

7
days

PRAYER & FASTING

Isaiah 58:1-14

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Daily
Prayer

Individual prayer time

Revival
Service

In church Revival Prayer
Wed. & Fri. 7 PM

Corporate
Prayer

Mon, Tues. & Thur. 7 PM via Prayer
line
Tel. #: (952)206-4917
access code: 278456
Saturday - individual prayer time

Fasting

Be mindful of your health and
choose the Types of Fasts that is
ideal for you.

Continue
to Fast
from

Social Media: Facebook, Twitter,
Instagram, TikTok, etc.
Meats: Poultry, Seafood, Beef, etc.
Dairy: Milk, Yogurt, Cheese, etc.
Other Drinks: Tea, Coffee, Soda, etc.

Bible
Reading

Meditate, memorize, and study the
scriptures



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PREFACE

Fasting and Prayer are essential power tools use for preparation to experience God's presence and power in the manifestation for what He has planned for our lives as we grow deeper in our relationships with Him. Therefore, we Fast and Pray corporately with an individual goal to experience the fullness of God's power. We Fast and Pray for spiritual renewal, healing and guidance. Our main purpose is to set aside a time to consecrate ourselves to the ministering of the Holy Spirit and to separate ourselves from our routine. The Lord will give us fresh and new spiritual insights as our confidence and faith in God strengthen. We will feel refreshed mentally, physical and spiritually.

Through Fasting and Prayer, we demonstrate God's Love by worshiping Him, evangelizing, witnessing and ministering to the needs of the nations. ***"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:16***

As we unite through Fasting and Prayer we are committed to "Winning The Lost For Christ".

"HOWBEIT THIS KIND GOETH NOT OUT BUT BY PRAYER AND FASTING". MATT. 17:21

THIS IS THE FAST THAT GOD HAS CHOSEN FOR HIS PEOPLE

The Purpose of Fasting in the life of a Christian

DAY 1 (v.6a)

- a. To lose the bands of wickedness
- b. Undo the heavy burdens
- c. Let the oppressed go free

DAY 2 (v.6b)

- a. Breaking every yoke

DAY 3 (v.7)

- a. To give bread to the hungry
- b. Shelter the cast out
- c. Covering the naked
- d. Not covering your own faults or sin

DAY 4

- a. Calling upon and cry to God **(v.9a)**
- b. Cease from accusing others **(v.9b)**
- c. Stop speaking vanity **(v.9b)**
- d. Having compassion for the hungry **(v.10a)**

DAY 5

- a. To satisfy the afflicted soul **(v.10a)**
- b. Keep from desecrating Sabbaths **(v.13a)**
- c. Abstain from doing own pleasure on the Sabbath Day because it is Holy unto the Lord
- d. Love to delight in Sabbaths
- e. Call the Sabbaths honorable

DAY 6

- a. Honour God in all things **(v.13b)**
- b. Live an unselfish life **(v.13b)**
- c. Practice the Golden Rule **(Matt. 7:12; James 2:8)**
- d. Love your neighbor as yourself **(Matt. 22:39)**
- e. Do good especially to the Household of Faith **(Gal. 6:10)**

DAY 7

- a. Speak God's word not your own **(v.13C)**
- b. Sound the trumpet in Zion and Praise the Lord **(v.1)**
- c. For He is good, for His mercy endureth forever. Praise ye the Lord.
(II Chronicles 5:13; II Chronicles 20:21)

THE PURPOSE OF FASTING IN THE LIFE OF A BELIEVER

Isaiah 58:1-14 (KJV)

Instruction

¹ Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.

False fasting in the presence of the Lord

² Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

Israel complaining that the Lord has not taken notice (3a), Rebuke from the Lord (3b-5)

³ Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.

⁴ Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

⁵ Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

A. Purpose of God's fast!

⁶ Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

⁷ Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

B. Fasting and obeying God's commands will bring blessings

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.

9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

TWENTY (20) BLESSINGS FROM A TRUE FAST

1. Then (after doing the 8 things of verses 6-7) you shall have light as day (verse 8)
2. Your health will spring forth speedily
3. Your righteousness will go before you
4. God's glory will be your rear guard
5. Then you will call and receive answers to prayer (verse 9)
6. You will cry and God will answer you
7. Then (after doing the 6 things of verses 9-10) your light will rise in obscurity (verse 10)
8. Your darkness will be as the noon day
9. The Lord will guide you continually
10. He will satisfy you in drought (verse 11)
11. He will make your bones fat
12. You will be like a watered garden
13. You will be like an unfailing spring of water
14. Your waste places will be built (verse 12)
15. You will raise up the foundations of many generations
16. You will be called, The repairer of the breach
17. You will be called, The restorer of paths to dwell in
18. Then (after doing the 9 things of verse 13) you will delight yourself in the Lord (verse 14)
19. I will cause you to ride upon the high places of the earth
20. I will feed you with the heritage of Jacob your father, for I have spoken it from my mouth

(1) When we fast, we feel Christ awareness, and the manifestation of His power around us.

Luke 9:23 "And He said to them all, **If any man will come after me, let him deny himself, and take up his cross daily, and follow me**".

(2) Fasting is a call to the Church, with a special call to ministry. (Ministers) Joel 1:14, "Sanctify ye a fast, call a solemn assembly, gather the elders and all its inhabitants of the land into the house of the LORD your God, and cry unto the Lord".

(3) What are we to do with fasting?

