



Your Informational Guide **Corporate *Fasting*** **& *Prayer***



This biblical practice is designed to help us draw closer to God so that we may know His will for our lives. Use this manual to enlighten you on the different types and meanings of fasting.

By LFC Center for Reconstruction

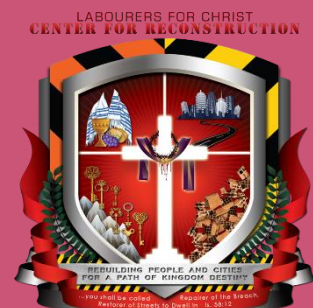
Personal Time With God

Fasting helps discipline the body so that you are not driven or controlled by your appetites and desires. It demonstrates to God that you honor the importance of having a set intimate time of fellowship with Him. Find a set time and set location to be intimate with Him. Write down anything you believed the Holy Spirit spoke to you during your personal time with Him. Fasting fights the flesh so that it *becomes easier for you* to fight Satan with God's Word. When we fast corporately, God personally shares His secrets with you regarding His plan for you and your part in this ministry.

SOUL-Purging

It is easy to get distracted by the cares of this world, or be involved with many soul-pleasures. Our soul is always in warfare to spend time with God! What is God requiring of you to eliminate today to get your undivided attention (ex. social media, games, internet, texting, TV, etc.). Ask Holy Spirit to reveal the soul-purging for the day and write it down and commit to eliminating it from your life during this time of fasting and prayer.

***“REMEMBER MAKE IT
COUNT”***



FASTING

Fasting is self-denial. It is you intentionally denying yourself the normal necessities of your day (mealtime, comfort habits, shopping, TV, social media, etc.) in order to give yourself to prayer, reading the bible, studying the bible, praise, or worship to God. Fasting is both an Old and New Testament practice. As you study His Word or Biblical principle, the principle or His heart, passion, etc. becomes revealed in our hearts, and begins to change us.

CORPORATE FASTING

A fast conducted by a group of persons in concert with one another. It may be spontaneous or a response to a movement of the Spirit of God within the group, or an organized event within a church or group of churches often designed to encourage divine intervention in a matter of joint concern (i.e., health, family wealth and financial stewardship, influence).



Remember, your fasting will mean nothing if you are not spending time with God.



Types of Fast

(Highlights from Elmer Towns' "Fasting for Spiritual Breakthrough")

The Fast God Chooses (Isaiah 58:3-8, KJV)

The biblical base and background of the kind of fasting that pleases God is a fast that brings Him the glory. This is where we are more attentive to God, we are more aware of our own inadequacies and His adequacy, our own contingencies and His Self-sufficiency, where we accept fully the importance of listening to what He wants us to be and do. This type of fast has the results of social and interpersonal impact meaning the person understands the importance of a personal heartfelt relationship with God but now understands that this heartfelt worshipful relationship must now be expressed through their actions and into their everyday lives.

The Disciple's Fast (Isaiah 58:6; Matthew 17:21) - Fasting for freedom from addiction. This fast breaks the besetting sins that limit a life of freedom in Christ.

The Ezra Fast (Isaiah 58:6; Ezra 8:21-23) - Fasting to solve problems. If we fast for a specific purpose, we may solve a debilitating problem.

The Samuel Fast (Isaiah 58:6; 1Samuel 7:1-8) - Fasting to win people to Christ. If we fast and pray for revival, God will pour Himself on His people.

The Elijah Fast (Isaiah 58:6; 1Kings 19:2-18) - Fasting to break crippling fears and other mental problems. Through fasting, God will show us how to overcome negative emotional and personal habits.

