

WEEK OF THE ALTAR 2019: 7 DAYS PRAYING AND FASTING



How to begin your fasting and prayer

Basic steps to successful fasting and prayer

How you begin and conduct your fast will largely determine your success. By following these basic steps to fasting, you will make your time with the Lord more meaningful and spiritually rewarding.

STEP 1: Set Your Objective

Why are we fasting?

Through fasting and prayer we humble ourselves before God, so the Holy Spirit will stir up our souls, awaken our churches, and heal our land according to 2. Chronicles 7,14:

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

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We fast because we want to draw closer to God, for spiritual renewal and to be free from the bondage of sickness, fear, addiction, manipulation, controlling spirits, and others.

STEP 2: Make Your Commitment

Jesus said that all of His followers should fast (Matthew 6:16-18; 9:14,15 “why do you disciples not fast”). For Him it was a matter of *when* believers would fast, not *if* they would do it.

- We are reading and studying 1./2./3. John in 7 days of fasting.
- Our key verse is 3. John 2
- We read one chapter a day.
- The fast is every day from 6am to 6pm.
- Prayer times are 6am, 9am, 12pm, 3pm, 6pm.
- We meet at 7pm daily for prayer from Monday 7th to Sunday 13th 2018. Making these commitments ahead of time will help you sustain your fast.

STEP 3: Prepare Yourself Spiritually

Begin with prayer of ACTS:

A for Adoration & Praise

C for Confession and ask for forgiveness,

T for Thanksgiving and

S for Supplication.

- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; Luke 17:3-4).

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- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1. John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with a hopeful heart (Hebrews 11:6).
- Do not underestimate spiritual opposition (Galatians 5:16,17).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication. Such people should never fast without professional supervision!

While You Fast

- Avoid drugs, even natural herbal drugs and homeopathic remedies. **Medication should be withdrawn only with your physician's supervision.**
- If your physician does not agree, just pray and read the bible with us and also come to the altar at 7pm daily.
- Limit your activity for more prayer time.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.

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- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you.
- Go to the prayer points.
- Also spend time in intercessory prayer for NIC, your communities and this nation's leaders.
Pray for the world's unreached millions, for your family or special needs.

Evening

- We meet at Church together for prayer, worship and the Word daily at 7pm.

STEP 6: End Your Fast Gradually

Begin eating gradually after 6pm. Do not eat big solid foods immediately after your fasting.

STEP 7: Expect Results

“If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence” (John 14:21).

The Lord will give you fresh and new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.