A. Prayer goes hand in hand with fasting.

B. If we fast without prayer, then it is only good for losing weight.

Jeremiah 36:6, "Therefore go thou, and read in the roll, which thou hast written from my mouth, the word of the LORD in the ears of the people of the Lord's house upon the fasting day: and also, thou shalt read them in the ears of all Judah that came out of their cities".

(4) The need for the Church to be called to a regular fasting day.

A. Even the Pharisees fasted twice a week

Luke 18:12, "**I fast twice in the week, I give tithes of all that I possess**".

(5) Fasting does not give us power to heal the sick or cast out demons.

God's work does that.

Fasting brings us to the place where we can believe God's word.

We are drawn closer to the Lord by fasting.

Matthew 17:20, "And Jesus said unto them, **Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall**

say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you”.

(6) What should our appearance be, and how should we carry ourselves during fasting

A. We should have a sweet spirit and a forgiving heart.

Matthew 6:15, “But if ye forgive not men their trespasses, neither will your Father forgive your trespasses”.

Matthew 6:16, “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward”.

Matthew 6:17, “But thou, when thou fastest, anoint thine head, and wash thy face”;

Matthew 6:18, “That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly”.

B. We must be discreet sometimes, about what we are doing for the Lord.

(7) Fasting can bring special blessing from God.

Acts 10:30, “And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing”

A. God remembers our fasting; it is like laying up treasures in heaven.

Acts 10:31, “And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God”.

(8) There are many types of fasts

A. How long? It is like prayer; we must practice fasting.

B. There is the Daniel Fast. No fat (meat), no sugar, (no overindulging)

C. When you fast do not dehydrate yourself, use water hot or cold

Jesus hungered after 40 days not thirst.

Water cleanses the body; water belongs in the fast

D. Building yourself up, start your fast with only one meal.

The journey begins with one step at a time.

E. Remember as with everything new, be careful. We must use wisdom.

Matthew 17:21, "Howbeit this kind goeth not out but by prayer and fasting".

F. We must solely and whole heartedly trust in the Lord and Him only to go through this fast.

RELATIVE SCRIPTURES

<p style="text-align: center;">Daniel 9:3</p> <p><i>"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes"</i></p>	<p style="text-align: center;">Esther 9:31</p> <p><i>"To confirm these days of Purim in their times appointed, according as Mordecai the Jew and Esther the queen had enjoined them, and as they had decreed for themselves and for their seed, the matters of the fastings and their cry"</i></p>	<p style="text-align: center;">Nehemiah 1:4</p> <p><i>"And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven"</i></p>
<p style="text-align: center;">Acts 13:2-3</p> <p><i>"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away"</i></p>	<p style="text-align: center;">Acts 14:23</p> <p><i>"And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed"</i></p>	<p style="text-align: center;">Acts 27:33</p> <p><i>"And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing"</i></p>
<p style="text-align: center;">Mark 9:29</p> <p><i>"And he said unto them, This kind can come forth by nothing, but by prayer and fasting"</i></p>	<p style="text-align: center;">Luke 2:27</p> <p><i>"And he came by the Spirit into the temple: and when the parents brought in the child Jesus, to do for him after the custom of the law"</i></p>	<p style="text-align: center;">1 Corinthians 7:5</p> <p><i>"Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency"</i></p>

SANCTIFICATION

What is the meaning of sanctification? Sanctification is the catch-all word to describe the Christian life absent (or becoming absent) from sin. The biblical word for sanctification is "to set apart" for God or special purpose, figuratively "to make holy or sacred." Sanctification is divided into two (2) categories, positional sanctification and progressive sanctification.

Positional sanctification is an act of God performed at the moment a sinner puts his faith in the Lord Jesus. This new believer partakes of the character of God for whom he is set apart (***1 Corinthians 1:2 Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be saints, with all that in every place call upon the name of Jesus Christ our Lord, both their's and our's"***)

Progressive sanctification (also called experimental sanctification) is the work of the Holy Spirit in the yielded saint, in which He sets the believer apart for God in his experience, by eliminating sin from his life and producing his fruit, a process which goes on constantly throughout the believer's life (***1 Thessalonians 5:23 "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ"***). ***Progressive sanctification*** is the theological position of almost all Christendom. Men of the last three (3) centuries have named different titles to sanctification:

- The Exchanged Life
- The Abiding Life
- The Crucified Life
- Life on the Highest Plane

- The Normal Christian Life
- The Interior Life
- The Victorious Christian Life
- The Miracle Life
- The Grace Life

All the above are basically the same thing with only minor differences in explanation or application. Perhaps the greatest variation is that of the "Grace Life" seeing as this teaching teaches that believers can walk sinless by faith-alone. What must be understood though is that believers are both positional and progressively sanctified. Both justification and sanctification are used in conversation and post-conversion contexts.

Positional Sanctification

Acts 15:9, "And put no difference between us and them, purifying their hearts by faith".

2 Thessalonians 2:13, "But we are bound to give thanks always to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth:"

1 Corinthians 1:2 "Unto the church of God which is at Corinth, to them that are sanctified in Christ Jesus, called to be saints, with all that in every place call upon the name of Jesus Christ our Lord, both theirs and ours:"

1 Corinthians 1:30-31, "But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption: That, according as it is written, He that glorieth, let him glory in the Lord".

