Different Types of Fasts

Water Fast

A water only fast is the normal fast referred to in the Bible. This is how Jesus and the New Testament church fasted.

Water fasting should only be done for a day or two unless you can get away or your job allows you to really disconnect so you can give your best energy to the fast. Remember, when Jesus went on His forty day fast, He went out into the wilderness by Himself.

We recommend consulting your physician first.

A water fast is just that—no eating of any food or drinking of any liquids except pure water. Not lemon water, not energy water, just pure spring or filtered water.

It's recommended to drink six to eight glasses of water per day. A water fast may normally require you to drink more water than you typically would on any other day.

Important Things to Know

You will lose weight, but it may not all be just fat. It can also cause muscle loss, leading your muscles to use less energy. This is because muscle requires the use of more energy than fat, therefore, your body will choose to conserve the fat.

The water fast may make you tired, light-headed, and fatigued. Drink more water, and your energy will soon return.

Bad breath and frequent bowel movements will also occur as your body cleanses itself.

It Has Plenty of Good Health Benefits

A water fast has been shown to significantly help lower high blood pressure, promote autophagy (a process in which old parts of your cells are broken down and recycled), improve insulin and leptin sensitivity, and lower the risk of chronic diseases like diabetes, cancer, and heart disease.

Lengths of Your Fast

The length of the fast should be dependent on three factors, that is, the leading of the Lord, your health and the type of fast selected. During these twenty-one days of consecration, using wisdom is always important in fasting. Here are a few types of fasting lengths

- Half-Day (6 am to 6 pm): Judges 20:26; Acts 10:30
- One Day (24-hours)
- Consecutive 3 Days: Acts 9:9; Esther 4:15-16
- Consecutive 7 Days: 1 Samuel 31:13
- Consecutive Fourteen Days: Acts 27:33
- Consecutive Twenty-One Days: Daniel 10:3

Fasting Tips

Here are some other ideas that can help make your fasting experience more pleasant and helpful:

- Make a fasting calendar that fits your plan. Determine what each day and week will look like.
- Being unprepared to fast sets you up to give into temptation.
- Make it a priority to attend our Corporate Prayer Service which will be announced. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you deviate from your plan, don't get discouraged. Just get right back on track and keep going. God's mercies"are new every morning" (Lamentations 3:22–23). He wants you to finish, and He will give you the grace and strength to do it. God be with you as you begin this journey.

Prayer

Why Pray? Praying to our Heavenly Father, in the Name of Jesus Christ, using God's Holy Word in prayer is the most powerful thing we can do for ourselves and others. The heart of prayer is the will of our Heavenly Father. Part of that will is simply coming to Him. He desires us, as His dear children, to know Him. He desires your love, your attention, your fellowship (more than just being related to Him through Jesus). He also desires a time of communion, an intimate time of personal exchange and involvement.

As you pray for your needs and the needs of others, you are actually becoming a prayer warrior, and an intercessor, just as Jesus was and is today for each of us. Jesus is constantly interceding for us to our Heavenly Father. It is written that Jesus was sent to destroy the works of the devil (1 John 3:8). We are to do the same. We have the power and authority through Jesus Christ. All we have to do is live in the promise of the Word of God and to use His precious Name.

The most powerful weapons we have are the Name of Jesus Christ and God's Holy Word against satan and his foul and wicked demons. No power of darkness can stand against the Word of God in the Name of Jesus Christ and through the Blood of Jesus Christ.

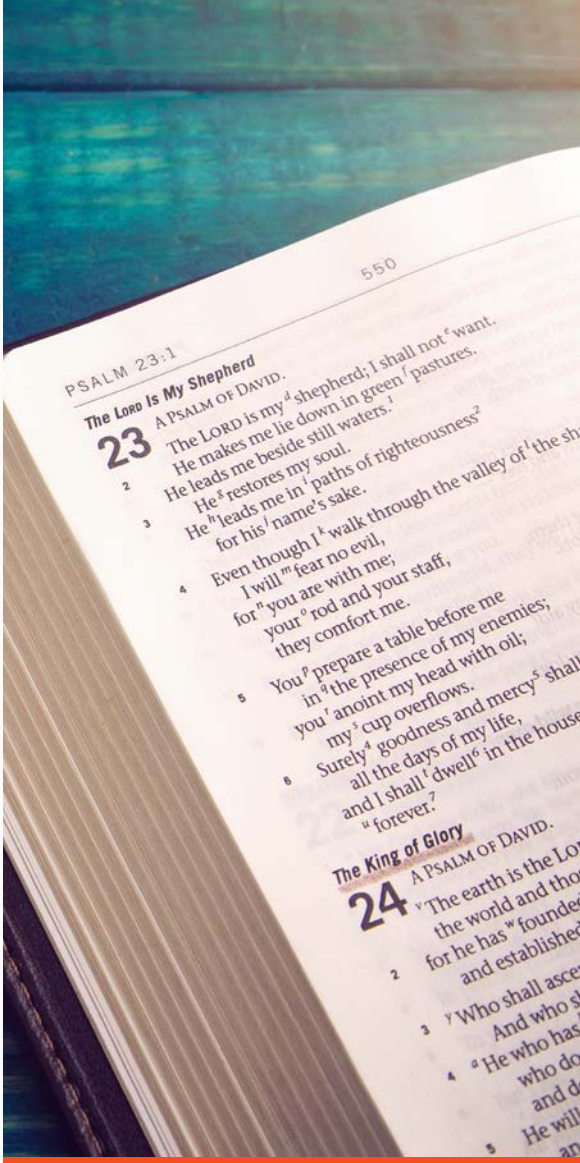
It is important to confess our sins and worship God, according to the Word of God: "If I regard iniquity in my heart, the Lord will not hear me (Psalms 66:18)." "We know that God does not listen to sinners: but if anyone is God-fearing and a worshiper of Him and does His will, He listens to him (John 9:31)." Prayerlessness is a sin according to 1 Samuel 12:23.

