

**LIGHT OF WORLD CHRISTIAN FELLOWSHIP
2021 FASTING AND PRAYER
January 10th-30th**

WE ARE ASKING ALL OF THE LIGHT OF THE WORLD MEMBERS TO
PARTICIPANT IN THE 2021 FASTING AND PRAYER.

**NO MEAT, NO SWEETS, NO TV DURING THE WEEK, NO SEX OF ANY KIND
(WITH SPOUSE CONSENT)**

Special times of prayer during the fast:

1. **Daily Prayer - Tuesday - Friday [12:00-1:00pm]**
2. **Corporate Prayer - every Friday in January [7:00-8:00pm]**
In-person at the Worship Center
Bring your prayer request!

Fasting changes things. If you're ready to see change in **2021**, start here! Do you need to see a change in your circumstances? Your finances? Maybe you need to see a breakthrough in your own faith, or you're praying for someone else who desperately needs a change of heart. Join thousands as we journey together on our annual fast this January!

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

At Light of the World we encourage fasting for **21 days each year** in the month of January. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

WHAT IS FASTING?

1. Fasting is intentionally abstaining from food (not fluids) for spiritual purposes; it is humbling your soul (Reference- Psalm 35:13, Matthew 23:12). Fasting brings you into a deeper, more intimate and powerful relationship with the Lord.
2. Fasting is an act of humility before God to see His divine intervention in the events of our physical world.

3. It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a most unusual, powerful way.

4. It transforms prayer into a richer, more personal experience and draws you closer to God. (Reference James 4:8)

WHY FASTING?

FOR YOUR SPECIFIC NEEDS

Wherever you are in life or whatever your needs today, fasting can benefit you. If you are struggling with your health or finances, fasting is a powerful spiritual tool. Maybe you need guidance from God or protection for your family. Fasting is a private discipline with public rewards. It is the spiritual key in certain seasons and situations of your life.

FASTING FOR YOUR FAMILY

Fasting gives you the opportunity to pray and intercede specifically for your family. It's essential to fast and pray for your children's and grandchildren's future. God is looking for men and women with fervent prayer lives who will do spiritual battle on behalf of their families!

Fasting will open your eyes to the needs of your family. The Lord will point out your family members' needs from deep within your heart and soul, such as encouragement for your spouse or special prayer and attention for a child.

You can fast and pray specifically for a protective covering of safety around your family. Scripture tells how Esther's people were in danger. Her uncle Mordecai discovered a plot by Haman, one of the king's advisors, to destroy her family. Before she approached the king, Esther declared a three-day fast for God's protection (Esther 4:16).

Haman wanted to hang Mordecai on the gallows he was building in his courtyard, but God turned it around, and the evil conspirator was hanged instead on his own gallows!

FASTING FOR FINANCIAL NEEDS

If you face a financial struggle that seems impossible, you are not alone. Ezra faced a big problem with the silver and gold he was responsible for in Ezra 7 and 8. He had been given silver and gold from King Artaxerxes to

return to Jerusalem (Ezra 7:14-17), but thieves threatened his financial security.

Maybe you feel like thieves have stolen what belongs to you financially. When Ezra faced an uncertain financial journey, he declared a fast (Ezra 8:21), and God answered his prayer! If you will fast, pray and obey God's commandments, He said you would be blessed (Deut. 28:2).

The widow in 1 Kings 17:10-16 also faced an uncertain future. Although the woman had very little, she gave up her food to help Elijah, the man of God. The book of Isaiah says we are called, "...to share your bread with the hungry, And that you bring to your house the poor who are cast out..." (Isaiah 58:6-7).

You can add a new dimension to your fasting if you set aside the money you would usually use for food to help a food bank, support world missions, or give to some other ministry assisting the needy. In the widow's story, God multiplied the meal in her barrel to last for three and a half years!

FASTING FOR DELIVERANCE

In Mark, chapter 9, Christ's disciples were frustrated because they could not cast an evil spirit out. Jesus said, "This kind can come out by nothing but prayer and fasting" (Mark 9:29). If you are afflicted with addictions or sin, you can go on a fast that frees you from besetting sins, as referred to in Hebrews 12:1. Besetting sins are those that trap us and hinder us from achieving God's purpose for our lives.

Through fasting, we can break free from the addictions and habits that are not pleasing to God. "Is this not the fast that I have chosen; To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?" (Isaiah 58:6). Christ said the key to deliverance from sin is fasting and prayer.