1 Corinthians 6:11, "And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God".

See also (sanctified) Romans 15:16 "That I should be the minister of Jesus Christ to the Gentiles, ministering the gospel of God, that the offering up of the Gentiles might be acceptable, being sanctified by the Holy Ghost; 1 Corinthians 7:14 "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean; but now are they holy"; and Ephesians 5:26-27 "That he might sanctify and cleanse it with the washing of water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish".

Progressive Sanctifications

1 Thessalonians 4:3-4, "For this is the will of God, even your sanctification, that ye should abstain from fornication: That every one of you should know how to possess his vessel in sanctification and honour"

1 Thessalonians 5:23, "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ".

2 Timothy 2:21, "If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work".

In reviewing these scriptures, it should become clear that we cannot choose one side over the other as both are true. We have been sanctified and are being sanctified. A possible interpretation is that the three "sanctifications" refer to our spirit, soul, and body.

Positional: Our spirit was sanctified the moment we believed.

Progressive: Our soul is being sanctified during our Christian life, and (not yet discussed)

Ultimate: Our body will be sanctified in the resurrection.

Notice again, 1 Thessalonians 5:23, "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ".

Sanctify, as used here, is in the Optative Mood which introduces either a wish or question. In this case it is used as a wish, leaving us to understand that it was Paul's desire that they become sanctified.

Having now dealt with the three (3) types of sanctification, let us close with a single thought; Sanctification is found in a person, not an action:

1 Corinthians 1:30-31, "But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption: That, according as it is written, He that glorieth, let him glory in the Lord".

If we seek sanctification through our actions, we will not "glory in the Lord", but in ourselves. On the other hand, if we find our sanctification in Christ, we will find our glory in Him. (1 Corinthians 10:31)

JUSTIFICATION

Justification is a word that has two (2) main streams of meaning; we will attempt to show both here in this study of one of the great promises in God's Word.

1. Remission of sins. This is the first step and the primary meaning of the word. Christ died for the ungodly. While we were yet sinners, Christ died for us. He was the Lamb of God foreordained to take away the sin of the world. Atonement is not a subject of the Epistles translated reconciliation.

Reconciliation is defined in 2 Cor. 5:19 "that God was in Christ, reconciling the world unto himself, not imputing their trespasses against them". This great truth is rarely recognized by Christians today. Stated simply, as far as God is concerned, all barriers have been removed so that the unbeliever may step up and receive the gift of everlasting life freely. The purpose of reconciliation is to give each individual an opportunity to receive the gift.

There is another side to the reconciliation that should be considered. The unbeliever is asked to be reconciled to God. Sin is enmity against God, and those who persist in sin build up walls of their own to separate them from God. There is no wall on God's part, the path is clear so that everyone has access, and all have the means set forth so beautifully in God's Word.

We are told in the Word that there is forgiveness of sins through the blood of Christ, and that forgiveness is for all. This forgiveness or reconciliation does not give life. Many teach or think that if one's sins are forgiven, then he has eternal life. That is not true. This life is in Christ and he that has the Son has life. Simply living a decent life is not what prompts eternal life rather acceptance of the Son of God our Lord Jesus Christ.

This being said, then we realize that there is no possibility of the unjust in Act 24:15 "And have hope toward God, which they themselves also allow, that there shall be a resurrection of the dead, both of the just and unjust", being those who are not justified. There is not an unjustified person in the world today. So, we have to conclude that the just and the unjust in Act 24 means those who have life, are believers, and have a resurrection.

2. Justification by faith. We find this first mentioned in Gen. 15:6, "And he believed in the LORD; and he counted it to him for righteousness". Abraham believed God and it was imputed to him for righteousness. Here is another and even deeper meaning of justification. Unbelievers are justified in that their sins are not counted against them, but the believer can not only have life and resurrection, but by faith have an imputed righteousness.

Should the Believer be satisfied with being saved as by fire? (1 Cor. 3:15 "If any man's work shall be burned, he shall suffer loss: but he himself shall be saved; yet so as by fire"). The Believer should lay up treasure and that can be by faith. Abraham had life and was a believer long before Gen. 15:6. It was the faith of Abraham though that pleased God and so Abraham had righteousness laid up to his account.

There are many who seek for everlasting life and an escape from an imaginary punishment in the hereafter, but how many seek for that righteousness which is of faith? Just read through Heb. 11 and note all the people who obtained this righteousness by faith, believing what God had said. They have a special inheritance awaiting them in the resurrection that they will enjoy throughout eternity.

GENERAL GUIDE

Prepare your heart to hear God's directions for your life and be willing to make the necessary changes. Choose the paths He wants you to walk, pray and read His Word according to His will. Surrender your life to God by telling Him that you want more of Him and His way. 2 Chronicles 7:14 "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land".

YOUR REQUIREMENTS:

Explain to your family in advance what you are doing

Maintain your privacy during your fast

Avoid discussing, complaining or bragging about your fast

Secure an accountable partner for prayer and upliftment

Avoid negative people

Spend most of your time alone in solitude and prayer

Put your flesh under subjection daily

Maintain a journal during your fasting and checked off your answered prayer(s)

It is wise to use wisdom as you approach your fasting period. People who are diabetic, suffer from hypertension (high blood pressure) or have a chronic health condition should consult their doctors before fasting. Be aware of the signs of hypoglycemia (low blood pressure), that is, shakiness, dizziness, anxiety, sweating, confusion, and weakness. If your glucose level exceeds 300 mg/dl (milligrams per decilitre) or drop lower than 70 mg/dl (milligrams per decilitre) stop the fasting and consult your healthcare provider. During the fast, test your blood glucose frequently and keep emergency contacts where it is more accessible to others.

