of Joshua, He calls us to humble ourselves through prayer and fasting because it is a tremendous spiritual weapon to advance His kingdom, trigger revival and give destiny-changing directions that bring victory into our lives.

And Joshua said to the people, “Sanctify yourselves for tomorrow the LORD will do wonders among you.” Joshua 3:5 (NKJV)

As a family of believers, we embark on this journey of humility and consecration with immense expectations of what God has prepared for us this year. We corporately agree and believe for salvation, healing, restoration, prosperity, deliverance and many other miracles in our personal lives and for our flock, the city and nations.

The Purpose

To Strengthen Our Spirit Man

What you feed grows stronger and what you starve gets weaker. Natural food nourishes our natural body, spiritual food nourishes our spirit. Prayer and fasting means focusing on the needs of our spirit; fasting without prayer is just a diet. Prayer, worship, reading and meditating on the Word of God replaces the natural desire for food and allows our spirit man to dominate our flesh. Before Jesus embarked on His ministry, He fasted for forty days. His battle was in the spirit and He knew how to prepare for it.

To Make Our Spirit More Sensitive To The Holy Spirit

One day as they were worshiping God—they were also fasting as they waited for guidance—the Holy Spirit spoke: “Take Barnabas and Saul and commission them for the work I have called them to do.” Acts 13:2 (Message Bible) We become more sensitive to the Spirit of God when we eliminate worldly distractions. Our focus on God is exponentially heightened and we become quick to submit to His will because we know we hear from Him.

To Affect Our Surroundings

Darius, son of Ahasuerus, born a Mede, became king over the land of Babylon. In the first year of his reign, I, Daniel, was meditating on the Scriptures that gave, according to the Word of God to the prophet Jeremiah, the number of years that Jerusalem had to lie in ruins, namely, seventy. I turned to the Master God, asking for an answer—praying earnestly, fasting from meals, wearing rough penitential burlap, and kneeling in the ashes. I poured out my heart, baring my soul to God, my God. Daniel 9:1-4 (Message Bible) But Jesus took him [a boy with a mute spirit] by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?” So He said to them, “This kind can come out by nothing but prayer and fasting.” Mark 9:29 (NKJV)

Intercession through prayer and fasting for our families, church, city and nation is something that God needs us to do. God wants to deliver us from destruction as He responds to our prayer and fasting. God is calling on His people, who are called by His name, to humble themselves and pray and turn from their wicked ways so that He can heal their land.

To Develop Discipline

Prayer and fasting teaches us to prioritize as we learn to deny ourselves and exercise discipline in our mind and body. This communicates to God that we mean business as we seek Him with all our heart. Desire and passion may sometimes fade. We need discipline to keep on going.

How to Prepare

Make A Decision And Resolve To Be Faithful

A five day water or liquid fast is encouraged for everyone. However, we want to be sensitive to those who are unable to do so due to certain circumstances, such as pregnancy, a demanding job or medical conditions. If this is you, there are alternatives. You can do a combination fast. For example, do a liquid fast for three days and then a one-meal-a-day fast for the remaining days. Or any other combination depending on your need or situation. Hear from the Holy Spirit about what type of fast you will do and commit to it. Avoid deciding on a day-to-day basis. Commit before the fast and be determined, believing that God gives you the grace to keep your commitment.

Plan Spiritually

Expectation is the key. Be ready to have an encounter with God, hear His voice, and receive instruction or correction. Transformation is the result of surrendering everything and completely opening yourself to Him. Be in faith that He will speak to you about specific things that you know of and things that you may not. Expect God to answer and keep a grateful heart throughout the fast.

Plan Physically

A week before the fast, begin to gradually prepare your body by eating smaller portions and drinking more water. Be wise and avoid foods that are high in sugar and fat. Eat more fruits and vegetables and be sure to check with your doctor if you have any concerns about your physical health.

Plan Your Schedules

Since you will need to conserve physical energy, plan your schedule accordingly. Avoid social activities that will put you in front of food. Limit meetings in the office and other related activities. Regular workouts or other similar activities should be regulated or avoided if possible. Plan to invest your time in reading the bible, prayer and worship.

While Praying and Fasting

Seek God

Dedicate and set a time of prayer, worship and bible reading. You can do this in place of meal times. Continue in an attitude of prayer throughout the day and be ready to respond whenever you hear from God.

Embrace Change

Application of God's word is our key to change. "Be not hearers only, but be doers also." That is what brings us to maturity. Knowledge of the Word + Application = Wisdom. Proverbs 4:7 says wisdom is the principal thing, therefore get wisdom and in all your getting, get understanding. Whatever God speaks to you, be ready to embrace change because He's making us all look more like Jesus.

Tips To Consider

- **If possible, avoid medical and natural herbal drugs**
- **Limit your physical activity and exercise**
- **Rest as much as you can**
- **Drink plenty of water**
- **Maintain an attitude of prayer**

Breaking the Fast

Do it slowly

As you prepared before your fast, you break it the same way slowly. Your body will take a few days to adjust. Take some soup and salad, juices and fruits before you begin a more solid diet. Eat small portions to avoid overtaxing your digestive system.

Keep Praying

You've got the ball rolling, so don't stop, keep it up and continue the momentum you've gained during the fast. Allow this experience to transform your prayer life to be more dynamic and faith filled than ever before. Keep on keeping on and be amazed at the new heights you'll attain in prayer.

Keep Expecting

God answers prayers. He said in Jeremiah that He will answer and show us great and mighty things. So be in faith and don't give up. Persevere in prayer and continue to call those things that are not as though they are. Keep a journal, if you're the type, and watch how God makes everything that He spoke to you happen. He is true and faithful to His word.

“When you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.” Matthew 6:16-18 (NLT)