

GOOD NEWS INTL. CHRISTIAN CENTER

Fasting Information Sheet

Types of Fasts:

Fasting by definition is: a) To abstain from food. b) To eat very little or abstain from certain foods, especially as a religious discipline. The type of fast you choose is between you and God and depending on your physical ability. Some people will include a combination of fasts. For example, start or end with a Full fast for 1 – 3 days combined with a Daniel or Modified Daniel fast. (Making special sacrifices is also a part of fasting. Be sure to read Isaiah 58.)

- Full Fast (1 Samuel 7:5-6, Acts 13:2)
 - All Day - Nothing but water (Consult your doctor or Healthcare Professional)
- Partial Fast (1 Samuel 14:24)
 - Half Day - Fast until 3:00 PM or 6:00 PM (Or Sunrise to Sunset)
- Daniel Fast (Daniel 10:3)
 - Eat fruits and vegetables only. Eat no meat, no sweets, no bread and drink water and 100% natural fruit juice. Veggie burgers or other soy alternatives may be an option for those who are not allergic to soy. Some people drink protein drinks.
- Modified Daniel
 - Same as Daniel with limited bread/grains (no white bread) and fish only added. (No Poultry, Red Meat or Sweets)
- Scripture References to Fasting: Nehemiah 9, Joel 2:15-17, Jonah 3:5, Isaiah 58, Matthew 6:16, Matthew 17:21, Acts 13:2-3

IMPORTANT FASTING INSTRUCTIONS

HOW TO BEGIN

Start with a clear goal. Understand why you are fasting. (Do you need direction, healing, restoration of a relationship? Are you having financial difficulties?) Read and pray about fasting and ask the Holy Spirit for guidance as you begin.

PREPARING YOURSELF SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

PREPARING YOURSELF PHYSICALLY

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

DECIDING WHAT TYPE OF FAST

What you fast is up to you. It may be a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and drank only water. (Remember that there are other sacrifices that go along with fasting such as limiting television and other normal activities. Remember to replace that time with prayer and Bible study. Also seek to bless others less fortunate with special gifts offerings with what you will save in decreasing your food budget.)

DECIDING HOW LONG

You may fast as long as you like. Most people can easily fast from one to three days, but you may feel the grace to go longer. Beginners are advised to start slow.

WHAT TO EXPECT

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity, and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

HOW TO END

When your period of fasting is over, don't overeat. Begin eating solid foods gradually when participating in a full fast and eat smaller portions as you begin to reintroduce meats and other items abstained back into your diet.

Confessions and Scripture Verses For Twenty-One Days

<u>Day</u>	<u>Confession and Daily Scripture</u>
1	The power of God is working in my life. Verse: 2 Peter 1:3 “According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of Him that hath called us to glory and virtue.”
2	I will believe God for increase. Verse: Psalm 115:14-16 “The LORD shall increase you more and more, you and your children. Ye are blessed of the LORD which made heaven and earth. The heaven, even the heavens, are the LORD’s: but the earth hath he given to the children of men.”
3	I will believe God for greater strength. Verse: Nehemiah 8:10 “Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.”
4	God is meeting <i>all</i> of my needs. Verse: Psalm 34:10 “The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.”
5	I will walk in the love of God and express God’s love to others. Verse: 1 John 2:15 “Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.”
6	I will persevere until I see total victory – I will settle for nothing less. Verse: Isaiah 54:17 “No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.”
7	I will trust God’s Word to give me direction and guidance. Verse: Proverbs 6:22 “When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou wakest, it shall talk with thee.”
8	I am believing for good things to happen to and in my family. Verse: Psalm 112:1-3 “Praise ye the LORD. Blessed is the man that feareth the LORD, that delighteth greatly in his commandments. His seed shall be mighty upon earth: the generation of the upright shall be in his house: and his righteousness endureth for ever.”
9	I will walk in God’s promises. Verse: 2 Peter 1:4 “Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.”
10	I will seek God’s will until I know it and then declare God’s will in every situation of my life. Verse: Romans 8:27 “And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.”