Start weaning yourself slowly from caffeine products, fried foods, sweets or eating late at night before starting the fast. Abstain from any unhealthy eating habits not only during the fast but maintain good eating habits after the fast as well and drink a lot of water during the fast. Eat fruits and raw vegetables for two (2) days before starting the fast.

MEAL EXAMPLES

- Mornings – light breakfast such as fruit, toast, and oatmeal. Drink water, health drink or green tea
- Noon – chicken salad sandwich, vegetable soup, fruit, and healthy nuts. Drink water, health drink or green tea
- Evenings – salad with light dressing, soup or vegetable plate that includes beans for protein. If eating any meat, let it be fish or chicken. Drink water or health drink
- Weekends – chicken or fish on weekend with meal. No fried foods. Bake or broil

SUGGESTED FOODS TO EAT

- Poultry: skinless chicken breast (baked or broiled)
- Fish: (baked or broiled)
- All Fruits: fresh, frozen, dried or canned. Fruits include, fruit salads, apples, bananas, berries, cherries, cantaloupe, grapefruit, grapes, honeydew melon, kiwi, lemons, mangoes, nectarines, tangerines, oranges, peaches, pears, pineapples, plums, raisin, and watermelon
- Salads: chicken or fish
- All vegetables: fresh, frozen, dried or canned. Vegetable salads, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, greens, corn, cucumbers, eggplant, garlic, kale,

lettuce, mushrooms, onions, parsley, potatoes, scallions, spinach, squashes, sweet potatoes, yams, tomatoes, and zucchini

- All whole grains: whole wheat (bread), brown rice, oats, barley, grits, whole wheat pastas, tortillas, rice cakes, and popcorn (no butter)
- All nuts and seeds: almonds, hazelnuts, pecans, pistachios, sunflower seeds, cashews, peanuts, sesame, and walnuts
- Peas and beans: pinto beans, split peas, black eyed peas, kidney beans, black beans, and white beans (canned or dried)
- Beverages: spring or distilled water, 100% all-natural fruit or vegetable juices. Protein and smoothie drinks (only sugar free, dairy free and chemical free)
- Other items: seasonings, salt, herbs, and spices for cooking

THINGS TO AVOID

- No social media activity or posting, for example, Facebook, twitter, Instagram
- No internet access, unless for work, school, biblical study or to listen to or watch sermons, gospel songs or programs
- No video games
- No movies, programs, or realty shows that promote drugs, lust, violence, horror, or any other ideas that strengthen the flesh
- Limit your daily television entertainment time
- No baked goods, processed breads, sweets or candies, that is, cakes, pies, chips, ice cream etc.
- No sugar, raw sugar, syrup, canned or bottled juice, sugary drinks, soda, coffee, energy drinks, etc.
- No meats,
- No fried or deep-fried foods

- No dairy products such as, cheese, cottage or blue cheese, cream butter, or eggs
- No shortening, margarine, lard, or foods with high fat
- No white flour, white bread, or foods that contain artificial preservatives

TYPES OF FASTS

The Normal or Common Fast

Abstaining from all food, solid or liquid but not from water.

The Absolute Fast

Abstaining from eating and drinking for three (3) days. The body can go long periods without food and be physically benefited but only for a very short time without water. In Esther 4:16 "Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish", Queen Esther instructed Mordecai to hold a fast on her behalf, no food or drink for three (3) days and she likewise will do the same with her maids. This was an exceptional measure for a desperate situation. It is something usually reserved for spiritual emergencies.

Partial Fast

Partial fast is based upon the restriction of diet rather than complete abstention. In Daniel 10:2; Daniel mourned for three (3) weeks eating no delicacies, no meat or wine and did not anoint himself. The partial fast allows a great many variations which yields blessings and benefits. There is a method of living exclusively on one type of food for the duration of the fast. The partial fast is of great value, especially where circumstances make

it impossible or inconvenient to undertake a normal fast. The partial fast can be used as a steppingstone to the normal fast for those who have never fasted before or those with special medical situations.

HOW TO BEGIN

Seek God for guidance if you have health challenges. It is very important to ensure this spiritual practice characterizes the fast that God has chosen. Ask yourself the following questions:

1. Did I anoint my head and wash my face that I appear not unto men to fast, but unto my Father, which sees in secret?
2. Am I confident that this desire to fast is God-given? Would He have me undertake a normal or just a partial fast?
3. Are my motives right? Is there any hidden desire to impress others?
4. What are my spiritual objectives in this fast? Personal sanctification or consecration? Intercession? What special burdens? Divine intervention, guidance, and blessing? The Spirit's fullness for self or others? To lose the captives?
5. Do my objectives tend to be self-centered? Is my desire for personal blessing balanced by genuine concern for others? Am I looking not only to my own interests, but also to the interests of others?
6. Am I determined above all else to minister to the Lord in this fast?