Points of Prayer	Scriptures To Meditate On
Acknowledging God the Creator of Heaven and Earth	1 Kings 8:22-23, 27; Psalm 103:1; Psalm 148; Isaiah 66:1; 2 Timothy 1:14
Guidance for the President of the USA	Psalm 1:1-3, Romans 13:1-7; 1 Timothy 2:1-4
God's Provision and Protection	Psalm 28:7, 34:10; Matthew 6:25-34; Psalm 91
God Works through Families	Genesis 17:7; Romans 3:23; Galatians 5:16
One Nation Truly Under God	Psalm 33:12-15; Psalm 52:4; Job 24:1-25
God wants to use You!	2 Timothy 2:20-21
Restore Relationships	Proverbs 19:11; Ephesians 4:30-32; Romans 12:10
Salvation for the Lost	Isaiah 52:10
Spiritual Strength	Ephesians 3:14-21
Enlightenment	Daniel 2:21; James 1:5
Your Destiny	Proverbs 19:21, 20:24; John 5:20; Romans 12:2
Life Balance	Ecclesiastes 3:13
Promotion	Deuteronomy 8:6-18; Psalm 75:6, 7
Guidance	Philippians 1:9-11
Unity	Romans 15:5-6

Reading the Word of God

Read 1 Chapter of the Gospel of John per day.

Day 1	John Chapter 1
Day 2	John Chapter 2
Day 3	John Chapter 3
Day 4	John Chapter 4
Day 5	John Chapter 5
Day 6	John Chapter 6
Day 7	John Chapter 7
Day 8	John Chapter 8
Day 9	John Chapter 9
Day 10	John Chapter 10
Day 11	John Chapter 11
Day 12	John Chapter 12
Day 13	John Chapter 13
Day 14	John Chapter 14
Day 15	John Chapter 15
Day 16	John Chapter 16
Day 17	John Chapter 17
Day 18	John Chapter 18
Day 19	John Chapter 19
Day 20	John Chapter 20
Day 21	John Chapter 21



Giving Thanks

Here is a devotional for digging into God's Word and discovering good reasons to say, "Thank you, God!" during this time! Always give thanks; be joyful always; pray continually; give thanks in all circumstances for this is God's will for you in Christ Jesus (1 Thessalonians 5:16-18). This is a year-long giving challenge above and beyond your tithes and regular offering.

1. Think back to a time when something bad happened. What were your prayers like then?
2. Start a list of the ways God has been good to you. Whenever you think of another reason to be thankful, add it to the list.
3. Offer God a prayer of pure thanksgiving, with no requests in it.
4. Ask God to help you become a more grateful person.
5. Purchase a package of thank-you cards and write short notes of appreciation and gratitude to several people. Send those cards until they're all gone.
6. Praise God for creating you and loving you just the way you are.
7. No complaints for 21 days.
8. More reasons to say, "Thanks, God!" Passages To Read And Study

- Genesis 9:12-17
  He's the ultimate promise keeper
- Deuteronomy 8:10
  He takes care of our needs
- 1 Chronicles 16:8-9
  His wonderful acts
- Psalm 7:17
  His righteousness
- Psalm 107:1
  He's just plain good
- Luke 2:10-11
  For the gift of Jesus
- John 14:26
  For the gift of the Holy Spirit
- Ephesians 2:8-9
  For the gift of salvation
- 1 Corinthians 15:55-57
  For victory over death
- Colossians 1:3
  For Christian friend

Just like prayer, fasting and being thankful, and reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationships. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways. Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotion every single day, and come prepared to hear what He wants to tell you. On page 9, I have outlined a reading option for you to consider during this time of consecration. The reading will be to read one chapter per day from the Gospel of John.