

JANUARY 2025

Prayer & Fasting

JANUARY 6 - 12, 2025

GUIDE

INTRODUCTION TO PRAYER & FASTING

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PRAYER AND FASTING IS FOR YOU

Participating in Prayer & Fasting is a great place to build faith and believe God for intervention in your life, for his guidance, protection, and presence. As you practice seeking God first, He will move on your behalf. You can expect to see the power of prayer impact your inner life, relationships, work, family, and more. We would love to hear what God does in you during this season of Prayer & Fasting!

PURPOSE

Fasting is referenced over 50 times throughout the Old and New Testaments of the Bible. We encourage fasting as a spiritual next step that can bring clarity and revelation into your life. You may fast any time of the year as you seek God. We encourage regular fasting as a means to develop self-control and humility as well as for making space for God in our busy lives. It is an important spiritual discipline.

The goal of fasting is to humble ourselves before God and to draw nearer to Him. Biblical fasting always has to do with eliminating distractions for a spiritual purpose. It hits the reset button of our body and soul and renews us from the inside out. Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts and intentions on God. While fasting, many people read the Bible, pray, or worship or engage in other activities that meet the purpose of their fast.

How long you fast is entirely up to you and the leadership of the Holy Spirit. The Bible gives examples of fasts that lasted one day or part of a *day* (*Judges 20:26; 1 Samuel 7:6; 2 Samuel 1:12; 3:35; Nehemiah 9:1; Jeremiah 36:6*), a one-night fast (*Daniel 6:18–24*), three-day fasts (*Esther 4:16; Acts 9:9*), seven-day fasts (*1 Samuel 31:13; 2 Samuel 12:16–23*), a fourteen-day fast (*Acts 27:33–34*), a twenty-one day fast (*Daniel 10:3–13*), forty-day fasts (*Deuteronomy 9:9; 1 Kings 19:8; Matthew 4:2*), and fasts of unspecified lengths (*Matthew 9:14; Luke 2:37; Acts 13:2; 14:23*).

A corporate fast (fasting and others) is unique and powerful. It builds unity and reminds us of our common purpose as followers/disciples of Jesus: to know Christ and the power of His might.

FAST FROM FOOD

Fasting from food—whether partially or entirely—can be a powerful way to humble oneself and seek God's provision. Through hunger, we're reminded of our dependence on God, and it draws us closer to Him as we focus on prayer and spiritual nourishment rather than physical sustenance. It is not always necessary to fast from food/drink to achieve the desired goal. Do not feel pressure from others to fast the same way they do. Nor should you impose your choice of fast on someone else or criticize others' fast. Fasting is always susceptible to legalism and self-righteousness, so beware! Follow the leading of the Holy Spirit and your own conscience (not someone else's). Here are some ways you might choose to approach participating in this corporate fast.

TYPES OF FASTS

Your personal fast should present a level of challenge, but it is also wise to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. There are several types of fasts.

COMPLETE FAST

A complete or absolute fast entails no food or liquid of any kind (Ezra 10:6; Esther 4:16; Acts 9:9) and should only be for a very short period of time. An intense fast like this is serious and was chosen in the Bible in dire circumstances, such as in Esther when the exiled Israelites were fasting and praying for salvation because of the plot to exterminate them. It was a life/death situation that called for an intense appeal to God for deliverance.

There is also what can only be called a supernatural fast, as in the case of Moses (Deuteronomy 9:9), who abstained from both food and water for forty days (enabled to do so only by a miraculous enabling from God). We do not recommend this extreme fast unless you feel the Lord has specifically called you to do it. This fast should be planned carefully and after consultation and under the supervision of your medical doctor.

REGULAR FAST

This is also an intense type of fast from food, where you drink only liquids, typically water (or sometimes water with some juice or clear broth). This, the selective, and partial fasts are the most popular and explicitly biblical expressions of fasting. (Matthew 4:2–3; Luke 4:2). Regular fasts allow time normally spent eating and preparing meals to be spent prayer, however, the lack of calories requires you to get large amounts of rest to avoid undue physical strain. This makes these types of fasts potentially dangerous, or impractical if for more than a day or two. This fast should also be reserved for short periods, after having some experience with less arduous fasts and under the guidance of a physician.

