

# FAST2012

## PRAYER & FASTING JANUARY 2012

[www.faithtemple.net](http://www.faithtemple.net)



### Who Should Participate in the Fast?

- Adults – Resources online @ [www.faithtemple.net](http://www.faithtemple.net)
- Youth (modified fast) – Resources online
- Children (modified fast) – Resources online

### Recommended Reading to Prepare for a Fast

- The Fasting Edge – **Jentezen Franklin**
- Fasting - **Jentezen Franklin**
- Fasting for a Spiritual Breakthrough - **Elmer Towns**
- The 21 Day Fast – **Bob Rodgers**
- 101 Reasons to Fast – **Bob Rodgers**
- A Beginners Guide to Fasting – **Elmer Towns**
- Fasting for Financial Breakthrough – **Elmer Towns**
- Fasting Made Easy – **Don Colbert**
- Hidden Power of Prayer and Fasting – **Mahesh Chavda**
- How to Fast Successfully – **Derek Prince**

### Fasting & Prayer Meeting Schedule in the Sanctuary

#### Mondays:

January 2, 9\*, 16, 23, 30      7:00 p.m. to 8:00 p.m.

#### Thursday:

January 5, 12\*, 19, 26      Noon to 1:00 p.m.

#### Special:

Monday, January 9      Noon to 1:00 p.m.\*  
Tuesday, January 10      Noon to 1:00 p.m.\*  
Wednesday, January 11      Noon to 1:00 p.m.\*  
Thursday, January 12      Noon to 1:00 p.m.\*  
Friday, January 13      Noon to 1:00 p.m.\*

Friday, January 27      All Night Prayer\*  
7:30 p.m. to Midnight

\* These prayer meetings will also be LIVE on [faithtemple.net](http://faithtemple.net)

# INFORMATION FOR 21 DAY FAST ~ JANUARY 2012

## 3 Reasons to Start Your New Year with a Fast (by Bob Rodgers):

1. You set the course for the rest of the year (i.e. just like when you give your tithe your first day of the week)
2. Blessings will happen to you and your family throughout the year, because of your fasting in January
3. Matt 6:33: But **seek first** his kingdom and his righteousness, and all these things will be given to you as well. Seeking HIM first is an important principle and then He will add things to you.

## How Does it Work?

You can fast any 21 days in January. If this is new to you, you may want to start with a 7 or 14 day fast.

## What is Biblical fasting?

It is simply refraining from food and other distractions for a spiritual purpose. Real fasting brings you closer to God and it is fasting food more than anything else.

## Fasting is me giving up things I like for time with God:

Television	Phone	Food
News	Internet	Social Media
Shopping	Playing games, sport	

## Anything that focuses on me!

**Critical point:** You must turn things off during fasting, especially things that you enjoy. That doesn't mean that you can't go to work, answer the phone, email, pay bills, clean, etc. It means that you shouldn't do extra of any of it. Any extra time should be with the Lord. Of course, remember to balance that with your family.

Do not ignore your spouse or kids, and do not ignore your responsibilities. Try to bring your family in on the fast (to some level) and teach them (i.e. kids can fast television or video games rather than food).

When done correctly you should feel stronger, uncluttered, less defiled, less corrupted, and clearer; you will experience an increase of fruits of the spirit, and generally feel closer to God.

## How Do I Handle Meals?

- 1.) Ramp down on your eating a few days before the fast. We recommend you eliminate sweets, meats, and hard to digest foods; then go to no food or just broth.
- 2.) God may have you eat certain foods during a portion or all of the 21 days. For example: a Juice Fast or a Daniel Fast, which is mainly fruits, vegetables and nuts ([daniel-fast.com](http://daniel-fast.com))
- 3.) The length of time you go without food may need to be the length of time you give to ramping back up to full meals.
- 4.) Do not eat a big meal or hard to digest foods when you come off a fast.
- 5.) Drink lots of water.
- 6.) Headaches may be at the beginning of your fast but they should leave (if they don't you may want to consult your doctor).
- 7.) You may need to turn up your thermostat or wear heavier clothes during the fast as your body may get colder.
- 8.) You may not be able to sleep as long as normal. If you wake up early, get up and pray.
- 9.) Make sure you still sit at the dinner table with your children as they eat their meals and enjoy conversations with them. This will make an impression on them for the rest of their lives.
- 10.) Generally, once you get past the first three days it should get easier.
- 11.) As always, please consult with your doctor before beginning a fast (especially if you have a medical condition). Never do anything to jeopardize your health.