



## **Fasting and Prayer for Emmanuel Christian Center**

**January 2-February 10, 2012**

**What is fasting?** Fasting is abstaining from physical nourishment for spiritual purposes. This is a voluntary act that a person does or is asked to do for specific spiritual reasons.

### **I. What accompanies a fast?**

- ⇒ Prayer--- 1 Corinthians 7:5
- ⇒ Confession--- Nehemiah 9:1-2, 1 Samuel 7:6
- ⇒ Humbling of self-- Jonah 3:5-9
- ⇒ Reading of Scripture---Jeremiah 36:6-7

### **II. Benefits of fasting**

1. To serve the Lord (Luke 2:36-37)
2. To minister to God (Zechariah 7:5)
3. To sanctify oneself (Psalms 35:13)
4. To cause God to relent/change his mind (Jonah 3:5,10)
5. To manifest power over demons (Matthew 17:21)
6. To receive instructions, revelation, wisdom, etc. (Dan 9:2-3, 21-22)
7. To break bondages (Isaiah 58:6)

### **III. These are some occasions for fasting**

- Anxiety (Daniel 6:18-20)
- Approaching danger (Ester 4:16)
- Grief (II Samuel 12:16)
- National repentance (I Samuel 7:5-6)
- Sad news (Nehemiah 1:4)
- Sacred ordination (Acts 13:3)
- Private afflictions (I Samuel 1)

### **IV. What am I asked to sacrifice during our fast?**

**Adults**—for 40 days we will eat vegetables and fruit. You can have grains. Please drink only water or milk for your cereal. Consult with your doctor regarding your ability to fast with us.

**Special Note:** Some of us cannot fast because of health reasons. So we challenge you to pick something in your life that you do often and fast from it...example “do not watch TV.”

### **V. Things we should do while we are fasting.**

- ❖ Seek God through daily spending time in the word of God reading, studying, memorizing, and living the scriptures. (Quite time with God)
- ❖ Read the book of Acts the first 21 chapters or the entire book.
- ❖ Live as normal as possible. No need to look, act or do anything different.
- ❖ Attend Sunday Service and Thursday Service

### **VI. Why are we fasting as a church?**

#### **Pray 3 times a day concerning:**

- Spiritual cleansing
- Vision and direction for our lives and the lives of our families
- Divine protection and Divine Wisdom
- A prosperous New Year
- Souls to be saved this year
- ECC to grow spiritually, numerically, financially, new leadership, Pastor and his family, the families of the church, new ministries, and be full of grace
- God’s blessings on our personal finances (increase)
- Personal spiritual growth
- Healing for those sick among us
- Leave old habits and sin behind and receive a fresh start
- Anything you want to add to this list that concerns you

**Fasting is an act of Obedience! We challenge you to say yes, follow through and let’s go to the next level!**

**“Emmanuel – God is with us”  
Matthew 1:23**