



ANNUAL FASTING AND PRAYER CONSECRATION

15 Days in 2015

Duration: Fasting begins on Thursday, Jan. 15 and ends on Friday, Jan. 30, 2015.

Participants: All Progressive members, watch care members and attendees.

Focus Scripture: Joel 2:12

“NOW, therefore, says the Lord, Turn to me with all your heart, with fasting, with weeping and mourning.”

Purpose & Goals:

- Start 2015 off the right way by seeking God’s face and turning to God with our whole heart through fasting and prayer
- To hear His voice and develop a closer relationship with Him
- To seek new direction for our lives
- To have our souls restored

“He restores my soul: He leads Me in the path of righteousness for His Name’s sake.” - Psalms 23:3

Type of Fast:

- We are asking you to eliminate certain solid foods & drinks, of your choice, from your usual diet (i.e. meat, sweets, coffee, soda, etc.) for 15 days. This fast is similar to the Daniel fast where he set himself apart and only ate certain foods and drank only water.

“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, til three weeks were fulfilled.” - Daniel 10:3

- The Holy Spirit may also lead you to fast from other things (TV, media, social networks, etc.). Follow the leading of the Holy Spirit as to what you are to do.

Preparation:

- Pray and ask the Holy Spirit to help you. Ask Him to give you the spiritual, physical, and emotional strength that you will need through this fast.
- Ask the Holy Spirit to examine your heart so sins may be confessed; ask if there are any areas in your life that you need to address through this fast
- Plan your meals & get rid of or put away foods that are tempting

Corporate Prayer:

We will meet Thursdays at 6pm on Jan. 15, Jan. 22, and Jan. 29 for worship and prayer.

Additional Guidance:

- Expect to receive the reward for fasting

“Your Father who sees in secret will Himself reward you openly.” – Matthew 6:4

- Don’t be like the hypocrites

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face.” – Matthew 6:16-17

For Further Study:

- *Bible*
- *Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God, Jentezen Franklin*
- *Prayers that Bring Healing and Activate Blessings: Experience the protection, power, and favor of God, John Eckhardt*