SELECTIVE FAST

This highly flexible type of fast involves removing only certain elements from your diet. It allows you to continue consuming calories for energy and therefore potentially allows you to continue with a regular schedule. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet. Daniel rejected the rich foods of the king, probably in order to keep the food laws prescribed by Moses while living in exile in Babylon. Daniel lived long-term on this diet of whole grains, legumes, raw vegetables and water in order to honour God ([Daniel 10:3](#); cf. 1:8, 12). It was a sacrifice that God honoured.

Fasting from food and calorie rich beverages has been proven to have physical as well as spiritual, benefits for many individuals. You may choose to fast from unhealthy beverages that you regularly imbibe. But you need not go "cold turkey"! If you are fasting from caffeine for example, wean yourself from coffee or sodas gradually, reducing your intake over a span of days before you stop drinking them entirely. Taking a break from caffeine dependency helps us rely on God's strength for our energy. It teaches us to rest in Him rather than stimulants, supporting a more balanced, God-centered lifestyle that honors our health and well-being

You may choose to fast from sugar or from some sort of food that is a regular part of your diet. For example, you may choose only to eat fruits or vegetables for the length of the fast, refraining from all meat (or vice versa).

Or you could choose to go on a liquid fast, consuming soups, broths & some watered electrolyte juice and refrain from eating all solid foods for a time.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast", has also been popular in Christian tradition. The partial fast can correlate to fasting certain meals (such as dinner), or specific times of the day, such as 6:00 am to 3:00 pm or sunup to sundown. John Wesley, for example, fasted from sundown on Thursday to 3pm on Fridays for most of his ministry, which was the Anglican norm at the time (1700's). A partial fast may allow you to maintain a regular schedule as well. Although, some may notice slight fatigue during the early part of the day. Time normally spent eating and preparing meals allows for extra time for prayer.

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 want to refocus certain areas of your life that are out of balance.

ENTERTAINMENT FAST

You might choose to stop using social media, watching television, or going to events for the duration of the fast and then carefully bring the fasted element back into your life in healthy doses at the conclusion of the fast.

SHOPPING FAST

Taking a break from non-essential shopping redirects our focus to God's provision and helps curb material desires. This fast cultivates gratitude, enabling us to find satisfaction in God's gifts and avoid the distraction of consumerism.

ISAIAH 58

Another great addition to a soul fast is to set aside the money it would have cost to engage in your regular activities and make a donation to the hungry by making bags of food and delivering them to those who you know who could use it, donating to missions (UGM, Siloam, Lighthouse) or food banks (Winnipeg Harvest). This is a fast like the one described in Isaiah 58.

It is important to remember that some people simply cannot refrain from eating and drinking in any degree at any time. This could be due to certain medications that they cannot cease taking and often have to ingest only after eating, eating disorders or pregnancy. If you have physical circumstances that could make fasting dangerous or unhealthy, please do not alter your prescribed regimen of medication or of eating and drinking without first consulting with your physician. There is nothing to be ashamed of if you cannot fast in regard to food and drink. Simply choose another way to fast, such as those noted above.

WISDOM WHEN FASTING FROM FOOD AND DRINK

If you choose to fast food and drink, there are several things to keep in mind. First of all, remember that there are *degrees* of fasting from easy to difficult. Always start out with a sustainable goal for your fasting. Don't start out with an intense fast such as a weeklong regular (water-only) fast. Start small until you gain some experience and see how your body reacts to depriving it of what it's used to.

