

CITY CENTRAL CHURCH

2017 FASTING PACKET

WHY CALL THE CHURCH TO FAST?

- To demonstrate humility before God and pray, seeking God's face and repenting from sin, that God would bring revival to the Church and the City.
- For Spiritual freedom. There are many believers suffering under bondage.
- To empty ourselves of things that compromise us in our life in God.
- For spiritual breakthrough.
- To see our city experience continual revival.

A fast is a voluntary absence from food for the purpose of dedicating yourself to prayer. Going without food and not putting in prayer is not a Biblical fast.

FASTING THAT GOD DOES NOT HONOR

- In Isaiah 58, some people separated fasting from repentance and devotion to God. They simply skipped meals and thought they were really doing something spiritual.
- Fasting was used to cover other sinful motives or practices (Isaiah 58:41).
- The Pharisees fasted for appearance rather than as a genuine act of worship to God.

PURPOSES IN FASTING

- **When you face impossible circumstances**
"So it was when I heard these words that I sat down and wept, and mourned for many days; I was fasting and praying before the God of Heaven." -Nehemiah 1:4

1 Samuel 31:13

- **To change the destiny of a people, a city, a nation.**
"Now on the 24th day of this month the children of Israel were assembled with fasting in sackcloth, and with dust on their heads." -Nehemiah 9:1

1 Samuel 7:6; Jonah 3:5

- **To hear from God fresh and new and to seek His direction.**
"Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions." -Ezra 8:21

- **To receive God's aid in battle and to defeat the enemy.**
"And Jehoshaphat feared and set himself to seek the Lord and proclaimed a fast throughout all Judah." -2 Chronicles 20:3

Esther 4:16

- **To receive specific answer to prayer.**
"So Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold a man stood before me in bright clothing, and said, 'Cornelius your prayer has been heard, and your alms are remembered in the sight of God.'" -Acts 10:30

Hebrews 5:7

- **To seek the mind of God.**
"As they ministered to the Lord and fasted, the Holy Spirit said, 'Now separate to Me Barnabas and Saul for the work to which I have called them.' Then having fasted and prayed and laid hands on them, they sent them away." -Acts 13:2

Acts 14:23

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- **To prepare for ministering in the power and grace of God.**

“Jesus’ ministry in the power of the Holy Spirit commenced after His season of fasting.” -Matthew 4:2

- **To obtain a greater degree of God’s authority and power in our life and ministry.**

“However this one does not go out except by prayer and fasting.” -Matthew 17:21

- **To affect the soul and pull out anything in our mind, will, and emotion that would hinder the power of God fully expressed in our lives.**

Leviticus 16:29; Psalms 35:13; Proverbs 20:27; Hebrews 4:12

- **To break the strongholds of the physical appetites.**

That your physical appetites would not rule your body, but that your spirit would rule your physical appetites.

WHAT ARE THE BENEFITS OF FASTING AND PRAYING?

- Deepens humility.
- Increases hunger for God to work in our lives and ministries.
- Intensifies prayer concentration.
- Solidifies determination.
- Feeds your faith.
- Sensitizes and opens you up to the Holy Spirit’s work.
- Creates earnestness and zeal in your walk with God.

TIPS ON FASTING & PRAYER

PHYSICAL CONSIDERATIONS:

- Be sure you are in good health, or consult your doctor prior to fasting.
- If you are taking medication, be careful and wise in your fasting

- Professional supervision should be given to:
 - ✓ Those who are thin or emaciated
 - ✓ Those prone to eating disorders.
 - ✓ Those who suffer weakness or anemia.
 - ✓ Those with ulcers, cancer, blood disease, or chronic problems with a major organ(s).
 - ✓ People who take insulin for diabetes, or suffer any other blood sugar problem.
 - ✓ Women who are pregnant or nursing.

- Begin slowly. If you have not fasted before, start out with half a day or one day a week, then you can progress to a couple of days a week or more.

- It is recommended that you continue to drink liquids during your fast, including water and juices.

- There are several different types of fasts found in Scripture.

- ✓ Absolute fasting from foods and liquids (not recommended unless doing advanced fasting and under supervision).
- ✓ Absolute fasting from food but drinking liquids including juices (highly recommended for shorter fasts and eventually for extended fasts).
- ✓ Partial food fasts for extended fasts like that of Daniel who for 21 days abstained from everything but vegetables, fruits, and grains (recommended as you begin experimenting with extended fasts).