**What Does God
Require of You?**

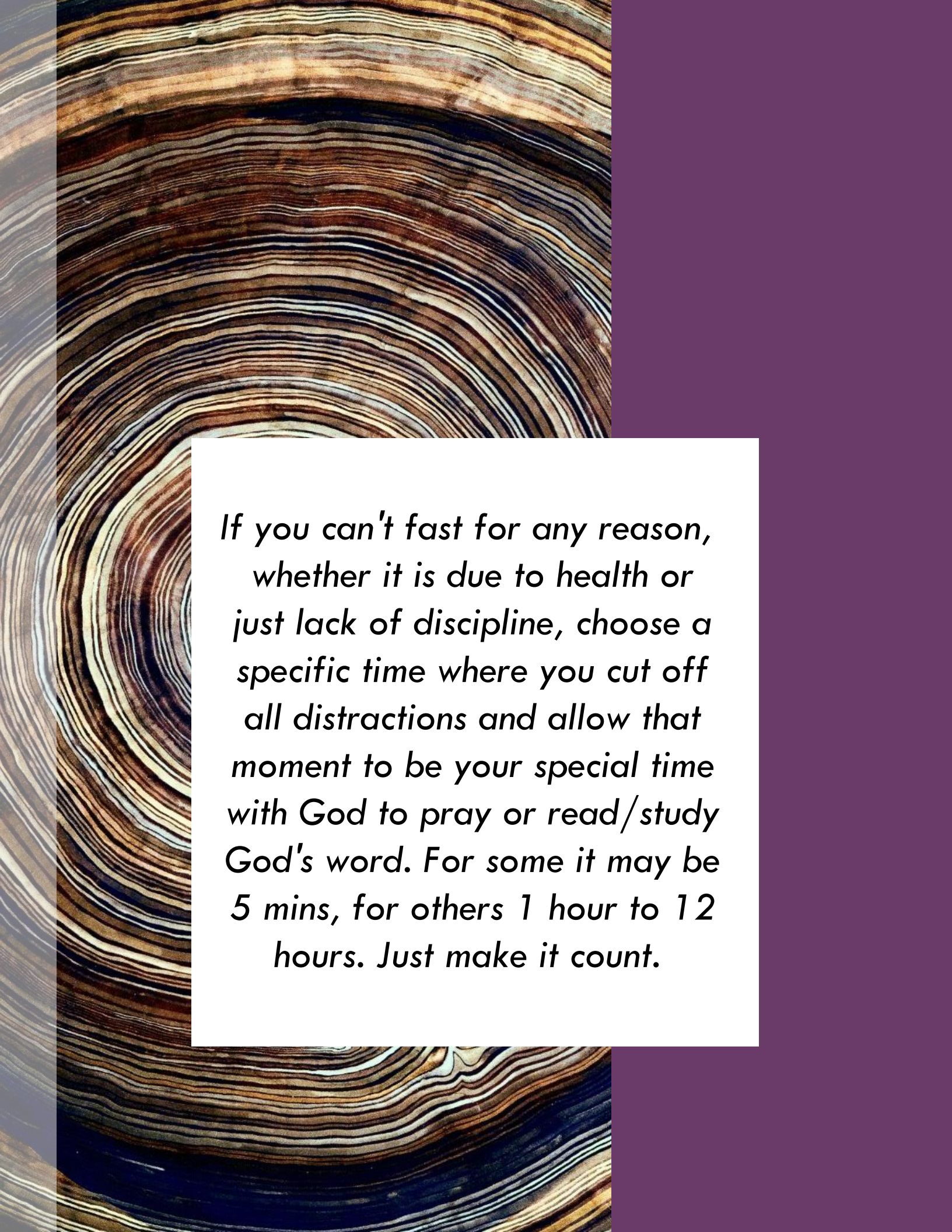
The Widow's Fast (Isaiah 58:7; 1 Kings 17:12) - Fasting to provide for the needy. When we sacrifice our own physical needs, God enables us to focus on and provide for the needs of others.

The Saint Paul Fast (Isaiah 58:8; Acts 9:9-19) Fasting for insight and decision making. If we fast to subject our will to God's, He will reveal His will to us.

The Daniel Fast (Isaiah 58:8; Daniel 1:12-20) Fasting for health and physical healing. When we fast for physical well-being, God will touch our bodies and enrich our souls.

The John the Baptist Fast (Isaiah 58:8; Matthew 3:4; Luke 1:15) - Fasting for an influential testimony. If we fast for the influence of our testimonies, God will use us.

The Esther Fast (Isaiah 58:8; Esther 4:16) - Fasting for protection from the evil one. If we fast for protection and deliverance from Satan, God will deliver us from evil.



