



prayer + fasting guide

MONDAY, AUGUST 27 - FRIDAY, AUGUST 31

During our **daily** time of prayer, fasting, and consecration we will be doing liquids only until 4pm everyday. However, be mindful of what you eat after the fast concludes each day.

Daily Prayer Call (6:00am) — Dial (605) 477-2100 Enter Access Code: 895445

WHAT IS FASTING?

Joel 2:15 “Blow the trumpet in Zion, sanctify a fast, call a solemn assembly.”

Fasting is chastising your flesh by abstaining from natural pleasures for a selected period of time, while focusing on a deeper relationship with God.

Fasting moves YOU it doesn't move God. Fasting reveals the things that CONTROL us.

- WHY FAST?**
1. To get clear direction.
 2. For spiritual growth in our lives.
 3. To obtain financial & personal breakthroughs.
 4. To see the supernatural hand of God released in our church.
 5. To cover our children in the educational system & society.
 7. For enrichment in the covenant relation of marriages.
 8. For our country's leaders & the President to do God's will.

SCRIPTURAL BENEFITS FOR FASTING: Isaiah 58

- Fasting enables us to humble ourselves before God.
Psalms 38:13, Ps 69:10, 2 Chronicles 7:14
- Fasting is a means by which a believer brings his/her body into subjection.
1 Corinthians 9:27

- Fasting changes man, not God. God is omnipotent and unchanging.

Malachi 3:6

- Fasting breaks down the barriers in man's carnal nature that stand in the way of the Holy Spirit's omnipotence.

Ephesians 3:20

- Fasting intensifies prayer and enables the believer to become more effective spiritually.

Daniel 9:2, 3; Daniel 10:1-14

- Fasting empowers the believer to obtain deliverance, spiritual breakthroughs, answered prayers and victory.

Isaiah 58:6, 2Chronicles 7:14, 15, 2Chronicles 20:1-30

- Fasting prepares the believer to receive a fresh outpouring of the Spirit and the blessings of God.

Joel 2:12-29

- Fasting has medical benefits.

Isaiah 58:8

- Fasting will bring peace to our land.

1 Timothy 2:1-2

PRAYER OF DEDICATION

Heavenly Father, today I consecrate myself to You in the name of Your Son, Jesus Christ. I receive fresh oil from Your presence to empower me to be effective in these days of fasting and prayer.

I declare that I shall not be distracted by any device of the enemy but I shall come to a place of deliverance, breakthroughs and victory in every dimension of my life.

I receive supernatural strength from the Holy Spirit to rise above the cravings of my carnal nature. I declare that in the midst of this fast I would receive power and divine directions from the presence of God that would positively affect my destiny.

This is my season of breakthroughs and Double Portion anointing. I shall not be denied of any blessing or miracle that You have ordained for me, in Jesus' mighty name, Amen.

HELPFUL HINTS

1. FOCUS on the Word of God and increase prayer during a fast.
2. Fasting will increase your faith and your relationship with God.
3. During a fast, prayers must be specific. It is wise to keep a journal of your prayers and how God answers them.
4. Avoid eating a large meal before you begin to fast. This will make you even hungrier when you start your fast. Continue to eat fruit and vegetables for at least three days before you begin to fast.
5. Drink lots of water and fluids: bottled, distilled, or purified water should be warm at room temperature. Avoid tap water when possible.
6. Day one will be the hardest day of the fast, each day actually gets easier as you pray and press your way into God.
7. Fasting strengthens your inner will. You will not starve to death by fasting.
- 8. Fasting will not impair your health; however, consult with your physician if you have any concerns. It is not recommended that a pregnant woman should fast.**
9. Headaches, bad breath, nausea and rundown feelings are signs that the fast is working. (These symptoms should cease after the 3rd day).
10. The victory often comes after the fast is over.
11. Wisdom should be used when breaking a fast. Do not eat food, like meats, that are hard to digest when breaking a fast. Eat fruits or vegetables and drink plenty of water before, during and after fasting.

Keep this posted in a prominent place to help you during your fast.

When you get hungry, you need to feed on more of God. You need to cry out to God until you are satisfied with spiritual food.

“Open your mouth wide and I will fill it” (Ps. 81:10).

“Oh taste and see that the Lord is good: blessed is the man who trusts in Him” (Ps. 34:8).

“Blessed are those who hunger and thirst for righteousness” (Matt. 5:6).

“I am the bread of life. He who comes to me shall never hunger” (John 6:35).

Read God’s word and journal consistently. As you fast and seek God, write down what you see, hear, feel, and experience. “Hearing from God is one of the best things that can happen during a fast. When you take time to read the Word of God, pray, and wait on the Lord, you can hear the voice of God

speaking to you. You stop listening to your body and catering to its desires so your soul can become quiet. Then you can listen to God only" (Elmer Towns).

If you have any questions about fasting, please call the church during office hours (616-459-5900) or email your question to admin@revolutioncm.com.

God will bless your obedience and sacrifice.

Dr. Jermone T. Glenn & Pastor Erica Glenn
Pastors & Future Facilitators