SPIRITUAL CONSIDERATIONS:

- Arrange for a special extended time with God.
 - ✓ Read His Word and pray during what would normally be meal-times (and at other times as you can).

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- ✓ Read a book that will stimulate you spiritually, especially in an area, direction, or burden that you sense God might be directing you in.
- ✓ Be aware that Satan will try to dishearten, discourage, and distract you from these times. When you sense that, immediately go to God in prayer against Satanic activity in this regard. Satan knows that this can be a powerful time between you and God, so he will bring anything into your life to compromise your time and relationship with God.
- ✓ Make time for your worship to God with good worship and praise music, readings, and prayer.
- Specifically bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, spiritual leaders, your community, city, and specific issues in your life and church in carrying out the mission of Jesus Christ. (Use a prayer list.)
- Confess and repent of your sins as God brings them to your attention, receive God's grace and forgiveness, and make any commitments necessary in repentance or restitution necessary.
- Make sure you take time to listen to God. Keep a pad of paper and a pen handy to record what He speaks to you.
- Spend time with others sharing about what God is doing in your life, share prayer burdens, and celebrate answers to prayer.

THE 4-R's & SUPPORTING SCRIPTURES

- **Repent of the sin.**

Call it what it is. It may be a heart attitude like bitterness, rebellion, or pride. It could be a behavior, like alcohol abuse, immorality, or stealing. It could even be a feeling like rejection, inferiority, or shame.

Note: in the instance of abuse or wounding, the initial sin is not yours. Your sin is a response of anger, fear, unforgiveness, bitterness, shame, etc. Recognize this sin and confess it!

"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."
-Acts 3:19

- **Receive God's forgiveness and cleansing.**

Ask Him to fill you anew with His Holy Spirit to strengthen you in your thoughts, behavior, and emotions.

"The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will He harbor His anger forever; He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is His love for those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us."
-Psalm 103:8-12

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." -1 John 1:9

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- **Rebuke the enemy's hold on you because of this sin.**

Take your rightful place of authority through the power of Jesus and renounce any comfort or "payoff" received from this sin.

"Jesus said to him, 'Away from me, Satan!'"
-1 John 1:9

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."
-James 4:7

- **Replace all lies with God's TRUTH!**

Call it what it is. It may be a heart attitude like bitterness, rebellion, or pride. It could be a behavior, like alcohol abuse, immorality, or stealing. It could even be a feeling like rejection, inferiority, or shame.

Note: in the instance of abuse or wounding, the initial sin is not yours. Your sin is a response of anger, fear, unforgiveness, bitterness, shame, etc. Recognize this sin and confess it!

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me." -Galatians 2:20

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HOW TO DIRECT YOUR PRAYERS

- **Pray for personal renewal and sensitivity to receive more of God**

Revival followed the great British evangelist Gypsy Smith everywhere he went. When asked by a group of revival seekers, he shared with them how they could make a difference with their lives the way he had with his:

“Go home. Lock yourself in your room. Kneel in the middle of the floor, and with a piece of chalk, draw a circle around yourself. There, on your knees, pray fervently and brokenly that God would start a revival within that chalk circle.”

- **Pray for revival in the American Church**

“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.”

-2 Chronicles 7:14

- **Pray for revelation and release of how to serve using use our spiritual gifts**

“So with yourselves, since you are eager for manifestations of the Spirit, strive to excel in building up the church.”

-1 Corinthians 14:12

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

-Galatians 2:20

- **Pray for a renewed heart to reach our community**

“He said to his disciples, “The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”

-Matthew 9:37-38

FASTING Q&A

Q1

HOW DO I BEGIN? WHAT CAN I DO TO PREPARE FOR MY FAST?

Before beginning a fast, think it through. Write down a plan so that you do not waiver or start justifying your appetite during the fast. Make a verbal commitment to the Lord with a committed heart.

Q2

CAN I HAVE SALT, PEPPER, SEASONINGS, MILK, WHOLE GRAINS, SOY PRODUCTS, EGGS, PROTEIN DRINKS, VITAMINS, OR BUTTER?

The general guidelines for each fast can be found in the “Types of Fasts” section. However, fasting is a private discipline, not something that is meant to be unattainable. Decide what is feasible for you to do, and make the effort. If you are on a full fast and just cannot consume broth without salt and pepper, that’s OK. Do what you can and put it in God’s hands...just do your best!

Q3

WHAT CAN CHILDREN FAST?