If you can't fast for any reason, whether it is due to health or just lack of discipline, choose a specific time where you cut off all distractions and allow that moment to be your special time with God to pray or read/study God's word. For some it may be 5 mins, for others 1 hour to 12 hours. Just make it count.

LABOURERS FOR CHRIST
CENTER FOR RECONSTRUCTION





**Fasting brings
your body or the
flesh, and its
appetites under
subjection**

Fasting Practices

1. The **normal fast** is going without food for a definite period during which you ingest only liquids (water and %100 juice) for 1-40 days. Consult a physician if necessary.
2. The **absolute fast** which allows no food or water at all. Typically done in a short duration. Supernatural intervention is a must. So make sure God has called you to do this type of fast because He has special requirements spiritually and physically for your sustainment.
3. The **partial fast** one that omits certain foods or is on a schedule that includes limited eating (i.e., 1 meal a day, gluten free foods, etc.)
4. A **rotational fast** consists of eating or omitting certain families of foods for designated periods. For instance, grains may be eaten only every 4th day. The various foods are rotated.

Fasting Meditation Moment

Meditation is Holy silence. It is the practice of attending and listening to God in silence or quiet; without noise or interruption. It is at this time that your focal point is a scripture that you were reading or seeking to understand. Meditation silences or quiets the soul to hear the voice of Jesus. As we meditate on the word of God and listen to that small, still voice, meditating becomes medication for the soul.

Prayer

A highlight from "Spiritual Disciplines Handbook" by Adele A. Calhoun

Prayer describes your relationship with God and your ability to attend to Him throughout the day. The divine dialogue is intentional. A reframed quote summarizing prayer from Theophan the Recluse, *"To pray is to descend with the mind into the heart, and there stand before the face of the ever-present, all seeing Lord, within you."* The desire in prayer is to connect and grow intimately in communion with God. Henri Nouwen says that prayer is the way to both the heart of God and the world--precisely because they have been joined through the suffering of Jesus Christ...Praying is letting one's own heart become the place where the tears of God's children merge and become tears of hope. Prayer must begin as the ancient Jews believed, with an intentional awareness of God's presence. In summary, prayer is our earthly language and **our earthly access to heaven and communion with Him**. Prayer is not only a command but it is our vital instrumental portal that creates an atmosphere for God to inhabit or dwell within us. It is there in the presence of the Almighty that He gives birth to His plan and will. **Can anyone pray, yes. But the fervent, effectual prayers of the righteous avails much more and at times stands as incense or a memorial before Him (James 5:16; Acts 10; Revelation 5:8).**





PRAYER MAY INCLUDE CONFESSION, DECREEING, AND DECLARATIONS:

Confession is cleansing yourself of sin(s) (1John1:9). It is coming into agreement with God that we missed the mark that He has set for us and then press towards the mark for the prize of the high calling of God in Christ Jesus. As you read and study His Word and come into agreement that His Word is true then the next step for the believer is to begin **decreeing** and **declaring** "**what is written in the Bible,**" because we believe the Bible to be true, therefore, when we decree and declare His Word, it allows God's will to be transferred from Heaven to the earth (Matthew 6:9-13).



PRAYER PRACTICES

(Prayer Watch Guide Focal Points):

Prayer practices are designed to put our faith to action. During certain times of the day, Heaven's portals are open for God to ignite His plan further. Since we will be gathering to pray during the hours of 6 am to 6pm here are some portals that are open during those times

1st Watch: 6pm - 9pm *(Prayer Strategy: Silence the Enemy!)*

2nd Watch: 9pm - 12 midnight *(Prayer Strategy: Ask for Divine & Human Favor!)*

3rd Watch: 12 midnight - 3am *(Prayer Strategy: Wage Spiritual Warfare!)*

4th Watch: 3am - 6am *(Prayer Strategy: Time for Deliverance!)*

5th Watch: 6am - 9am *(Prayer Strategy: Time for Healing!)*

6th Watch: 9am - 12 noon *(Prayer Strategy: Take Off the Old Man!)*

7th Watch: 12noon - 3pm *(Prayer Strategy: Pray Against Destruction!)*

8th Watch: 3pm - 6pm *(Prayer Strategy: Time to Change History!)*

*Fasting doesn't win fights against the enemy. The
Word of God does!*