

Suggested Types of Fasting

Type of Fasting	Food	Schedule* (Feb. 1 to Feb. 7)
DANIEL'S FAST	No meat; vegetables only	Two Options: <ul style="list-style-type: none"> • 3 days • 7 days Note: Must consult first with your Doctor
ESTHER'S FAST	No solid food	Two Options: <ul style="list-style-type: none"> • 1 day • 3 days Note: Not recommended to beginners. Must consult first with your doctor & Pastor.
VARIOUS FAST a. Skip Meals b. Skip Technology or Pleasure* Note: We recommend the various fast to all members for a start.	Skip one or two meals	Three Options: <ol style="list-style-type: none"> 1) All 7 days 2) 3 days 3) One day *NOTE: <i>You could change this schedule to fit your daily activities and work schedule. You could also change the dates if needed. Happy praying & fasting!</i>

****Skip using cellphone or watching TV or surfing the Internet or pursuing pleasurable things (ex. movies, games, etc.)***

A Week of *Prayer & Fasting*



Guidelines

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Prayer & Fasting

“At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” — Daniel 10:2

“Consecrate a fast, proclaim a solemn assembly; gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord.” — Joel 1:14

Throughout history, God has called on His people to humble themselves through fasting and prayer. As a spiritual family we practice prayer and fasting to deepen our intimacy with God. Fasting is a spiritual weapon God uses to advance His kingdom, move nations, spark revival and ultimately bring victory to the lives of His people. Prayer and fasting are major disciplines that fulfil the requirements of 2 Chronicles 7:14:

“If my people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.” — 2 Chronicles 7:14

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God’s face. And as He leads you to recognize and repent of an unconfessed sin, you will experience special blessings from God.

Fasting is part of the believer’s life of faith in Christ. In a fast, the believer chooses, for set period of time, to do without something that is hard to do without.

Biblical fasting is not just “not eating”, but it is abstinence from food with a spiritual goal in mind. It always occurs together with prayer in the Bible and is also a form of worship. Luke 2:37 says that fasting is a way of serving God, while Acts 13:2 says that fasting is ministering to the Lord.

Conclusion

“Now to Him who is able to do exceeding abundantly beyond all that we ask or think, according to the power that works within us...” (Ephesians 3:20)

“Fasting in the biblical sense is choosing not to partake of the food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.”—Wesley Duewel

This “**40 Days of Prayer and Fasting**” will give us the opportunity to realign our lives according to the Lord’s will and consecrate the rest of the year to Him. As we humble ourselves corporately before Him in prayer, we can expect Him to move mightily in our midst. God’s will is for each and every one of us to experience spiritual breakthrough and victory in our lives. Be in faith for God to move miraculously in your life this year beyond what you can ask or imagine. Be expectant and live by faith. Be ready to accomplish greater things for the glory of God this year and beyond. **God Bless!**

(NOTE: This material has been adapted from CCF’s Prayer & Fasting Handbook and was prepared by Pastor Valentino P. Natcher for Filipino Bible Church’s use only.)

Breaking the Fast

Expect greater intimacy with God

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). A single fast, however, is not a spiritual cure-all. A 24-hour fast each week has been greatly rewarding to many Christians. It takes time to build your spiritual muscles. If you fail to make it through your first fast, do not be discouraged. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

Experience the Joy of God's Presence

Let us bask in the fullness of joy in the Lord as we abide in His glorious presence.

"Thou wilt make known to me the path of life; In Thy presence is fullness of joy; In Thy right hand there are pleasures forever."—

Psalms 16:11

When we have denied our flesh, empowered our spirit with prayer, and solely depend on God for nourishment, there is a joy in the moment we experience God's magnificent power.

Prayer & Fasting

Dear FBC Family,

As we have done the previous years, FBC will be spending a period of Prayer & Fasting but this time instead of just a week, we will undertake **"A 40 Days of Prayer & Fasting"** together with our monthly **"Prayer & Worship Sunday."** By this, we wish to demonstrate before God and others our **total dependence** on the Lord our God for everything. We recognize that apart from the Lord, without His empowerment and grace, we can do nothing. May the Lord Jesus take notice of our hearts' desire and command His Holy Spirit to visit again! As we do this, let us all be reminded that *"whatever we do, we do all for the glory of our God!"* Col.3:17).

God Bless!



Pastor Val

Why Fast?

“Let fasting be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven.” -John Wesley

God expects us to fast

Matthew 6:16-17-*“And whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen by fasting men. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head, and wash your face.*

Jesus said; “When you fast”, not if you fast. This means that fasting, like prayer, is not an option. Fasting is something that is part of the Christian life.

Jesus fasted

Matthew 4:2- *And after He had fasted forty days and forty nights, He then became hungry.*

Before He began His ministry, Jesus fasted for forty days. He knew He was going to need spiritual strength to fulfil His purposes. Fasting may make us feel physically weak but, actually, it will make us physically stronger and more prepared to do God’s work.

The early Church fasted

Acts 13:3- *Then, when they had fasted and prayed and laid their hands on them, they sent them away.* (Also see Acts 14:23)

The Church fasted for Saul (Paul) and Barnabas whom the Holy Spirit had set apart for His use. Later, Paul and Barnabas appointed leaders in various churches and then fasted and prayed before commending these leaders to the Lord.

Fasting demonstrates humility before God

Psalms 35:13- *But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; And my prayer kept returning to my bosom.* (See also 1 Kings 21:27-29; Ezra 8:21)

During a Fast

- Praise and worship.
- Confession and Repentance of Sin.
- Read and meditate on God’s Word, preferably on your knees.
- Pray for His vision for your life and empowerment to do His will.
- Spend time in intercessory prayer (the “JER333” list and your own prayer list).
- Take a short spiritual walk.
- If others are fasting with you, meet together for prayer.