HOW TO BREAK THE FAST

Breaking a fast of only a day or two presents no problem, however, it is very important to understand the rights and wrongs of breaking a prolonged fast in order to avoid considerable pain and discomfort. The stomach shrinks slowly during a prolonged fast and so at the end of the fast the stomach is nothing like its previous capacity for food and so the smallest quantity of food makes one feel full. Another fact is that the organs in the body that are usually engaged in assimilating food goes into a deeper sleep mode as the fast prolonged. Therefore, caution must be exercised as to how much you eat, what you eat, and how you eat. The stomach must be given time to return to its normal size. The digestive organs must be gently and progressively caressed into wakefulness and efficient activity. Therefore, it may be a good idea to break your fast with fruit or vegetable juices. Apple, tomato, grape or pure citrus juices are possible alternatives in small quantity.

Fresh salads (no dressings), homemade vegetable soups (no fat), and cooked vegetables may then be included in the diet in small moderation. Toasted whole-wheat bread with a scraping of butter may next be eaten with your meal avoiding cakes, pastries, and cookies. Go very steadily on the starchy foods. Protein is best introduced in the form of cheese, eggs, or nuts, with fish, and meat.

Food should be eaten slowly and chewed very well. You should stop at the first sensation of fullness in your stomach even if you did not finish the meal. Discomfort should be a sign to ease off and miss the next meal if necessary. It is important to rest as much as possible during this period so as to let the body concentrate on the business of digestion and assimilation. Do not try to do too much too soon.

Give thought and prayer to your future diet and eating habits. Try not to return to the old ways of overeating, eating between meals, or eating the wrong foods.

Finally, do not relax spiritually during the breaking of your fast period, for the thief will still be on the prowl. Beware of talking about your fast that your fasting may be in secret, as Christ commanded. This should be a time of consolation, when you get break through prayer on matters that God has revealed to you.

You should begin to see the fruit of this time set apart for God, with blessings rebounding not only on your own head but also on those for whom you have been interceding. Like your Lord and Master, Jesus Christ, you should return from your fasting wilderness "in the power of the Spirit," expecting that the works and the grace of Christ will manifest in you, as they were in Him.

CHORUSES/HYMNS

1. BEHOLD THE THRONE OF GRACE

1. Behold the throne of grace,
The promise calls me near;
There Jesus shows a smiling face
And waits to answer prayer.

2. That rich atoning blood,
Which sprinkled round we see,
Provides for those who come to god
An all prevailing plea.

3. Beyond our utmost wants
His love and pow'r can bless;
To praying souls He always grants
More than they can express.

4. Thine image, Lord, bestow,
thy presence and thy love.
We ask to serve thee here below,
And reign with thee above.

5. Abiding in thy faith,
Our will conform to thine,
Let us victorious be in death,
And then in glory shine.

2. BE STILL AND KNOW THAT I AM GOD

Be still and know that I am God.
Be still and know that I am God.
Be still and know that I am God.

I am the Lord that healeth thee.
I am the Lord that healeth thee.
I am the Lord that healeth thee.

In thee, O Lord, I put my trust.
In thee, O Lord, I put my trust.
In thee, O Lord, I put my trust.

3. BURDENS ARE LIFTED

1. Days are filled with sorrow and care,
Hearts are lonely and drear;
Burdens are lifted at Calvary,
Jesus is very near.

Chorus:
Burdens are lifted at Calvary,
Calvary, Calvary,
Burdens are lifted at Calvary,
Jesus is very near.

2. Cast your care on Jesus today,
Leave your worry and fear;
Burdens are lifted at Calvary,
Jesus is very near.

Chorus:

3. Troubled soul, the saviour can see,
Ev'ry heartache and tear;
Burdens are lifted at Calvary
Jesus is very near.

Chorus:

4. CARIBBEAN MEDLEY

I've got my mind made up and I won't turn back
Because I want to see my Jesus someday
I've got my mind made up and I won't turn back
Because I want to see my Jesus someday (2X)

Goodbye world, I stay no longer with you
Goodbye pleasures of sin, I stay no longer with
you
I've made up my mind to go God's way the rest
of my life
I've made up my mind to go God's way the rest
of my life (2X)

Born, born, born again Thank God, I'm born
again
Born, born, born again Thank God, I'm born
again
Born, born, born again Thank God, I'm born
again
Born, born, born again Thank God, I'm born
again

Born of the water, spirit and the blood
Thank God, I'm born again
Born of the water, spirit and the blood
Thank God, I'm born again (2X)

I've got my mind made up and I won't turn back
Because I want to see my Jesus someday
I've got my mind made up and I won't turn back
Because I want to see my Jesus someday

I am under the rock, The rock that's higher than
I (but the rock is higher)
(Jehovah Hide me) Jehovah hide me, I am under
the rock (oh yeah)
(Go tell my enemies) Go tell my enemies, I am
under the rock (yes I am)
Jehovah hide me, I am under the rock

Jesus name so sweet, Emanuel name so sweet
Jesus name so sweet, Emanuel name so sweet
Jesus name so sweet, Emanuel name so sweet
Jesus name so sweet, Emanuel name so sweet

Every rock, me rock upon Jesus, Jesus' name so
sweet
Every rock, me rock upon Jesus, Jesus' name so
sweet
Every rock, me rock upon Jesus, Jesus' name so
sweet
Every rock, me rock upon Jesus, Jesus' name so
sweet

I've got my mind made up and I won't turn back
Because I want to see my Jesus someday
I've got my mind made up and I won't turn back
Because I want to see my Jesus someday

Oh, I want to see Him, look upon His face
There, to sing forever of His saving grace
On the streets of glory let me lift my voice
All my cares are past, home at last, ever to
rejoice

