

FEB 19

MORE IN '24

MAR 29

A CALL TO FAST AND PRAY

Why Fasting and Prayer?

Life Center is a place of hope for many people. We believe this coming year is rich with promise. As a community of faith, our desire is to fully pursue all that is in the MORE of God's heart - more healings, more restorations, more miracles, MORE of Him in our midst!

Jesus declares that this MORE only comes by prayer and fasting. The power of this Kingdom principle is a personal sacrifice that God openly rewards. He is the God of the impossible and longs to give good gifts to His children.

Some Keys to a Successful Fast

- **Create targets for prayer focus.** Grace enables us to fast when our vision is clear. These goals may range from personal desires to national and international focuses.
- **Take time to read your Bible.** This may seem obvious, but busyness and distractions can keep you from your devotions.
- **Expect to hear God's voice** in the Word, dreams, visions, and revelations. Daniel prepared himself to receive revelation through fasting (Daniel 10:1-3). Expect God to fellowship and communicate with you in special ways.
- **Prepare for opposition.** Satan tempted Jesus on His fast, and we must expect the same. Discouragement may come, but recognize the source and stand strong in the Lord.
- **Do not give in to condemnation if you fail.** The "to fast or not to fast" dilemma can be a major tool of the enemy. Even though you may fail, God always extends grace. Hit reset and resume right where you left off.
- **Breakthroughs often come after a fast, not during it.** Do not listen to the lie that nothing is happening. Every fast done in faith will be rewarded (Matthew 6:18).

REMEMBER

- ◆ **SIGN UP ONLINE AT LCMI.ORG**
- ◆ **SAVE-THE-DATE: MARCH 29** for a Good Friday service at the end of the 40-day fast.

How Do I Fast and Pray?

With this call to enter into extended fasting, we must prepare ourselves adequately so that the fast can honor God and fulfill its purpose. The common thread through all types of spiritual fasting is *sacrifice*. The sacrifice of things we normally enjoy constitutes a spiritual fast. While there are many health benefits to fasting for fasting's sake, the spiritual fast is *unto God* with spiritual goals. With *sacrifice* as a guideline, there are many kinds of spiritually effective fasts. Some of these are:

- **Absolute Fast** - No food or water. Maximum duration is three days. In Scripture, this was used for spiritual emergencies.
- **Water Only Fast** - No food, just water. Maximum duration is around 40 days. For long periods, you should learn some of the physical effects and precautions.
- **Daniel Type Fast** - You can do this for a long time. It means giving up rich foods and living on a simple diet. Classically, it means cutting out meats, fish, poultry, dairy products, and desserts. It could also describe any other partial fast.
- **Juice Fast** - You can live for quite a while on juices. People with blood sugar problems should be careful.
- **Sundown Fast** - This is a fast where you cut back to one meal a day, often eaten after sundown. You can go a long time on this fast. It's harder than it sounds. The key is sacrifice and moderation. In other words, don't "pig out" each night. Use the season as a time for prayer and seeking God. The focus is God, not food.
- **"Idols" Fast** - Some people may not be able to do a dietary fast, but can give up unnecessary pleasures or distractions for a season (or the rest of their lives). Television fasts can produce great results. Newspapers, magazines, internet, sports, hobbies, etc. are all candidates to be sacrificed for this type of fast.

The key is to ask God *how* you should fast. The real issue is between you and God and that you are sincerely sacrificing something that to you is important. If what you are giving up is not meaningful, it really doesn't demonstrate the heart and intent of *fasting*.

Additional Considerations

- **Seek medical advice** if you are older or have health challenges.
- **Prepare physically.** Two days before your fast, limit your intake of food to fruit and vegetables. Prepare yourself for mental and physical discomforts. Your body is working to cleanse itself of impurities.
- **Break the fast** over several days with fruit juice and/or light soups.
- **If you are pregnant or nursing,** do not fast food PERIOD. Instead, consider fasting social media or other distractions.