**Faith Works Global Ministries Time of Prayer and Fasting**

**Fasting Period:** January 24 - 28, 2022 from 7am to 3pm daily

**Type of Fast:** Absolute (No food or water and abstaining from fleshly pleasures)

**Focus of Fast:** Increased desire for God and His will

**Fasting/Prayer instruction:** Each morning of our fast will start with anointing our heads with oil in the name of Jesus followed by prayer (**Matt 6:17-18).** If you take medication, please continue to do so only drinking enough water to wash the medicine down. If you are diabetic and need to eat a small snack to ensure your blood sugar is regulated do and presume the fast. Each evening after our time of fasting please be mindful not to over eat, but consume a small meal in preparation for the next day fast. Avoid secular entertainment during this time of fasting and prayer.

Our morning prayer will start with a petition for God to create an unquenchable hunger and thirst for His presence. We also want to ask God to reveal anything in our lives that hinders Him from pouring out His Spirit on us in a new and powerful way. We want to ask God to forgive us for any sin, known and unknown that we have committed against Him. We want to also ask God build our spiritual man as we afflict our natural man (Flesh). Let’s ask God to help us stay focus on Him as we fast throughout the day. Also pray that our sisters and brothers that are united with us in this time of fasting and prayer will be supernatural transformed as Christ becomes their desire.

Purposefully set time aside to pray and read your Bible as you fast. If you work utilize your break and lunch times to intentionally pray and read your Bible. A daily thought and scripture reading will be set out through the church app each day of the fast. Lastly, remember we will get out of this consecration what we put into it. End each day of our fast with prayer thanking God for what we desired of Him that morning. **Mark 11:24** **24**Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Get ready for a break through!

Pastor Thornton