Yes I want to see Him, look upon His face
There, to sing forever love forever love of His
saving grace
On the streets of glory let me lift my voice
All my cares are past, home at last, ever to
rejoice

I've got my mind made up and I won't turn back
Because I want to see my Jesus someday
I've got my mind made up and I won't turn back
Because I want to see my Jesus someday

Fire, fire, fire Fire fall on me
Fire, fire, fire Fire fall on me
On the day of Pentecost, the fire fall on me
On the day of Pentecost, the fire fall on me
Fire, fire, fire Fire fall on me

5. GOD SAID HE'D TURN IT AROUND

God said He would turn it around
God said He would turn it around
What the devil meant for evil God will make it
good
Turn around, turn around, turn around

6. HEAR MY CRY O LORD

Hear my cry O Lord, attend unto my prayer
From the ends of the earth, Will I cry unto thee
And when my heart is over-whelmed
Lead me to the rock that is higher than I
That is higher than I

For thou hast been a shelter for me
And a strong tower from the enemy
And when my heart is overwhelmed
Lead me to the rock that is higher than I
That is higher than I

7. HE'S AN ON TIME GOD

He's an on time God, yes he is (oh oh oh)
On time God, yes he is
Job said
He may not come when you want him
But he'll
Be there right on time
I'll tell you
He's an on time God, yes he is

8. HE NEVER FAIL ME YET

He never fails me yet
He never fails me yet
My Jesus never fail me yet
And everywhere I go
I want the world to know
My Jesus never fail me yet

9. HE THAT THE SON HATH SET FREE

He that the Son has set free is free indeed.
No more chains of slavery.
Truth has triumphed with liberty.
He that the Son has set free is free indeed.

10. I AM FREE PRAISE THE LORD

I am free
Praise the Lord, I'm free
No longer bound
No more chains holding me
My soul is resting
It's just a blessing
Praise the Lord
Hallelujah, I'm free (Repeat)
Praise the Lord
Hallelujah, I'm free
Praise the Lord
Hallelujah
I'm free

11. I AM UNDER THE ROCK

I am under the rock, The rock that's higher than
I (but the rock is higher)
(Jehovah Hide me) Jehovah hide me, I am under
the rock (oh yeah)
(Go tell my enemies) Go tell my enemies, I am
under the rock (yes I am)
Jehovah hide me, I am under the rock

12. I AM TRUSTING YOU LORD

I'm trusting you lord,
I'm trusting you
You've been so faithful
You've been so true
You never fail me, but I failed you
I'm trusting you lord, I'm trusting you

13. I KNOW MY LORD'S GONNA LEAD ME OUT

I know my Lord, is gonna lead me out.
I know my Lord, is gonna lead me out.
I'm gonna pray and do the best I can.
For I know my Lord's gonna lead me out of this
pilgrim land.

14. I'M ON MY WAY TO HEAVEN

Chorus:

I'm on my way to heaven and I'm so glad.
I'm on my way to heaven and I'm so glad.
I'm on my way to heaven and I'm so glad.
The devil can't do my no harm. (2X)

1. I remember the day I found Him,
I remember the day I made a start,
I remember the day I knelt at the altar,
And it changed this old boy's heart.

Chorus:

2. There's no use to tell me God is not living,
There's no use to weave that evil spell,
For I just talked this morning, to the great and
higher power
And He said He is alive and well.

Chorus:

3. Well, I'm sanctified and holy and I'm so glad,
Well, I'm sanctified and holy and I'm so glad,
Well, I'm sanctified and holy and I'm so glad,
'Cause the devil can't do me no harm.

Chorus:

4. Well the devil He don't like it and I'm so glad,
Well the devil He don't like it and I'm so glad,
Well the devil He don't like it and I'm so glad,
'Cause you know he can't do me no harm.

Chorus:

15. I'M SO GLAD JESUS LIFTED ME

I'm so glad, Jesus lifted me,
I'm so glad, Jesus lifted me,
I'm so glad, Jesus lifted me,
singing glory, hallelujah,
Jesus lifted me.

Satan had me bound, Jesus lifted me,
Satan had me bound, Jesus lifted me,
Satan had me bound, Jesus lifted me,
singing glory, hallelujah,
Jesus lifted me.

When I was in trouble, Jesus lifted me,
when I was in trouble, Jesus lifted me,
when I was in trouble, Jesus lifted me,
singing glory, hallelujah,
Jesus lifted me.

16. I'M SO GLAD THAT THE LORD SAVED ME

I'm so glad that the Lord saved me
I'm so glad that the Lord saved me
If it had not been for Jesus tell me
Where would I be
I'm so glad that the Lord saved me [3X]
He saved me (He saved me) (3X)

17. I'M TRADING MY SORROWS

I'm trading my sorrows
I'm trading my shame
I'm laying them down for the joy of the lord

I'm trading my sickness
I'm trading my pain
I'm laying them down for the joy of the lord

And we say, Yes Lord, Yes Lord
Yes yes Lord
Yes Lord, Yes Lord
Yes yes Lord
Yes Lord, Yes Lord
Yes, yes, Lord
Amen

18. I WANT A REVIVAL IN MY SOUL

I want a revival in my soul (deep in my soul)
I want a revival in my soul
I must apply to the blood of Jesus
To get a revival in my soul

19. TELL IT TO JESUS

1. Are you weary, are you heavyhearted?
Tell it to Jesus,
Tell it to Jesus;
Are you grieving over joys departed?
Tell it to Jesus alone.

