

SEVEN DAY FASTING AND PRAYER GUIDE

BEGINNING JANUARY 4 AT 6PM,
ENDING JANUARY 10 AT 6PM

In the Bible, we see multiple examples of God's people entering into a season of fasting for spiritual breakthrough. We believe we will see God move through our prayer and fasting.

Fasting is abstaining from food that we need or enjoy for the purpose of intense spiritual focus through scripture and prayer. Fasting with prayer can be a powerful tool to help us draw near to the Lord. In this time, we will see Him bring about spiritual breakthrough in our lives individually and in our church corporately.

WHAT TYPE OF FAST IS BEST FOR ME?

** Important note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.*

- Complete Fast: Drink only liquids.
- Partial Fast: Fast from certain meals or from sunup to sundown each day.
- Progressive Fast: Day 1-2 fast from certain meals; day 3-4 fast from sunup to sundown; day 5-7 consume only liquids.
- Daniel Fast: Eat fruits and vegetables only (no meat, sweets, or bread).

TIPS FOR SUCCESS

- Be completely committed to this 7-day journey.
- Prayer and the Word are essential. The focus is not the absence of food but pursuing the Lord in prayer.
- Participate at The Prayer.
- Follow the Consecration Guide.
- Check out this fasting resource for guidance: <https://bit.ly/2XgL9Zw>

PRAYER PETITIONS

- Pray for a fresh outpouring of God's manifest presence in our lives individually and on our church corporately, leading us into true revival.
- Pray for God to call and move 300 people from the Longview campus to help launch and establish the new Kilgore campus.
- Pray for 2,000 people to commit to the NT260 reading plan this year and devote their mornings to prayer and the Word each day.
- Pray for the Holy Spirit to reveal the spiritual gifts He has given our people and to give us the wisdom to walk in those gifts in a way that builds the church and glorifies Jesus.



REGISTER YOUR FASTING
JOURNEY WITH THIS QR CODE
SO OUR PASTORS AND ELDERS
CAN PRAY FOR YOU DURING
THIS TIME BY NAME.

AFTER REGISTRATION, YOU'LL
RECEIVE A CONFIRMATION
EMAIL WITH MORE INFORMATION
AND ENCOURAGEMENT
THROUGH THE FAST.