Maybe you struggle with the emotional bondage of depression or anxiety. Elijah also battled negative emotional feelings. When Jezebel sent word that she wanted to kill Elijah, he became distraught (1Kings 19:4). He was depressed and even suicidal.

That's when an angel came to Elijah and instructed him to journey back into the presence of God. The Bible says that Elijah fasted for 40 days and 40 nights as he returned to Horeb, the mountain of God. God

delivered Elijah from feelings of suicide and fear. He gave Him hope, courage and direction.

FASTING FOR GUIDANCE

Are you faced with a significant life decision and don't know what to do? Maybe you have a job opportunity... a broken relationship ... or an unfulfilled dream. Fasting can help you clear away the clutter of life and discern God's voice.

Saul was going in the wrong direction in life. He was hunting down followers of Christ and persecuting them when the light of God's truth knocked him off his path (Acts 9:3-6). Saul headed to Damascus and "was three days without sight, and neither ate nor drank" (Acts 9:9). He didn't know what to do, but he fasted for God's divine direction. Then God sent the disciple Ananias to him with guidance (Acts 9:17). Through this process, Saul became Paul, one of God's chosen apostles. Through his fast, Paul received the direction he needed, and so can you.

When you don't know what to do or when you face a daunting decision, that's when you need to fast and pray fervently for God's direction.

FASTING FOR HEALTH AND HEALING

The Bible gives us a perfect example of how denying ourselves physical food can bring good health. It is the story of Daniel and his peers in Daniel 1. The "Daniel Fast" is fasting from meats, sweets, breads, and any drink but water for 21 days (Daniel 1:12; 10:2-3).

This fast is a partial and a prolonged fast that yields health and healing. Daniel and three others refused to eat the king's meat, and they "appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies" (Daniel 1:15). Daniel and his men were healthier! If you have a physical problem, fast for healing. According to Isaiah 58, when you fast, "... your health will spring forth speedily."

FASTING FOR OUR NATION

When Samuel took over as priest and judge over the nation, he declared a fast for national revival. Samuel told the people to fast and seek God to return His presence to the nation (1 Samuel 7:3).

Our society today critically needs believers who will fast and pray for revival. "If My people who are called by My name will humble themselves,

and pray and seek My face, and turn from their wicked ways, then I will hear from Heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14).

We can return God's presence and glory to our personal lives and or nations. Will you do your part? Fast, pray and seek Him now.

FASTING FOR THE LOST

John the Baptist and his disciples often fasted, according to Matthew 9. He was on the Nazarite diet, which fasted alcohol all the time. He ate little more than locusts and wild honey (Matthew 3:1-4). Because of John the Baptist's constant fasting, I believe he had a greater testimony and influence on people's lives in his generation than any other man (Matthew 11:1, John 1:6-7).

If you and I want to win the lost in our communities, in our nation and around the world, we must do spiritual warfare through fasting and prayer. When you deny yourself and focus on God's will through prayer, He will begin to open doors of evangelism in your life.

TYPES OF FAST

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and

afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

WHAT TO FAST

1. FOODS TO EAT

All Fruits (fresh/raw, frozen, dried, juiced or canned in their own juice, not syrup) All Veggies (Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc.) Whole Grains (Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.) Other Natural Foods (Beans and peas, seeds and nuts, oils, milks, grains, water, healthy beverages and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar) Sweeteners (Stevia, Equal, Splenda, Agave Nectar)

2. FOODS TO AVOID Meat (including poultry & seafood) Caffeine & Caffeinated Beverages Sugar & Artificial Sweeteners Sweets & Desserts

3. ACTIVITIES TO AVOID & MINIMIZE Television (during the week) Social Media

HOW TO FAST

1. **DISCREETLY** (Matthew 6:17-18 NLT) “But when you fast, comb your hair and wash your face. Then one will notice that you are fasting, except you Father, who knows what you do in private. And your Father, who sees everything, will reward you.”

2. **WITH FAITH** (Hebrews 11:6 NLT) “And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.”

HOW TO PRAY

1. By faith with expectation (Mark 11:22-24)
2. Using the Word (Isaiah 55:6-11, Hebrews 4:12)
3. In the Spirit (Romans 8:26-27)
4. In Agreement (Matthew 18:19)
5. Continuously (1 Thessalonians 5:17)
6. Pray with power and authority (Matthew 10:1, Luke 10:19, Ephesians 2:6, Matthew 16:19)

Scripture References

- **Matthew 6:16-18**
- **Matthew 9:14-15**
- **Luke 18:9-14**
- **Acts 27:33-37**
- **Nehemiah 9:1-3**