Chorus:
Tell it to Jesus; tell it to Jesus.
He is a friend that's well-known!
You've no other such a friend or brother.
Tell it to Jesus alone.

2. Do the tears flow down your cheeks
unbidden?
Tell it to Jesus;
Tell it to Jesus.
Have you sins that to men's eyes are hidden?
Tell it to Jesus alone.

Chorus:

3. Do you fear the gath'ring clouds of sorrow?
Tell it to Jesus;
Tell it to Jesus.
Are you anxious what shall be tomorrow?
Tell it to Jesus alone.

Chorus:

4. Are you troubled at the tho't of dying?
Tell it to Jesus;
Tell it to Jesus.
For Christ's coming kingdom are you sighing?
Tell it to Jesus alone.

Chorus:

20. MY FAITH HAS FOUND A RESTING PLACE

1. My faith has found a resting place,
from guilt my soul is freed;
I trust the ever-living One,
his wounds for me shall plead.

Chorus:

I need no other argument,
I need no other plea,
it is enough that Jesus died,
and that he died for me.

2. Enough for me that Jesus saves,
this ends my fear and doubt;
a sinful soul, I come to him,
he'll never cast me out. [Chorus]

3. My heart is leaning on the Word,
the written Word of God,
salvation by my Savior's name,
salvation thro' his blood. [Chorus]

4. My great Physician heals the sick,
the lost he came to save;
for me his precious blood he shed,
for me his life he gave. [Chorus]

21. THE JOY OF THE LORD IS MY STRENGTH

The joy of the LORD is my strength
The joy of the LORD is my strength
The joy of the LORD is my strength
The joy of the LORD is my strength

He heals the broken-hearted and they cry no
more

He heals the broken-hearted and they cry no
more

He heals the broken-hearted and they cry no
more

The joy of the LORD is my strength!

He gives me living water and I thirst no more

He gives me living water and I thirst no more

He gives me living water and I thirst no more

The joy of the LORD is my strength!

21. THE JOY OF THE LORD IS MY STRENGTH

He fills my soul with laughter
He fills my soul with laughter
He fills my soul with laughter
The joy of the LORD is my strength!

If you want joy you must ask for it
If you want joy you must ask for it
If you want joy you must ask for it
The joy of the LORD is my strength!

22. ALL THE WAY MY SAVIOR LEADS ME

1. All the way my Savior leads me—
What have I to ask beside?
Can I doubt His tender mercy,
Who through life has been my guide?
Heav'nly peace, divinest comfort,
Here by faith in Him to dwell!
For I know, whate'er befall me,
Jesus doeth all things well;
For I know, whate'er befall me,
Jesus doeth all things well.

2. All the way my Savior leads me—
Cheers each winding path I tread,
Gives me grace for ev'ry trial,
Feeds me with the living bread.
Though my weary steps may falter
And my soul athirst may be,
Gushing from the rock before me,
Lo! a spring of joy I see;
Gushing from the rock before me,
Lo! A spring of joy I see.

3. All the way my Savior leads me—
Oh, the fullness of His love!
Perfect rest to me is promised
In my Father's house above.
When my spirit, clothed immortal,
Wings its flight to realms of day,
This my song through endless ages:
Jesus led me all the way;
This my song through endless ages:
Jesus led me all the way.

23. OH! TO BE LIKE THEE

1. Oh! to be like Thee, blessed Redeemer,
This is my constant longing and prayer;
Gladly I'll forfeit all of earth's treasures,
Jesus, Thy perfect likeness to wear.

Refrain:

Oh! to be like Thee, oh! to be like Thee,
Blessed Redeemer, pure as Thou art;
Come in Thy sweetness, come in Thy fullness;
Stamp Thine own image deep on my heart.

2. Oh! to be like Thee, full of compassion,
Loving, forgiving, tender and kind,
Helping the helpless, cheering the fainting,
Seeking the wand'ring sinner to find.

3. Oh! to be like Thee, lowly in spirit,
Holy and harmless, patient and brave;
Meekly enduring cruel reproaches,
Willing to suffer, others to save.

4. Oh! to be like Thee, Lord, I am coming,
Now to receive th' anointing divine;
All that I am and have I am bringing,
Lord, from this moment all shall be Thine.

5. Oh! to be like Thee, while I am pleading,
Pour out Thy Spirit, fill with Thy love,
Make me a temple meet for Thy dwelling,
Fit me for life and Heaven above.

24. I HAVE A FRIEND

I have a Friend, a precious Friend,
Oh, how he loves me;
He says his love will never end,
Oh, how he loves me;

Refrain:

Oh, how he loves me,
Oh, how he loves me;
I know not why, I only cry,
"Oh, how he loves me."

25. THE SAVIOR WITH ME

I must have the Savior with me,
For I dare not go alone,
I must feel His presence near me,
And His arm around me thrown.

Refrain:

Then my soul shall fear no ill;
Let Him lead me where He will,
I will go without a murmur,
And His footsteps follow still. [Refrain]

I must have the Savior with me,
For my faith at best is weak;
He can whisper words of comfort,
That no other voice can speak. [Refrain]

I must have the Savior with me
In the onward march of life,
Through the tempest and the sunshine,
Through the battle and the strife.

I must have the Savior with me,
And His eye the way must guide,
Till I reach the vale of Jordan,
Till I gain the other side.

