



The



# Corporate Fasting Guide

*Blow the trumpet in zion, consecrate a fast, call a sacred assembly , gather the people, sanctify the congregation, assemble the elders...Joel 2:15-19*

# The Corporate Fasting Guide

Disclaimer: Grace Church International strongly encourages individuals with any health concerns to consult their physician prior to beginning the fast. If you have a chronic condition or are taking prescribed medications, or are under any professional medical supervision, please check with your doctor prior to joining in the fast.



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# Foundational Scriptures

## **JOEL 21:15-19**

**15** Blow the [a]trumpet in Zion,  
Consecrate a fast,  
Call a sacred assembly;

**16** Gather the people,  
Sanctify the congregation,  
Assemble the elders,  
Gather the children and nursing babes;  
Let the bridegroom go out from his chamber,  
And the bride from her dressing room.

**17** Let the priests, who minister to the Lord,  
Weep between the porch and the altar;  
Let them say, "Spare Your people, O Lord,  
And do not give Your heritage to reproach,  
That the nations should [b]rule over them.  
Why should they say among the peoples,  
'Where is their God?' "

**18** Then the Lord will be zealous for His land,  
And pity His people.

**19** The Lord will answer and say to His people,  
"Behold, I will send you grain and new wine and oil,  
And you will be satisfied by them;  
I will no longer make you a reproach among the nations.

# Fasting & Prayer Guidelines

## **BEFORE THE FAST (BODY & SPIRIT)**

- Begin to reduce your food portions prior to the fast.
- Flush the body by drinking plenty of water.
- Begin to eliminate caffeinated and sweet beverages.
- Be strategic, plan your meals ahead of time.
- Remove temptations like; snacks, candy & sodas.
- Avoid fast foods and over processed foods from your diet.

## **SPIRITUAL PREPARATION:**

- Read and meditate on Psalm 51 daily.
- Reduce distractions and designate a quiet time and place to be with the Lord and for reading the Bible daily.

## **SUGGESTIONS DURING THE FAST**

- Get a journal/notebook: Write down your prayer requests and answers and journal what the Lord says to you.

### **Relevant reading:**

Psalm 77:11-12, Deut. 17-18, Deut. 6:4-7, 2 Tim.1-5

## **ESTABLISH ACCOUNTABILITY:**

- Partner with others. Pray, share, and commit to the fast with each other and hold one another accountable.

**Relevant reading:** Matt. 18:20 Ecclesiastes 4:9-10, Psalm 133:1-3

## **PRAY IN SILENCE AND SOLITUDE**

- Spend time in silence and solitude to allow God to speak to you.
- Limit social networking: Facebook, Twitter and Instagram.
- Limit unnecessary phone use and excessive texting.

**Relevant reading:** Matt. 4:1, 14:23, Mark 1:35, Luke 4:42, Ps. 46:10

## **FASTING INSTRUCTIONS:**

- Eat plenty of fruit and vegetables.
- Drink plenty of water and 100% juice.
- Eliminate or limit bread, pasta, and rice.
- Eliminate or limit meat intake to one serving a day; chicken, turkey, or fish.
- Eliminate sugar, sweets, caffeine, and snack foods; candy cake, chips, coffee, soda, etc.

## **FOOD & BEVERAGE ITEMS TO INCLUDE DURING THE FAST**

- All Fruits
- All Vegetables
- All Whole Grains
- All Nuts & Seeds
- All Legumes
- All Quality Oils
- Spring and distilled water, soy, almond or oat milk.

## **SUGGESTIONS AFTER THE FAST**

Gradually return to your regular diet. Be careful and continue to drink plenty of water and eat healthily.



# Scriptures for Prayer & Meditation

1 Peter 4:7-10

Acts 4:32-33

Joel 2:15-17

Psalms 51

Psalms 27:14

Philippians 4:13

Daniel 10:2,3

Phil 4:19

Isa 31:5

Isa 60:1-3

Isa 61:1-4

Psalms 91

Proverbs 3:1-8

Matthew 6:25-34

Psalms 27:11

Prov. 3:5-6

Rev. 21:4

Exodus 15:26

Isaiah 57:19

Isaiah 53:5

Jeremiah 17:14

Jeremiah 33:6

Isaiah 58:6

Matthew 6:12

1 John 8-9

Psalms 139

Peter 4:8-10

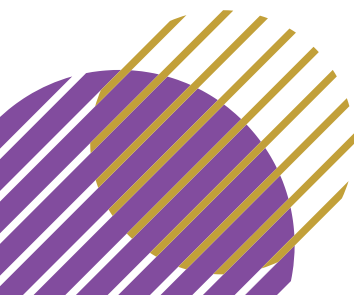
Psalms 31:3

Psalms 23:3

John 16:13

Psalms 37:23

Psalms 25:4-5



## CORPORATE PRAYER POINTS

- God's will and plan for our church and for our individual lives
- Obedience and submission to the will of God
- Discernment and wisdom in all things
- Financial breakthroughs
- Divine Favor & Protection
- Spiritual knowledge and maturity
- Salvation for friends, family and loved ones
- Increased passion for the call of God in our lives
- Increased passion for the Church of the Lord Jesus Christ
- Increased passion for prayer, praise, and worship
- Increased passion for service in the church and the community
- Increased participation in tithing and sacrificial giving
- Increased participation in church attendance
- Increased influence with government officials, law makers and judicial systems
- Increased influence in arts, media, and entertainment
- Increased influence in education systems
- Increased influence in financial and banking systems