- 11 I will seek to live by God's principles for divine health. **Verse: Jeremiah 17:14** "Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise."
- 12 I will not worry – I will trust that God is in control of all things and He will take care of me! **Verse: 1 Peter 5:7** "Casting all your care upon him; for he careth for you."
- 13 God will not withhold any good thing from my life. **Verse: Psalm 84:11** "For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly."
- 14 I will speak words of peace in every problem situation. **Verse: Isaiah 26:3** "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."
- 15 I will voice my heart's desires to the Lord and believe that God is in the process of giving me my heart's desires. **Verse: Psalm 37:4** "Delight thyself also in the LORD; and he will give thee the desires of thine heart."
- 16 I will make knowing God's will the highest priority of my life. **Verse: Matthew 7:21** "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven."
- 17 I believe God is breaking all generational curses in my life and the lives of my family members. **Verse: Romans 12:1-2** "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will." (NIV)
- 18 I am special and beloved in God's eyes. **Verse: Zechariah 2:8** "For thus saith the LORD of hosts; After the glory hath He sent me unto the nations which spoiled you: for he that toucheth you toucheth the apple of His eye."
- 19 I will walk in God's mercy and rejoice. **Verse: Psalm 13:5** "I have trusted in thy mercy; my heart shall rejoice in thy salvation."
- 20 I will be bold for God! **Verse: Proverbs 28:1** "The wicked flee when no man pursueth: but the righteous are bold as a lion."
- 21 I am trusting God for the salvation of all my loved ones. **Verse: Isaiah 8:18** "Behold, I and the children whom he LORD hath given me are for signs and for wonders in Israel from the LORD of hosts, which dwelleth in mount Zion."

**GNICC CORPORATE PRAYER DURING FAST
JANUARY 10-31, 2012**

WHY FAST?

- **To consecrate ourselves:** Now therefore, says the Lord, turn to me with all your heart, with fasting, with weeping, and with mourning. So, rend your heart and not your garments ...consecrate a fast, call a sacred assembly, gather the people, sanctify the congregation ... **(Joel 2:12-17).**
- **To renew our spirit, soul & body:** I beseech you, therefore, brethren by the mercies of God that you present your bodies a living sacrifice, holy, acceptable to God... And do not be conformed to this world but be transformed by the renewing of your mind ... Create in me a new heart O Lord, & renew a right spirit within me ...Restore to me the joy of Your salvation, and uphold me by Your generous Spirit **(Romans 12:1&2; Psalm 51:10 &12).**
- **To humble ourselves before God & seek His face:** ...I dwell in the high & holy place with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones...The Lord is near to those who have a broken heart & saves such as have a contrite spirit **(Isaiah 57:15; Psalm 34:18; Psalm 35:13; Ezra 8:21-23).**
- **To hear from God & to get breakthroughs:** ...Then I set my face toward the Lord God to make request by prayer & supplications, with fasting...while I was speaking in prayer, the man Gabriel, whom I had seen in the vision at the beginning, ...reached me about the time of the evening offering. And he informed me ...at the beginning of your supplications the command went out, & I have come to tell you for you are greatly beloved.... **(Daniel 9:3, 20-23).** ...The disciples came privately to Jesus & said, “Why could we not cast it out?” Then Jesus said to them ...”This kind does not go out except by prayer & fasting” **(Matt 17:14-21).**

Fast that pleases God: Isaiah 58:3, 6-12

PRAYER SCHEDULE:

6:00-6:05 AM: Praise & worship (Acts 16:25 & 26)

6:05-6:10 AM: Soul searching & repentance: Confess & repent of known & unknown sins for yourself & on behalf of family, friends, GNICC Church Body, the body of Christ, & the nation, & ask for forgiveness **(Daniel 9:3-5).**

6:10-6:20 AM: Read the daily confessions & scriptures from the 21-day fast outline. Make declarations around each confession for yourself, family, friends, GNICC, the body of Christ and the nation.

6:20-6:25 AM: Pray in the Spirit & begin to thank God with expectation (Philip. 4:6)

6:25-6:30 AM: Listen to His Voice