

2026 Church Theme: “Generation to Generation, Growing Together: One Lord, One Church, One Future”

Psalm 145:4 - One generation shall praise your works to another and shall declare your mighty acts.

***Fasting as a congregation will be every Wednesday 6:00am – 6:00pm: January 7 – April 1.**

***Dial in to join us for morning prayer every Wednesday at 6:30am:**

- **Call:** 1-305-224-1968; **Meeting ID:** 88104299549; **Password:** 752600

PURPOSE: (*Guiding Scriptures Matt 17:21, Ezra 8:23, Is 58:6*)

- Spiritual renewal
- Power
- Guidance
- Direction
- Unity for the new year.

1. Types of Fasts (*The following is not an exhaustive list, also choose YOUR type of fast*)

- **Full Fast:** No food or drink (only for short durations, supervised).
- **Partial Fast:** Abstain from certain foods (e.g., no meat, sugar, caffeine) or fast from sunrise to sunset.
- **Water/Juice Fast:** Only water, or water and diluted fruit/vegetable juices.
- **Daniel Fast:** Primarily vegetables, fruits, whole grains, and water.

2. Before starting your Fast

- **Define your Fasting goal:** Identify your specific spiritual need, i.e., guidance, renewal, breakthrough, and write it down.
- **Consult a doctor:** This step is essential especially if currently taking doctor prescribed medications.
- **Pre-Fast preparation suggestions:** A few days prior to fasting, eat lighter meals, reduce sugar intake, fatty foods, and ultra processed foods.
- **Pre-Fast “Heart” preparation:** Pray for proper motives, confess sins and repent.

3. During the Fast (Spiritual Focus)

- **Pray:** Dedicate usual mealtimes to prayer time and praise God in advance for outcomes.
- **Read Scripture:** Meditate on God's Word, especially scriptures about fasting and seeking God.
- **Journal:** Write down your thoughts, breakthroughs, and feelings.
- **Stay hydrated:** Drink plenty of water, herbal teas, and unsweetened juices.
- **Minimize distractions:** Avoid interruptions within your control to maintain focus on God and your prayerful requests.

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4. Ending the Fast (*Gentle Re-entry*)

- **Start slowly:** Eat light foods like fruits, vegetables, and broths.
- **Thanksgiving:** Pray and thank God, acknowledging God’s presence and power.

5. Key Principles

- **Start Small:** Skipping just ONE meal is great for beginners.
- **Keep it Private:** Your fast is YOUR personal covenant with God.

Key Scriptures on Prayer & Fasting

- **Matthew 6:16-18:** Jesus instructs His followers on how to fast, emphasizing sincerity and not showing off, but praying and fasting in private to God.
- **Matthew 9:14-15:** Jesus explains His disciples will fast after He is gone, linking fasting to seeking God when He's not physically present.
- **Matthew 17:21:** “But this kind does not go out except by prayer and fasting,” showing its power for overcoming difficult spiritual challenges.
- **Acts 13:2-3:** While worshiping and fasting, the Holy Spirit called for Barnabas and Saul's separation for missionary work, demonstrating Spirit-led direction.
- **Isaiah 58:6:** Defines a true fast as releasing the oppressed, sharing food, and helping the needy, not just abstaining from food.
- **1 Corinthians 7:5:** Mentions giving yourselves to fasting and prayer by consent for a time to focus on God.
- **Daniel 10:3:** Daniel abstained from rich food, wine, and anointing for three weeks while seeking understanding from God.

Old Testament Examples

- **Ezra 8:23:** Ezra and the people fasted and prayed for protection on their journey, and God answered.
- **Nehemiah 1:4:** Nehemiah mourned, fasted, and prayed for days over Jerusalem's plight.
- **Jonah 3:5-10:** The people of Nineveh fasted and turned from wickedness, and God relented from judgment.

Praying for you as we journey together,

Pastor Sandra K. James