



Fasting Guidelines

Introduction Video Link:

https://youtu.be/rx_jkQuJoiQ

WHY FAST?

Fasting is a spiritual tool God uses to advance his kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. As we enter the spring season we have also seen some restrictions being lifted. This is a season of hope and new beginnings. It is a great time to start spring with five days of prayer and fasting to humble ourselves before God, consecrate ourselves to him and corporately agree for breakthroughs.

Jesus fasted.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. MATTHEW 4:1–2

And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. LUKE 4:14

Jesus knew he was going to need spiritual strength to fulfill his purposes. Fasting makes us spiritually strong and prepares us to do God's work.

Fasting is an act of humility and consecration.

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a

safe journey for ourselves, our children, and all our goods.

EZRA 8:21

As we humble ourselves, through prayer and fasting, we receive God's grace and have access to his heart.

Fasting helps us become sensitive to the Holy Spirit.

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ACTS 13:2

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to his will.

Fasting brings revival.

. . . if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. 2 CHRONICLES 7:14

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

PLANNING YOUR FAST

Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” JOSHUA 3:5

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. At the end of this chapter, write down your faith goals and specific prayer requests for your family, friends, Junction Church, and South Africa.

Commit—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan at the end of this chapter. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Try to limit your media intake since solitude

NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

WHILE FASTING

[Jesus] answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" MATTHEW 4:4

Focus—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

Pray—Intercede for your family, Junction Church, pastors, nation, Every Nation churches and new church plants throughout the week. Our focus nation is the new church plant in Croatia. Also remember our churches in Mauritius and Manchester.

Replenish—During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

BREAKING THE FAST

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. 1 JOHN 5:14–15

Eat—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and

salad, then add more vegetables. Eat small portions throughout the day.

Pray—Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the rest of 2020 and beyond. Be in faith for God to answer your prayers.

DAY 1

Fasting Options:

Water only

Liquid only

One meal only

Other _____

DAY 2

Fasting Options:

Water only

Liquid only

One meal only

Other _____

DAY 3

Fasting Options:

Water only
Liquid only
One meal only
Other _____

DAY 4

Fasting Options:

Water only
Liquid only
One meal only
Other _____

DAY 5

Fasting Options:

Water only
Liquid only
One meal only
Other _____

I AM THANKFUL TO GOD FOR

List what God has done in your life during this season of the lockdown

FOR MY PREFERRED FUTURE IN 2020 AND BEYOND, I AM BELIEVING GOD FOR

Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity

My Family

Restoration of Relationships • Household Salvation....

My Education/Career

Excellence • Promotion.....

My Ministry

Small Group Growth • Salvation of Colleagues and Classmates . .

I AM COMMITTING TO PRAY FOR . . .

Name Request(s)

I AM COMMITTING TO PRAY FOR . . .

My Church

Church Leadership • Provision • Discipleship Ministry . . .

My Community

Campuses and Educational Institutions • Local Government •

Outreach Opportunities .

My Nation

Government Officials • Spiritual Revival • Economic Prosperity • Peace and Order . . .



Day 1 Monday 7 September – The Preferred Future

READ

Romans 12:1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. 12 Then you will call upon me and come and pray to me, and I will hear you. 13 You will seek me and find me, when you seek me with all your heart.

This fasting week is a time to consecrate ourselves to God and His will in our lives. By presenting our lives before the King we are positioning ourselves to be transformed by His Spirit. As our minds are renewed, we are enabled to discern what His will is for us. Maybe this is the reason you are doing this fast in the first place. You are desperate to discern God's will for your future. Let's trust that you will hear God's voice during this week for you and your family. Remember that His wisdom applied to our lives becomes a springboard for a great destiny.

Scripture is clear that God not only loves us, but that He is for us. He has a plan and a good future in store for His children. Do you believe that? Isn't that an exciting prospect? But

make sure that you seek God this week for His guidance to reveal glimpses of these promises.