Second, use a *progression* to ease both into and out of your fast. This should be observed particularly if this discipline is new to you or if you are engaging in an intense fast. You may choose to begin by skipping one meal each day for two to three days leading up to the fast or by making small changes eliminating certain types of foods (very rich) before going on a restrictive fast. For example, if you drink an excessive amount of coffee and you will do a caffeine fast, begin lowering your intake of caffeinated beverages gradually for even a week or two before cutting it out completely during the fast. When you reintroduce caffeine, start with small amounts and maintain healthy portions of caffeine daily.

When coming out of your fast, reintroduce food gradually, starting with healthy, cooked, easy-to-digest foods and avoid overeating. Though you might be very hungry and crave large amounts of rich, fatty foods, avoid the temptation of overdoing it. It will help your body readjust to foods more smoothly.

If you've never fasted before, be aware that in the early days (2-4) of restrictive fast you may experience dizziness, nausea, headaches and skin disruptions such as rashes or acne. This is part of the body's cleansing process and should resolve fairly quickly. In less restrictive fasts you may not have any physical symptoms.

FASTING COMMITMENT

BY JENTEZEN FRANKLIN

I. HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

My purpose for this fast is: _____

2. PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

I particularly confess to the Lord: _____

3. DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

The fast I choose will be: _____

4. DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

The length and frequency of my fast: _____

5. 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.

6. HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

FASTING GUIDE BY JENTEZEN FRANKLIN

PRAYER OF COMMITMENT

Heavenly Father,

I come to You weak and in need of You. As I commit to this Prayer & Fasting, I confess that I am not strong enough to complete this commitment. I am humbled before You. Please send Your Holy Spirit to strengthen my will and my body so that I may complete this fast faithfully and to Your glory.

Guard me from complacency and from lack of commitment. Guard me from pride and thinking of myself more highly than I should. And guard me from the powers of darkness which do not want me to complete this fast. I ask that You use this fast to bring me closer to You, to break down the barriers that would prevent my church from completing Your mission, and for the salvation of my loved ones and others who do not yet know You as Savior and Lord. Let Your kingdom come, and Your will be done in this fast as it is in heaven. In Jesus' Name, **Amen.**

SCHEDULE

DAY 1	MONDAY, JAN 6	7:00 PM ONLINE	PRAYER OF CONSECRATION AND FOR FRUIT OF THE SPIRIT
DAY 2	TUESDAY, JAN 7	7:00 PM IN-PERSON	PRAYER FOR HEALING & DELIVERANCE AND FOR THE GIFTS OF THE SPIRIT
DAY 3	WEDNESDAY, JAN 8	7:00 PM ONLINE	PRAY FOR OUR COMMUNITY: WINNIPEG CANADA & OTHER NATIONS
DAY 4	THURSDAY, JAN 9	7:00 PM ONLINE	PRAY FOR RELATIONSHIPS IN FAMILY AND COMMUNITY
DAY 5	FRIDAY, JAN 10	7:00 PM ONLINE	PRAYER FOR OUR WORK & FINANCES
DAY 6	SATURDAY, JAN 11	7:00 PM ONLINE	PRAYER FOR BCC MINISTRIES
DAY 7	SUNDAY, JAN 12	9:00 AM & 11:00 AM AUDITORIUM	PRAYERS OF THANKSGIVING & CELEBRATION

**PRAYER & FASTING INFORMATION & ZOOM LINK:
www.bethelwpg.com/prayer-fasting**

Day 1: Prayer Of Consecration And For Fruit Of The Spirit

Monday, January 6th, 2025

2 Chronicles 7:14 (NLT)

14 Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

Galatians 5:19-26 (NLT)

19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, **20** idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, **21** envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, and self-control. There is no law against these things!

24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. **25** Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. **26** Let us not become conceited, or provoke one another, or be jealous of one another.

