

HOW CAN I INTRODUCE MY CHILDREN TO FASTING?

It is not good for children to do food fasts but you could encourage your child to fast TV (a certain program or a certain time period a day), games consoles, non-Christian music, or perhaps sweets/chocolates or fast-food. Discuss it with your child and let them decide what they'd like to 'give to God'. Spend special time with them and as a family in prayer and Bible reading each day of the fast.

SPECIAL CONSIDERATIONS

For various reasons it may not be feasible to fast in the traditional sense of the word, for example if you are pregnant, specific health reasons, on certain medication, your work schedule or type of job, or family responsibilities. In such cases consider a partial fast or a non-food fast.

QUESTIONS AND ANSWERS:

If I haven't fasted will I still get breakthroughs and answers to prayer?

Fasting does not earn God's favour and does not guarantee a result. We already have God's favour through Jesus Christ and the assurance that He hears our prayers because of the blood of Jesus. This is not dependant on whether we fast or not.

How long should I fast?

The length of a fast can vary greatly depending on the type and the purpose of the fast. Fasts in the Bible range from 1 day to 40 days.

I'm not able to fast food, so what and how can I fast?

For various reasons it may not be feasible for you to fast food. There are many other types of fasts you can do that restrict physical or social activities, for example, TV, games consoles, non-Christian music, an hour's sleep for longer dedicated time in Bible reading and prayer. Remember that fasting is an act of separating yourself from the things of the world so that you can give yourself to God, so think of your daily routine and be creative!

What types of food fast are there?

Some of the most common food fasts are:

- Water only fast
- Only breakfast
- No lunches
- Only evening meals
- Juice fast (no solid foods)
- No meats or sweets
- Fruit and vegetables only fast
- No sweet foods fast
- No tea/coffee



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Arise

2021

I will
trust

Days of Prayer & Fasting
Monday, Tuesday, Wednesday
11-13 January, 7:00pm - 8:00pm



PRAYER THEME
I WILL TRUST

Psalm 34 v 1 - 9 (NKJV)

I will bless the Lord at all times;
His praise shall continually be in my mouth.
My soul shall make its boast in the Lord;
The humble shall hear of it and be glad.
Oh, magnify the Lord with me,
And let us exalt His name together.

I sought the Lord, and He heard me,
And delivered me from all my fears.
They looked to Him and were radiant,
And their faces were not ashamed.
This poor man cried out, and the Lord heard him,
And saved him out of all his troubles.
The angel of the Lord encamps all around those who fear Him,
And delivers them.

Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!
Oh, fear the Lord, you His saints!
There is no want to those who fear Him.

SUPPORTING VERSES

Psalm 9:10 (NKJV) And those who know Your name will put their trust in You; For You, Lord, have not forsaken those who seek You.

Psalm 18:2 (NKJV) The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

Psalm 20:7 (NKJV) Some trust in chariots, and some in horses; But we will remember the name of the Lord our God.

Psalm 28:7 (NKJV) The Lord is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, And with my song I will praise Him.

LET'S JOIN OUR HEARTS IN FAITH AND PRAYER AS WE START
THIS NEW YEAR 2021.

WHAT IS FASTING?

Fasting is voluntarily going without food in order to focus on prayer and fellowship with God. It has been practised by the people of God throughout the Bible, the early church and history.

It is setting yourself apart through a physical earthly change in routine or lifestyle (such as eating) in order to seek God and attain power in prayer.

PURPOSES OF FASTING

- To seek God intensely when there is a great or urgent need. Ezra 8:22-23
- To develop a deeper intimacy with God. Is 58:1-8; Zech 8:18-23
- To seek God for revival and the special anointing of the Holy Spirit. Joel 1:13-14, 2:12-15, 2:28-32
- To bring deliverance to those in bondage. Mark 9:14-29; Is 58:6
- To seek God's wisdom and guidance. Acts 13:1-3

WHY IS FASTING IMPORTANT?

- Fasting strengthens our spiritual life, putting God at greater influence in our lives and allowing faith to have the power to do it's mighty deeds.
- It is an act of humility before God, undertaken in part to seek His divine intervention in the events of our physical world.
- It is the example of Christ, the prophets, and the apostles.
- It brings revelation by the Holy Spirit, and allows the Holy Spirit to work in a most unusual, powerful way.
- It provides more time to pray and seek God's face because we are more focused on the Lord and less concerned with daily routines such as preparing meals and eating.
- The Holy Spirit quickens the Word of God to make it more meaningful, vital, and practical in our lives.
- It transforms prayer into a richer, more personal experience.
- It can help us regain a strong sense of spiritual determination and restore our first love for our Lord.

BIBLICAL REFERENCES TO FASTING

Exod 24:18, 34:28; Deut 9:9 & 18; 10:10 – Moses twice spends forty days on Mount Sinai without eating or drinking, and in mourning over Israel's sin.

Ezra 8:21-23 – Ezra calls a fast to seek God's protection for those leaving Babylon for Israel.

Matt 4:2; Luke 4:2 – Jesus fasts forty days in the wilderness, being tempted by the devil, as He begins His ministry.

Matt 17:21; Mark 9:29 – Jesus says that this kind of demon goes out only by means of prayer and fasting.

Acts 14:23 – Paul and Barnabas appoint elders in the churches, having prayed with fasting.

2 Cor 6:5; 2 Cor 11:27 – Paul lists "fastings" as among the hardships he suffered as a mark of his apostleship.