I’ve found the best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider, giving-up desserts or soft drinks or an item of food that would be a sacrifice to each of you. If they want to do without broccoli and they don’t even like broccoli, giving it up wouldn’t be a sacrifice for them. Lead by example and they will understand. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible studies.

Q4

WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any fast, and decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else that would be a sacrifice for you and replace that time concentrating on prayer and Bible study.

Q5

WHAT IF I START AND CAN’T FINISH OUT MY FAST? HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time, or try finishing up with a partial fast.

Q6

I FORGOT AND ATE SOMETHING. DO I NEED TO START AGAIN?

No, think of fasting as a marathon rather than a sprint. Don’t give up! If you fall down, get up and keep trying. Conquering “king stomach” is difficult, but you’ll make it.

FASTING Q&A

Q7 **WHAT TYPE OF FAST ARE YOU DOING? DO I HAVE TO DO THE SAME FAST?**

Fasting is a private and personal discipline. Consider the types of fasts outlined above, and select one that works for you. You don't have to go on the same type of fast as someone else to see God's hand at work. Just do your best.

Q8 **DO I HAVE TO FAST FOOD? WHAT ABOUT TV, SPORTS, ETC.?**

Fasting food is the traditional type of fast outlined in Scripture. However, if you are unable to fast food for health reasons, feel free to give up something else that might have control in your life or prevent you from experiencing spiritual growth. Replace that time with prayer and stud of God's Word.

Q9 **DO I CONTINUE TO EXERCISE WHILE FASTING?**

Moderate exercise is good, but it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy needed to maintain a high level of exercise.

Q10 **WHAT IF I HAVE A MANUAL LABOR JOB?**

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

Q11 **CAN MY SPOUSE AND I BE INTIMATE DURING OUR FAST?**

1 Corinthians 7:2-5 gives reference for abstaining from sex during times of fasting:
v3 the husband is to "render" to his wife the affection (sexual relations) due her and likewise the wife also to her husband.

v4 The husband does not have authority over his body and neither does the wife, but rather the marriage partner has the authority over the partner.

v5 so do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time...that you may give yourselves to fasting and prayer.

So the answer is yes, scripture allows this and even provides for this depriving for the purpose of fasting and prayer, but it is only to be done by mutual consent. Both parties have to be on board for this type of fast to be honorable before the Lord.

January	
Jan 01	GENESIS 1:1-3:24
Jan 02	GENESIS 4:1-5:32 1 CHRONICLES 1:1-4 GENESIS 6:1-22
Jan 03	GENESIS 7:1-10:5 1 CHRONICLES 1:5-7 GENESIS 10:6-20 1 CHRONICLES 1:8-16 GENESIS 10:21-30 1 CHRONICLES 1:17-23 GENESIS 10:31-32
Jan 04	GENESIS 11:1-26 1 CHRONICLES 1:24-27 GENESIS 11:27-11:31 GENESIS 12:1-14:24
Jan 05	GENESIS 15:1-17:27
Jan 06	GENESIS 18:1-21:7
Jan 07	GENESIS 21:8-23:20 GENESIS 11:32 GENESIS 24:1-67
Jan 08	GENESIS 25:1-4 1 CHRONICLES 1:32-33 GENESIS 25:5-6 GENESIS 25:12-18 1 CHRONICLES 1:28-31 1 CHRONICLES 1:34 GENESIS 25:19-26 GENESIS 25:7-11
Jan 09	GENESIS 25:27-28:5
Jan 10	GENESIS 28:6-30:24
Jan 11	GENESIS 30:25-31:55
Jan 12	GENESIS 32:1-35:27
Jan 13	GENESIS 36:1-19 1 CHRONICLES 1:35-37 GENESIS 36:20-30 1 CHRONICLES 1:38-42 GENESIS 36:31-43 1 CHRONICLES 1:43-2:2
Jan 14	GENESIS 37:1-38:30 1 CHRONICLES 2:3-6 1 CHRONICLES 2:8 GENESIS 39:1-23
Jan 15	GENESIS 40:1-23 GENESIS 35:28-29 GENESIS 41:1-57
Jan 16	GENESIS 42:1-45:15
Jan 17	GENESIS 45:16-47:27
Jan 18	GENESIS 47:28-50:26
Jan 19	JOB 1:1-4:21
Jan 20	JOB 5:1-7:21
Jan 21	JOB 8:1-11:20
Jan 22	JOB 12:1-14:22
Jan 23	JOB 15:1-18:21
Jan 24	JOB 19:1-21:34
Jan 25	JOB 22:1-25:6
Jan 26	JOB 26:1-29:25
Jan 27	JOB 30:1-31:40
Jan 28	JOB 32:1-34:37
Jan 29	JOB 35:1-37:24
Jan 30	JOB 38:1-40:5
Jan 31	JOB 40:6-42:17
February	
Feb 01	EXODUS 1:1-2:25 1 CHRONICLES 6:1-3 EXODUS 3:1-4:17
Feb 02	EXODUS 4:18-7:13
Feb 03	EXODUS 7:14-9:35