REFLECTION

What does your preferred future look like if you had to describe it?

Do you believe your ideal preferred future is part of God's will for you? Does it honor God? Where does God's desires fit into your preferred future?

What are the hindrances to your preferred future?

Are there practical steps you need to take to work towards and step into your preferred future?

Consider the following quadrant

| | |
|--------------|------------|
| Spiritual | Relational |
| Professional | Missional |

In which of these areas do you feel strong or weak?

Are there some practical steps you can take to grow in some of these areas?

PRAYER

Dear God, I know that You have the ultimate wisdom for all things in life. Today I consecrate myself to Your purpose for my life and future. I know that You have great plans of prosperity for me and my family. You have called me to play a role in Your great commission in advancing Your Kingdom and to make disciples. Help me to grow in my areas of weakness that hinder my ability to step into a preferred future. I desire nothing more than to know You and to be in your service. Amen



Day 2 Tuesday 8 September – Growing Spiritually

READ

Philippians 3:7 But whatever gain I had, I counted as loss for the sake of Christ. 8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— 10 that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, 11 that by any means possible I may attain the resurrection from the dead.

Paul makes an awesome declaration in this passage. He is rejecting the false spirituality of glorifying human effort in seeking righteousness and truth. He concludes that knowing Christ, walking with Christ and relying on Christ is the only way to grow spiritually. True spirituality is found in the most important relationship we can have. Our relationship with God.

Growing in our walk with Christ is key if we are to step into our preferred future. You may find worldly success in the future, but if we go there without a relationship with Christ you will find your successes hollow. Just look at how David hungered after God.

Psalm 42:1 As a deer pants for flowing streams, so pants my soul for you, O God. 2 My soul thirsts for God, for the living God.

Only God can truly satisfy the human soul. Everything else is but a shadow or an imitation. Are you hungering for God? How can we grow in our spiritual life?

REFLECTION

Have you made scripture reading a habit? What hinders you from reading scripture?

Do you have somebody who can teach you how to read scripture to understand and be transformed?

Why would you consider Bible reading important in your daily walk with Christ?

Have you ever desired to hear God's voice? Have you prayed to God and expected Him to answer you? In what practical ways will God speak to us?

Have you been baptized in water and the Holy Spirit? Have you ever spoken in tongues? Do you have a spiritual leader in church or Victory group who can explain and pray with you regarding these things?

Read Galatians 5:22 regarding the fruit of the Spirit: Do you see any of these things growing in your life? Do you see some areas where you are still struggling? How can we grow in these areas?

PRAYER

Dear God, I want to know You more and walk in a relationship with You. Thank You that because of Jesus' death and resurrection I am forgiven and can have direct access to You. I desire to be led by Your Spirit every day.

Speak to me through Your Word and make the Bible come alive to me. Empower me by Your Spirit to pray and to grow in faith. Let the fruit of the Spirit mark my life. I hunger and thirst for You. Amen



Day 3 Wednesday 9 September – Healthy Relationships

READ

Prov 13:20 Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

Hebrews 12:14 Strive for peace with everyone, and for the holiness without which no one will see the Lord. 15 See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled

Healthy relationships form a key component in realizing our preferred future. The Bible gives us wise insight in how we need to approach our relationships. Firstly, it is important **WHO** we walk with. Secondly, it matters **HOW** we walk with them.

We need to choose wisely who we choose to walk with in close relationships. This could be choice of friends, spouse or business partners. Scripture give us good insight into this. Go and read the following passages

Ecclesiastes 4:9-12, 1 Cor 15:33, Prov 27:6, 2 Cor 6:14, Prov 27:17

Once we have relationships it is vital that we learn to walk in grace, forgiveness, peace, good communication and conflict resolution. Consider the following passages.

Matthew 5:9, Prov 19:11, Eph 4:31, Romans 12:18

REFLECTION

Describe your ideal relational life concerning marriage, friendships and within your community.

