



Prayer, Fast, and Consecration

28 Days of Hearing God

Sunday January 4th – Saturday January 31st

The goal of prayer and fasting is to deepen one's relationship with God by increasing spiritual intensity and focus. It serves to humble oneself, seek God's guidance, express repentance, and gain strength to overcome spiritual challenges, personal issues, and help others. The practice is not a magical formula for getting what you want, but a way to align one's will with God's and to listen for His voice more clearly.

Week 1 – Seeking the Will of God

No Sweets – During this week we will not eat or drink anything that has sugar, honey, or sugar substitutes in it. Our beverage for the week will be water.

Scriptures – 2 Peter 3:9; 1 Samuel 15:22; Ecclesiastes 12:13; Romans 12:1 – 2; Proverbs 3:5 – 6 (HCSB)

Week 2 – Seeking God for Discipline

No Sweets + No Bread – During this week we will continue last week's restrictions, and we will add nothing that is considered bread, yeast, wheat, or flour. Examples are bread, cornbread, flour wraps, pasta, pies, cakes, etc. Our beverage for the week will be water.

Scripture – 1 Corinthians 9:27;

Week 3 – Seeking God for Humility

No Sweets + No Bread + No Meat – During this week we will continue the prior week's restrictions, but, add no meat. Examples are ham, turkey, chicken, pork, beef of any kind. Our beverage for the week will be water.

Scripture – Psalms 106:1 – 3

Week 4 – Seeking God for Purpose/Guidance/Direction

1 Meal per day – During this week there are no dietary restrictions. However, we will be eating just 1 meal per day. This meal can be breakfast, lunch, or dinner. This 1 meal is to be restricted to a 2-hour window.

Scriptures – Jeremiah 29:11–13; Psalms 32:8; Romans 12:2; Ephesians 2:10; Matthew 6:33; Psalms 25:4–5

Alternate Fast:

For those who are more experienced with fasting or for those who may want to challenge your flesh a little more, any week you may go on a 3 day fast of no food, just water. This fast can consist of 3 consecutive days or you can split the days up. Each day must be an entire 24 hours of fasting.

Caution:

Please consult with your physician prior to starting a fast and obey their recommendations and instructions. If you must eat certain things for health reasons, please do so. If you must eat certain foods or at certain times of the day due to medication, we suggest that you adhere to those recommendations. If there are responsibilities that are expected of you through your job, please obey those expectations of you during this fast, just as you would any other time.

If you mess up with your fast, eat something that you're not supposed to eat, lose your battle of self-control at any time, **JUST GET BACK ON TRACK!!!** Fasting is a process, and sometimes the enemy will use your hunger as a weapon against you. However, we declare your victory in advance!



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Instruction for the Fast:

We will only be fasting Monday (12:00 am) – Friday (4 pm). From Friday at 4 pm – Sunday 11:59 pm there are no eating nor leisure restrictions. During the times of the fast we encourage you to resist the following:

Watching Secular Television: Limit your television time to watching the news, religious tv (City of Hope YouTube page or other religious programs). It is important that you feed your spirit with spiritual content that will aid in your time of consecration

Participating in Social Media: We encourage you to log out of your social media platforms. Most of the distractions that we encounter come through social media. We don't want to expose our spirits to anything that will hinder our time with God.

Participating in Unnecessary Extracurricular Activities: If possible, we encourage you to make a sacrifice of your extracurricular activities and reserve those for the weekend when our restrictions are lifted.

Marital Relations: If it is possible, we encourage you to resist your natural urges and needs during the fast. You are encouraged to reserve these activities for the weekends when your restrictions are lifted. 1 Corinthians 7:4-6 Holman Christian Standard Bible “**4** A wife does not have the right over her own body, but her husband do

es. In the same way, a husband does not have the right over his own body, but his wife does. **5** Do not deprive one another sexually—except when you agree for a time, to devote yourselves to prayer. Then come together again; otherwise, Satan may tempt you because of your lack of self-control.”

Children: Our children naturally don't have the self-control that we as adults have. We welcome you to use your liberty as to how to advise your children according to their age and understanding of fasting. They may not be able to do what we can do, but this fast would be a good opportunity to teach our children how to make a sacrifice for the Lord. Remember, it is about showing the Lord that he is the only thing we can't do without!