Feb 04	EXODUS 10:1-12:51
Feb 05	EXODUS 13:1-15:27
Feb 06	EXODUS 16:1-19:25
Feb 07	EXODUS 20:1-22:15
Feb 08	EXODUS 22:16-24:18
Feb 09	EXODUS 25:1-28:43
Feb 10	EXODUS 29:1-31:18
Feb 11	EXODUS 32:1-34:35
Feb 12	EXODUS 35:1-36:38
Feb 13	EXODUS 37:1-39:31
Feb 14	EXODUS 39:32-40:38 NUMBERS 9:15-23
Feb 15	NUMBERS 7:1-89
Feb 16	NUMBERS 8:1-9:14 LEVITICUS 1:1-3:17
Feb 17	LEVITICUS 4:1-6:30
Feb 18	LEVITICUS 7:1-8:36
Feb 19	LEVITICUS 9:1-11:47
Feb 20	LEVITICUS 12:1-14:32
Feb 21	LEVITICUS 14:33-16:34
Feb 22	LEVITICUS 17:1-19:37
Feb 23	LEVITICUS 20:1-22:33
Feb 24	LEVITICUS 23:1-25:23
Feb 25	LEVITICUS 25:24-26:46
Feb 26	LEVITICUS 27:1-34 NUMBERS 1:1-54
Feb 27	NUMBERS 2:1-3:51
Feb 28	NUMBERS 4:1-5:31
March	
Mar 01	NUMBERS 6:1-27 NUMBERS 10:1-36
Mar 02	NUMBERS 11:1-13:33
Mar 03	NUMBERS 14:1-15:41
Mar 04	NUMBERS 16:1-18:32
Mar 05	NUMBERS 19:1-21:35
Mar 06	NUMBERS 22:1-24:25
Mar 07	NUMBERS 25:1-26:65
Mar 08	NUMBERS 27:1-29:40
Mar 09	NUMBERS 30:1-31:54
Mar 10	NUMBERS 32:1-33:56
Mar 11	NUMBERS 34:1-36:13
Mar 12	DEUTERONOMY 1:1-3:20
Mar 13	DEUTERONOMY 3:21-5:33
Mar 14	DEUTERONOMY 6:1-9:29
Mar 15	DEUTERONOMY 10:1-12:32
Mar 16	DEUTERONOMY 13:1-16:17
Mar 17	DEUTERONOMY 16:18-21:9
Mar 18	DEUTERONOMY 21:10-25:19
Mar 19	DEUTERONOMY 26:1-29:1
Mar 20	DEUTERONOMY 29:2-31:29
Mar 21	DEUTERONOMY 31:30-32:52 PSALM 90
Mar 22	DEUTERONOMY 33:1-34:12 JOSHUA 1:1-2:24
Mar 23	JOSHUA 3:1-6:27
Mar 24	JOSHUA 7:1 1 CHRONICLES 2:7 JOSHUA 7:2-9:27
Mar 25	JOSHUA 10:1-12:6
Mar 26	JOSHUA 12:7-15:19
Mar 27	JOSHUA 15:20-17:18
Mar 28	JOSHUA 18:1-19:48
Mar 29	JOSHUA 19:49-21:45 1 CHRONICLES 6:54-81
Mar 30	JOSHUA 22:1-24:33
Mar 31	JUDGES 1:1-3:30