How does your current relational life look like in comparison to the ideal described above?

What steps do you need to take in order to get into good relationships with friends, future spouse (If Single), Spouse, church etc.

Who are the mentors in your life? Who are the peers? Are there people you are imparting to?

Are there destructive relationships you may need to cool off?

Are there relationships you need to mend? Do you need to ask forgiveness or forgive? Is there a chance of reconciliation?

PRAYER

Dear God, I desire to have godly relationships in my life. I know that it honors You to love my neighbour. Please guide me in making wise choices in who I walk with. Give me the strength to forgive quickly and to be a peacemaker. Give me the humility to own my mistakes and ask forgiveness from others when I have wronged them. Thank You for forgiving my sins and help me extend the same grace to others. Amen



**Day 4 Thursday 10 September –
Professional, Strategic and
Organized**

READ

Colossians 1:16 For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. 17 And he is before all things, and in him all things hold together. 18 And he is the head of the body, the church.

The universe is not random, unplanned and chaotic. Our God is a God of order, planning and perfect strategy. He put in place natural laws that govern nature. He put in place the concept of leadership, order and strategy in human affairs.

In our personal lives God wants us to live wisely when it comes to how we steward our time, finances, calling, business and administration. This is honoring to God. It is true that we must commit our plans to the Lord, but that doesn't exempt us from planning in the first place. Strategy is important if we are to step into our destiny. Consider Moses when Jethro exhorted him to be more strategic in his leadership.

Maybe there are areas in your life that has lacked professionalism and strategic planning. Take a moment to reflect on some questions that may unlock some steps you can take to grow in these areas.

REFLECTION

Consider the following Quadrant

| | |
|----------------------------|------------------------|
| Important – Not Urgent | Important - Urgent |
| Not Important – Not Urgent | Not Important - Urgent |

Which quadrant would you consider takes up most of your time? Which quadrant is most detrimental to your future? Which quadrant makes us look busy but ineffective?

Doesn't the Important – Urgent quadrant show that you are spending time on the right things, but lack of planning has made it chaotic?

How can we spend most of our time in the Important – Not Urgent quadrant.

Have you been a godly and strategic steward of your time, finances, relationships, paperwork and excellence? In which areas can you improve?

PRAYER

Dear God, I want to be a good steward of all the talents, material blessings, time and opportunities You have given to me. Help me to commit my plans to You, but enable me to be a godly strategic planner. Help me to be diligent and excellent in all my undertakings. May my time on earth be honoring to You. Amen



Day 5 Thursday 11 September – Missional

READ

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 18 All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; 19 that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. 20 Therefore, we are ambassadors for Christ, God making his appeal through us.

We have not been called into God's Kingdom to be passive. We have been given the ultimate mission in human history. God has chosen you and me as His ambassadors in sharing His message of salvation. Missions exist because the worship of God doesn't. Wherever people are not reconciled to God we are on the mission field.

At Junction church we take this call very seriously. As a church we look at our local mission to reach Fouways and surrounds for Christ. But as part of the Every Nation family of churches we want to reach the nations as well. Making disciples of all nations should be an integral part of any believer's preferred future. Wherever we are, we take the kingdom of God with us.

REFLECT

Are you praying for the lost people in your circle of influence? Make a list of people you are praying for to accept Christ.

Which nation are you praying for to see churches planted and people saved? Is there a nation you would like to go to on a mission? Take a moment to pray for our new church plants in Croatia and Manchester

Ask God for strategies on how you can share your faith with your friends and circle of influence. Write them down. Ask God to give you an ability to love your community and build relationships naturally.

PRAYER

Dear God, I want to take part in Your mission to reach the lost. Help me to share the gospel in my neighborhood, with my colleagues, school and friends. Open my heart to the

nations and give me opportunities to go on missions. Thank you for entrusting us with this calling as believers. It is a privilege to be a disciple maker. Amen