



Living in Established Wisdom

TIPS TO SUCCESS IN PRAYER AND FASTING



As you prepare yourselves for this fast, please take the time to understand what we are doing and why. The Purpose of fasting is to align your Spirit, Soul, and Body to what God has already provided. Fasting quiets the voice of your flesh and increases sensitivity to the leading of Holy Spirit. As you commit to this season of prayer and fasting, you will see greater insight and clarity regarding the plan of God for your life.

“And when you fast, don’t make it obvious, as the hypocrites do, who try to look pale and disheveled so people will admire them for their fasting. I assure you, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will suspect you are fasting, except your Father, who knows what you do in secret.

And your Father, who knows all secrets, will reward you. (Matthew 6:16 – 18)

Starting the 3rd of January at 6pm, all healthy adults, teens and children members are asked to pray with an element of fasting for 31 days. The fast may vary depending on age, health and ability. Regardless as to what type of fast is selected, special time should be spent reading, praying and praising during this set apart time. Each person with conditions prohibiting or restricting food fasting should use their own judgment (Check with your health care professional for any healthcare questions or concerns).

Fasting by definition is: a) To abstain from food. b) To eat very little or abstain from certain foods, especially as a religious discipline. But in light of current times, fasting is to abstain from anything that may distract you from spending time with God.

We ask that you focus more on spending quality with the Lord and in His presence, than on what you eat. Remember, a fast is supposed to aid in increasing your awareness of God’s Spirit and leading!

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The Fast will begin ***Sunday, 01/03/21 at 6:00 PM*** and end on
Saturday, 01/23/21 at 6:00 PM.

The type of fast you choose is between you and God and depending on your physical ability. Below are three different variations of fasts that we will do as a community. We ask that you choose the one that best fits your lifestyle: **3 Day Fast, 7 Day Fast, or 21 Day Fast.**

However, **on all programs, we request that you eliminate sugar, caffeine, and foods that are processed or that contain white flour and refined sugars.**

(Ex: cookies, cakes, candy, sugar, sweetened beverages, white bread, white rice, white flour, products with high fructose corn syrup and with added sugar)

Easy

The Daniel Fast until 3pm (partial fast only doing The Daniel Fast), then adhere to no sugars, no caffeine, no white flour or refined sugars diet

Moderate

Liquids until 3pm, then adhere to no sugars, no caffeine, no white flour or refined sugars diet, then adhere to no sugars, no caffeine, no white flour or refined sugars diet

Difficult

21 Days: Liquids until 3pm, then The Daniel Fast the rest of the day

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THE DANIEL FAST GUIDELINES (DANIEL 10:3)

- Eat Fruits and vegetables, whole grains, legumes, nuts, seeds, and quality oils. Drink water and 100% natural fruit juice
- Soy, almond, and coconut alternatives are an option and protein drinks are acceptable
- No meat, no sweets, no dairy, no fried foods or processed or refined bread

Remember, everyone must fast according to his or her ability; however, regardless of the type of fast you choose to do, all members are encouraged **to drink plenty of water, herbal tea and/or diluted fruit juice during extended fasting.**

Spiritual Tips to Fasting and Prayer:

- Begin each day in prayer, praise, and/or quiet mediation (preferably for an hour per day)
- Journal the scriptures and Words that come to mind during your quiet time with the Holy Spirit
- Read a chapter from Proverbs daily
- Subscribe and read the daily devotionals from theoutletcommunity.com
- Limit external influences: Insulate yourself with reading, watching Christian materials and/or personal development material.
- Limit Social Media time and secular television shows/music
- Make a special effort to engage in and virtually attend all church services during this time
- End each day in prayer, praise, and/or quiet mediation

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HOW TO BEGIN

Start with a clear goal. Understand why you are fasting. Everything you need is already on the inside of you. Read and pray about fasting and ask the Holy Spirit for guidance as you begin. The point of a fast is to align your Spirit, Soul, and Body.

PREPARING YOURSELF SPIRITUALLY

Know that all of your sins are already forgiven by God and there is nothing separating you from His love and presence. Ask the Holy Spirit to reveal areas of weakness. Release all who have offended you and surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

PREPARING YOURSELF PHYSICALLY

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

DECIDING WHAT TYPE OF FAST

What you fast is up to you. It may be a partial fast until 3pm in which you only drink liquids, or you may desire to fast like Daniel, who abstained from unleavened bread, sweets and meats, and drank only water. (Remember that there are other sacrifices that go along with fasting such as limiting television and other normal activities. Remember to replace that time with prayer and Bible study.

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HOW TO BEGIN CONTINUED

DECIDING HOW LONG

We request that you be led by the Holy Spirit on the length of time you fast. As a community, we are asking that you pray to the Lord about which fasting period you are to do.

- 3 day fast
- 7 day fast
- 21 day fast

Most people can easily fast from one to three days, but you may feel the grace to go longer. Beginners are advised to start slow.

WHAT TO EXPECT

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity, and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

HOW TO END

When your period of fasting is over, don't overeat. Begin eating solid foods gradually, when participating in a full fast, and eat smaller portions, as you begin to reintroduce meats and other items abstained, back into your diet.



NOTES/ REFLECTION



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