April	
Apr 01	JUDGES 3:31-6:40
Apr 02	JUDGES 7:1-9:21
Apr 03	JUDGES 9:22-11:28
Apr 04	JUDGES 11:29-15:20
Apr 05	JUDGES 16:1-18:31
Apr 06	JUDGES 19:1-21:25
Apr 07	RUTH 1:1-4:12
Apr 08	RUTH 4:13-22 1 CHRONICLES 2:9-55 1 CHRONICLES 4:1-23 1 SAMUEL 1:1-8
Apr 09	1 SAMUEL 1:9-4:11
Apr 10	1 SAMUEL 4:12-8:22
Apr 11	1 SAMUEL 9:1-12:25
Apr 12	1 CHRONICLES 9:35-39 1 SAMUEL 13:1-5 1 SAMUEL 13:19-23 1 SAMUEL 13:6-18 1 SAMUEL 14:1-52
Apr 13	1 SAMUEL 15:1-17:31
Apr 14	1 SAMUEL 17:32-19:17 PSALM 59 1 SAMUEL 19:18-24
Apr 15	1 SAMUEL 20:1-21:15 PSALM 34
Apr 16	1 SAMUEL 22:1-2 PSALM 57 PSALM 142 1 CHRONICLES 12:8-18 1 SAMUEL 22:3-23 PSALM 52 1 SAMUEL 23:1-12
Apr 17	1 SAMUEL 23:13-29 PSALM 54 1 SAMUEL 24:1-25:44
Apr 18	1 SAMUEL 26:1-27:7 1 CHRONICLES 12:1-7 1 SAMUEL 27:8-29:11 1 CHRONICLES 12:19 PSALM 56
Apr 19	1 SAMUEL 30:1-31 1 CHRONICLES 12:20-22 1 SAMUEL 31:1-13 1 CHRONICLES 10:1-14 1 CHRONICLES 9:40-44 2 SAMUEL 4:4 2 SAMUEL 1:1-27
Apr 20	2 SAMUEL 2:1-3:5 1 CHRONICLES 3:1-4 2 SAMUEL 23:8-17 1 CHRONICLES 11:10-19 2 SAMUEL 23:18-39 1 CHRONICLES 11:20-47
Apr 21	2 SAMUEL 3:6-4:12
Apr 22	2 SAMUEL 5:1-3 1 CHRONICLES 11:1-3 1 CHRONICLES 12:23-40 2 SAMUEL 5:17-25 1 CHRONICLES 14:8-17 2 SAMUEL 5:6-10 1 CHRONICLES 11:4-9 1 CHRONICLES 3:4 2 SAMUEL 5:13 2 SAMUEL 5:4-5 2 SAMUEL 5:11-12 1 CHRONICLES 14:1-2 1 CHRONICLES 13:1-5 2 SAMUEL 6:1-11 1 CHRONICLES 13:6-14
Apr 23	2 SAMUEL 6:12 1 CHRONICLES 15:1-28 2 SAMUEL 6:12-16 1 CHRONICLES 15:29 2 SAMUEL 6:17-19 1 CHRONICLES 16:1-43 2 SAMUEL 6:19-23

Apr 24	2 SAMUEL 7:1-17 1 CHRONICLES 17:1-15 2 SAMUEL 7:18-29 1 CHRONICLES 17:16-27 2 SAMUEL 8:1-14 1 CHRONICLES 18:1-13 PSALM 60
Apr 25	2 SAMUEL 8:15-18 1 CHRONICLES 18:14-17 1 CHRONICLES 6:16-30 1 CHRONICLES 6:50-53 1 CHRONICLES 6:31-48 2 SAMUEL 9:1-10:19 1 CHRONICLES 19:1-19
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Apr 27	2 SAMUEL 12:26-31 1 CHRONICLES 20:2-3 2 SAMUEL 13:1-14:33
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Apr 30	2 SAMUEL 19:31-20:26 PSALM 7 2 SAMUEL 21:1-22 1 CHRONICLES 20:4-8
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May 01	2 SAMUEL 22:1-51 PSALM 18
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May 06	1 KINGS 2:1-9 2 SAMUEL 23:1-7 1 KINGS 2:10-12 1 CHRONICLES 29:26-30 PSALM 4-6 PSALM 8-9 PSALM 11
May 07	PSALM 12-17 PSALM 19-21
May 08	PSALM 22-26
May 09	PSALM 27-32
May 10	PSALM 35-38
May 11	PSALM 39-41 PSALM 53 PSALM 55 PSALM 58
May 12	PSALM 61-62 PSALM 64-67
May 13	PSALM 68-70 PSALM 86 PSALM 101
May 14	PSALM 103 PSALM 108-110 PSALM 122 PSALM 124
May 15	PSALM 131 PSALM 133 PSALM 138-141 PSALM 143
May 16	PSALM 144-145 PSALM 88-89

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Feb 19	LEVITICUS 9:1-11:47
Feb 20	LEVITICUS 12:1-14:32
Feb 21	LEVITICUS 14:33-16:34
Feb 22	LEVITICUS 17:1-19:37
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