Avoid television, computer games, internet entertainment surfing, movies, parties or any other distraction that may dampen your spiritual focus.

Attend Service and Fellowship

Make it a goal to be regular in attending all the weekly Celebration and our Small Group Meetings.

Breaking the Fast

End your fast gradually

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health. You may start with fruit, fruit juice, salads, soup then gradually eat more solid food such as: vegetables, fish, meat, etc.

Continue to pray

Don’t let your prayer end on the day you finished the fast. Build from the momentum you gained during the fast. Let it transform your prayer and devotional life. Carry the newfound passion with you throughout the year.

During a Fast

“The greater the satisfaction you experience from God, while still in this world, the greater your desire for the next.” – John Piper

Seek the Lord

Commit to prayer and Bible reading during the times you usually allocate for meals. Remain accountable to your small groups, for what you don't eat physically you should compensate for spiritually. We also encourage you to do other activities that will enhance your spiritual walk with the Lord. You can spend time reading a Christian book or watch a Christian movie with other believers or attend a Christian seminar or concert.

Commit to change

Whatever God tells you or puts His finger upon, apply it immediately. If you need to make restitution, immediately contact people you have broken relationships with. If there are habits that need to change, make the adjustment immediately. Ask your small group leader to hold you accountable.

Pray for suggested items

Pray for the items that the church will give to you (“JER333” Bookmark). But you can also make your own prayer list and other items as the Spirit leads. Let us use this time to intercede for our family, for the church, our government, our countries (USA & Philippines), etc.

Saturate your mind with the Word of the Lord

We must fill our mind with the Word of God and saturate it fully. Although our body may hunger, our soul must be filled with the spiritual food that we crave and that is enough to strengthen us to deny our flesh. Consider a fast from food as a spiritual feast.

Put yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. A suggested plan is as follows:

Why Fast?

Humility allows us to experience the grace of God, who delights in answering the prayers of His children. When we humble ourselves in prayer and turn from our wicked ways, God promises to hear us and answer us according to His perfect will.

Fasting makes us sensitive to the leading and power of the Holy Spirit

Luke 4:1-2- *And Jesus, full of the Holy Spirit, returned from the Jordan and was led about by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days; and when they had ended, He became hungry.* (See also Acts 13:2, Luke 4:1-2, Matthew 17:21, Mark 9:29)

We are prone to forget our priorities. Fasting is a visible reminder to us that God takes precedence over all our needs. Fasting lifts up the matter at hand to God who is able to bring about awesome works that bring Him great glory.

Fasting brings about Personal and National spiritual revival

2 Chronicles 7:14- *and My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their in, and will heal their land.*

Daniel 9:3- *So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes.*

Fasting prompts revival to an individual and to the country. It brings forth a stirring that will heal and change us and prepare us for greater things in God's kingdom.

Fasting is good for our Health

Fasting improves our physical condition. Many impurities in the body are burned up when the body is denied food, thus, clearing the mind, cleansing and healing the body. “Even people who are underweight who fast for spiritual purposes have been known to gain weight after completing their fasts.” Many Bible teachers say that a three-day fast is specially beneficial for spiritual cleansing and also for breaking addictive habits (What Does the Bible Say About Fasting?, Christ Unlimited Ministries, www.bible.com).

Preparing to Fast

“My spiritual drought ended, but this taste for the majesty of God only made me thirst for more of HIM.”- John Piper

Set your objective and commit to a type of fast. Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. For this week of prayer and fasting, as usual our objective is FBC’s individual and corporate revival. Once you know the reason you have for fasting, you must make a commitment. Pray about the kind of fast you should undertake.

Choose the type of fast God wants you to undertake (See Attached ***“Types of Fasting”***).

Determine how much time each day you will devote to prayer and God’s Word. For this you can use the **“JER 333” Prayer Strategy**.

We should be expectant. Be reminded that the Lord listens to a prayer from the heart. Be true and contrite as we expect results from our God.

Prepare yourself spiritually. The very foundation of fasting is repentance. Unconfessed sin will hinder your prayers. Seek forgiveness from all whom you have offended, and forgive all who have hurt you. Make restitution as the Holy Spirit leads you.

Prepare yourself physically. Fasting requires physical precautions. For those who are taking medication or have a chronic ailment, it is advisable to consult your physician first, before beginning the fast.

Lessen physical activities. Limit your physical and social activities during this period (depending on the type of fast you will choose). You need to conserve physical energy and you need to devote more time to prayer and reading the Bible.

Preparing to Fast

Be in Faith. Be strong and vigilant in prayer as you dedicate more time in fellowship with the Father. Ask the Holy Spirit for guidance. Be clear and specific about your faith goals in your personal life, family, finances, and church. These are what you will be believing God for during the fast and the entire year. Expect God to answer. Maintain a thankful heart throughout and after the fast.

CAUTION!

In spite of the absolute safety and benefits of fasting, there are certain persons who should not fast **without professional supervision**. For example:

- Persons who are physically too thin or emaciated
- Persons who are prone to anorexia, bulimia, or other eating disorders
- Those who suffer weakness or anemia
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart diseases
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia
- Women who are pregnant or nursing
- For people taking prescription drugs, do not abruptly stop without consulting your attending physician

Consult your doctor before you begin your fast but be aware that many doctors have not been trained in this area and so their understanding may be limited.