27. ANOINTING FALL ON ME

Anointing, fall on me,
Anointing, fall on me,
Let the power
Of the Holy Ghost,
Fall on me;
Anointing, fall on me.

Touch my hands, my mouth,
And my heart;
Fill my life, Lord,
Every part;
Let the power
Of the Holy Ghost,
Fall on me;
Anointing, fall on me.

26. TAKE TIME TO BE HOLY

1. Take time to be holy, speak oft with thy Lord;
Abide in Him always, and feed on His Word.
Make friends of God's children, help those who
are weak,
Forgetting in nothing His blessing to seek.

2. Take time to be holy, the world rushes on;
Spend much time in secret, with Jesus alone.
By looking to Jesus, like Him thou shalt be;
Thy friends in thy conduct His likeness shall see.

3. Take time to be holy, let Him be thy Guide;
And run not before Him, whatever betide.
In joy or in sorrow, still follow the Lord,
And, looking to Jesus, still trust in His Word.

4. Take time to be holy, be calm in thy soul,
Each thought and each motive beneath His
control.
Thus led by His Spirit to fountains of love,
Thou soon shalt be fitted for service above.

27. ANOINTING FALL ON ME (CONT'D)

Anointing, fall on me,
Anointing, fall on me,
Let the power
Of the Holy Ghost,
Fall on me;
Anointing, fall on me.

Let the power
Of the Holy Ghost,
Fall on me;
Anointing, fall on me.
Anointing, fall on me.

28. WITH JESUS I'LL MAKE IT

Like a weary traveler in this world, I'm passing through
On my journey, my downs are many
And my ups are only a few.
I've been up on the mountain top
And I've been down in the valley too;
This road I travel is not an easy one
But by faith I am moving along.

For with Jesus I'll make it (with Jesus I'll make it)
I know my needs He'll supply (my needs He'll supply)
'Though I be cast down, in pain and shame
And this world pass me by.
But that's when Jesus lifts me (my Jesus lifts me)
Though weak am I (though weak am I)
And says, "My child you're going to make it"
"Because I'm right by your side."

On my journey the foe is before me
And he is trying to block me with fear.
The way gets hard and rocky
And it seems my life's end is near.
Then I remember those Hebrew boys in the fire
He did not let them die
And I'm sure He walks with me, so neither will I!

For with Jesus I'll make it (with Jesus I'll make it)
I know my needs He'll supply (my needs He'll supply)
'Though I be cast down, in pain and shame
And this world pass me by.
But that's when Jesus lifts me (my Jesus lifts me)
Though weak am I (though weak am I)
And says, "My child you're going to make it"
(Yes you're going to make it)
"Because I'm right by your side."

28. WITH JESUS, I'LL MAKE IT (CONT'D)

For with Jesus I'll make it (with Jesus I'll make it)
I know my needs He'll supply (my needs He'll supply)
'Though I be cast down, in pain and shame
And this world pass me by.
But that's when Jesus lifts me (my Jesus lifts me)
Though weak am I (though weak am I)
And says, "My child you're going to make it"
(I know you're going to make it)
"Because I'm right by your side."

He says, "My child you're going to make it"
(Oh yes you will! I know you will)
"Because I'm right by your side."

He says, "My child you're going to make it"
"Because I'm right by your side."

29. HEAVENLY FATHER, WE APPRECIATE YOU

Heavenly Father, I appreciate you
Heavenly Father, I appreciate you
I love you, adore you
I bow down before you
Heavenly Father, we appreciate you.

Son of God, what a wonder you are
Son of God, what a wonder you are
You cleanse our souls from sin,
Send the Holy Ghost within
Son of God, what a wonder you are

Holy Ghost, what a comfort you are
Holy Ghost, what a comfort you are
You lead us, you guide us,
You live right inside us
Holy Ghost, what a comfort you are.

Heavenly Father, we appreciate you
Heavenly Father, we appreciate you
We love you, adore you
We bow down before you
Heavenly Father, we appreciate you.

Our Prayer

Our Father in Heaven, we give you all the honour, and glory as we complete these seven days of consecration, fasting and prayer. Thank you, Father, for hearing the cries of brokenness, lowliness, homelessness and unemployment.

Lord, You said, "whatever we bind on earth is bound in heaven," and so we thank You for binding up every evil spirit, vanities, evil words spoken against Your children, sickness, persecution, racism, death, poverty, and generational curses.

Thank You, Lord, for pouring out Your love, renewing our spirits daily, and providing for all our needs as we mediate on Your Word. We stand in awe of Your grace and mercy.

In Jesus' name, we pray, Amen.

Acknowledgement

Thank you for joining us in this seven-day journey of prayer and fasting. Whether you are a member, visitor, or friend your dedication is a powerful testimony of faith.

As we unite in seeking God's will, may this time bring breakthroughs, renewed strength, and abundant blessings. To our visitors and friends, we are honored by your presence and pray this experience draws you closer to Him.

Let us remain steadfast, trusting in the Lord's promises and encouraging one another.

"Be on your guard; stand firm in the faith; be courageous; be strong" 1 Cor. 16:13 NIV

Please join us for

Sunday School Children & Adult | 11 A.M.

Sunday Worship Service | 12 Noon

Bible Study – Tuesday | 8 P.M. via Telephone Conference

Prayer & Fasting – Thursday | 10 A.M. & 8 PM via

Telephone Conference

Children & Youth's Ministry Every other Saturday @ 1 PM
in church