Day 2: Prayer For Healing & Deliverance And For The Gifts Of The Spirit

Tuesday, January 7th, 2025

Luke 11:9-13 (ESV)

9 And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. **10** For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. **11** What father among you, if his son asks for[a] a fish, will instead of a fish give him a serpent; **12** or if he asks for an egg, will give him a scorpion? **13** If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

[con't] Day 2: Prayer For Healing & Deliverance And For The Gifts Of The Spirit Tuesday, January 7th, 2025

James 5:14-16 (ESV)

14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. **15** And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. **16** Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.[a]

I Corinthians 12:4-11 (NLT)

4 There are different kinds of spiritual gifts, but the same Spirit is the source of them all. **5** There are different kinds of service, but we serve the same Lord. **6** God works in different ways, but it is the same God who does the work in all of us.

7 A spiritual gift is given to each of us so we can help each other. **8** To one person the Spirit gives the ability to give wise advice[a]; to another the same Spirit gives a message of special knowledge.[b] **9** The same Spirit gives great faith to another, and to someone else the one Spirit gives the gift of healing. **10** He gives one person the power to perform miracles, and another the ability to prophesy. He gives someone else the ability to discern whether a message is from the Spirit of God or from another spirit. Still another person is given the ability to speak in unknown languages,[c] while another is given the ability to interpret what is being said. **11** It is the one and only Spirit who distributes all these gifts. He alone decides which gift each person should have.

Day 3: Pray For Our Community: Winnipeg | Canada & Other Nations Wednesday, January 8th, 2025

Matthew 28:19-20 (NLT)

19 Therefore, go and make disciples of all the nations,[a] baptizing them in the name of the Father and the Son and the Holy Spirit. **20** Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

**[con't] Day 3: Pray For Our Community: Winnipeg | Canada & Other Nations
Wednesday, January 8th, 2025**

2 Peter 3:4 (NLT)

4 They will say, "What happened to the promise that Jesus is coming again? From before the times of our ancestors, everything has remained the same since the world was first created."

**Day 4: Pray For Relationships In Family And Community
Thursday, January 9th, 2025**

1 Corinthians 13:1-13 (NLT)

1 If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. **2** If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. **3** If I gave everything I have to the poor and even sacrificed my body, I could boast about it;[a] but if I didn't love others, I would have gained nothing.

4 Love is patient and kind. Love is not jealous or boastful or proud **5** or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. **6** It does not rejoice about injustice but rejoices whenever the truth wins out. **7** Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

8 Prophecy and speaking in unknown languages[b] and special knowledge will become useless. But love will last forever! **9** Now our knowledge is partial and incomplete, and even the gift of prophecy reveals only part of the whole picture! **10** But when the time of perfection comes, these partial things will become useless.

11 When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things. **12** Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity.[c] All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely.

13 Three things will last forever—faith, hope, and love—and the greatest of these is love.

Day 5: Prayer For Our Work & Finances

Friday, January 10th, 2025

Phillipians 4:15-19 (NLT)

15 As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News and then traveled on from Macedonia. No other church did this. **16** Even when I was in Thessalonica you sent help more than once. **17** I don't say this because I want a gift from you. Rather, I want you to receive a reward for your kindness. **18** At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. **19** And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Day 6: Prayer For Bcc Ministries

Saturday, January 11th, 2025

I Corinthians 12:21-26 (NLT)

21 The eye can never say to the hand, "I don't need you." The head can't say to the feet, "I don't need you." **22** In fact, some parts of the body that seem weakest and least important are actually the most necessary.

23 And the parts we regard as less honorable are those we clothe with the greatest care. So we carefully protect those parts that should not be seen, **24** while the more honorable parts do not require this special care. So God has put the body together such that extra honor and care are given to those parts that have less dignity. **25** This makes for harmony among the members, so that all the members care for each other. **26** If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad.

Hebrews 12:1-2 (NLT)

1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. **2** We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.[a] Because of the joy[b] awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Day 7: Prayers Of Thanksgiving & Celebration
Sunday, January 12th, 2025

Philippians 4:4-8 (ESV)

4 Rejoice in the Lord always; again I will say, rejoice. **5** Let your reasonableness[a] be known to everyone. The Lord is at hand; **6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

NOTES:
