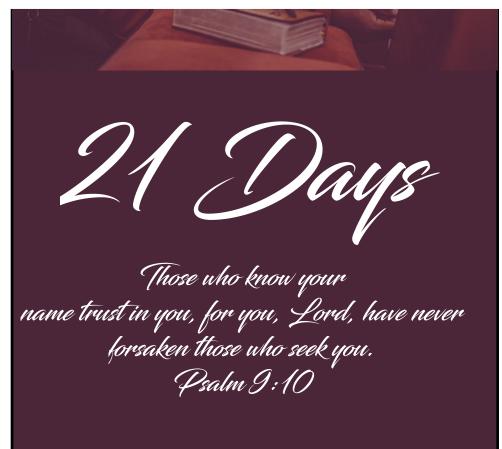


January 1 - 21, 2024



FAST & PRAY 2024			

# January 2024 Fasting & Prayer

"My sheep hear My voice, and I know them, and they follow Me." John 10:27

 Hearing God's voice requires us to sit with Him, reading His word, praying, and waiting.

"Call to Me, and I will answer you, and show you great and mighty things, which you do not know." Jeremiah 33:3

 He desires to hear from us, not just in our time of need, but for guidance in every area of our lives.

For the word of God is living and powerful, and sharper than any two -edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. Hebrews 4:12

 As you spend time with Him, He will reveal the condition of your spirit & heart. Do not retreat from what He is saying to you, but embrace it. Allow His Word to TRANSFORM you this year.

So then **faith** comes by hearing, and hearing by the word of God. Romans 10:17

Our faith in God is built up as we sit, listen, and move with Him.
 Faith is spirit, not tangible, but developed through believing & trusting in the Lord.

It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life. John 6:63

 This year, focus on your spiritual growth. As we grow in our spirit, we are able to weather the storms that may come, develop our thought life which in turn causes us to speak life not death, build our faith, & be a great testimony to our Lord Jesus Christ.



<sup>&</sup>quot;And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him" Heb. 11:6

#### **FASTING & PRAYER**

Fasting and prayer are very powerful spiritual ministries that God responds to. In fasting, the abstinence from food (and other things) is an outward demonstration of an inward heart of contrition and repentance toward God. It is also a spiritual act of humbling and emptying ourselves before God in submission to His Lordship. Fasting is crucifying our flesh ans self and enthroning God. It brings us into total submission to Him. We deny all that is ourselves... our will, needs, appetites, desires, priorities, motives and embrace all that is His. There are different ways of fasting. Let the Lord lead you at all times.

We fast ...

- Food abstinence from food (depending on how God will direct you)
- Time set aside time to pray and wait on God
- Priorities deny personal priorities; make seeking Him first priority
- Pleasures abstinence from things or activities we enjoy (hobbies, TV, internet, entertainment, recreation) and devote that time and energy to God

## How do we fast?

We are to fast as the Holy Spirit leads us. Let Him show us what He is dealing with us in our life. Fasting must be accompanied with prayer.

- Total fast Abstaining from solid foods for all meals.
  Taking only liquids (water). <u>If you have a health need, consult your doctor before fasting.</u>
- Partial fast Abstaining from certain meals or reducing the normal portions of intake. (No snacking to make up

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That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. 1 Tim. 4:10

FAST & PRAY 2024	

### How do we wait on God?

Plan to set aside a time and place to wait on God each day of our 3 weeks of Prayer and Fasting. (Remove all distractions).

- Waiting is an act of submission. It crucifies the flesh. It lets God be God
- Allow Him to search us thoroughly that nothing is hidden
- Consciously tune our heart and spirit to hear Him and be sensitive to His voice
- God will draw near to us and reveal Himself to us
- It brings revelation of things that we need to take care of
- It allows the Holy Spirit to illuminate our hearts



## LISTEN FOR THE "still small voice"

11 Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.

1 Kings 19:11-12

FAST & PRAY 2024	FAST & PRAY 2024
"The steadfast love of the Lord never ceases; His mercies never come to an end; they	
"The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in Him." Lamentations 3:22-24	

FAST & PRAY 2024	FAST & PRAY 2024
Do not be conformed to this world, but he transformed by the renewal of your mind	
Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2	

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	"But	at I tell you, love your enemies and pray for those who per	rsecute you." Matt. 5:44

FAST & PRAY 2024	FAST & PRAY 2024		
	"For God gave us a spirit not of fear but of power and love and self-control." 2 Tim1:7		

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"Behold, I am doing a new thing; now it springs forth, do you not perc	

FAST & PRAY 2024	FAST & PRAY 2024
"For I will many out water on the thirst land or I -t the Jee J. I. 11	
"For I will pour out water on the thirsty land, and streams on the dry ground; I will pour out my Spirit on your offspring, and my blessing on your descendants." Is. 44:3	

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	 "For we do not wrestle against flesh and blood, but against the rulers, against the
	 "For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm." Ephesians 6:12-13
	Epnesians 6:12-13