



Legacy 2016 Prayer & Fasting Guidelines **February 15 – March 7, 2016**

It is a time for us at First Holiness Church (FHC) to sacrifice a portion of our time to God. So, we will be praying and fasting for 21 days to agree with heaven concerning us corporately and individually. I know that God will work in ways you could never imagine. Fasting Scriptures - Isaiah 58 & Matthew 6:1-18. Please say the Fasting Declaration daily.

Daily Prayer:

We want to establish consistent times during the prayer and fast to communicate with the Lord. I am asking you to take time wherever you may be to pray three times a day, Monday – Friday any time between the hours of **5am – 7am, 12pm – 2pm, and 5pm – 7pm.**

Corporate Prayer Agreement Gatherings: This is a time to pray, worship and fellowship in agreement with others. You will be strengthened and enlightened during these strategic times during the fast. You do not want to miss it – so plan now to sacrifice time in order to be in attendance. These are the dates that we have so far but we might add a couple more.

Thursday, February 18th, 7pm – 8:30pm
Saturday, February 20th, **PRAYER VIGIL: 9AM – 12PM**
Wednesday, February 24th 12:15pm – 1:15pm
Thursday, February 25th, 7pm – 8:30pm

Prophetic Encounter:

Thursday & Friday, March 3rd & 4th at 7:00pm
Saturday, March 5th at 9am
Sunday, March 6th at 11am

What is Fasting?

Fast in the Hebrew means “to cover over” (the mouth) and in the Greek “to abstain from”, which was usually in reference to food. Fasting is the spiritual discipline of abstaining from food so that we can access the supernatural power of God. Fasting is just as vital as praying and reading the word. Therefore, it is a spiritual discipline/exercise that we need to learn to practice doing, for it will enhance our spiritual development and growth.

Abstaining from food assists us to bring our physical appetite into subjection in order to fulfill a spiritual appetite/hunger; and when we do that we are saying to the Lord that we have a hunger for God and the things of God and that we are putting God first before fulfilling our own physical wants, needs, and desires.

Why should I fast?

I want to see our faith grow and I want us to experience breakthrough & revival. So I am urging you to fast with us. In addition, there are many benefits to fasting. Here are some of the benefits of fasting:

Benefits of Fasting:

1. Fasting opens you to hear the voice of God.
2. Fasting breaks bondages.
3. Fasting makes you sensitive to the Spirit of God.
4. Fasting increases the anointing in your life.
5. Fasting cleanses toxins from your body.

How should I fast?

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you'll be less likely to waiver in weak moments.

FHC Fasting:

No meats (including fish)

No sweets.

No soda, coffee or tea (herbal tea is good)

Fasting Options:

1. Sun up to sun down or from 6am to 3pm.
2. One meal per day

NOTE: *If you have any condition which would prohibit you from fasting, there are other options. Choose something from your daily routine (i.e. specific foods, television, other technology, etc.) and fast in that manner for the next 21 days. **If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.***

Resources: I strongly encourage you to purchase the following item(s):

Fasting for Breakthrough & Deliverance by John Eckhardt

Fasting by Jentezen Franklin (If you are new to fasting this is a great resource)

You may order these books from the Destiny Bookstore.

Practical Tips

Drink a lot of water!

Water transports nutrients, carries away waste, & hydrates cells, so drink up!

Did you know?

Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume a lot of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

What to Expect?

When you fast, your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially 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 music. 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.

*** Important reminder: Be sure to drink as much water as possible throughout the fast. A great goal is to drink a gallon of water a day!**