



Praying and Fasting
With Purpose
2019 Guide

Connecting and growing with God and each other is the vision and ministry God has called One Life to fulfill. We know that the world is filled with broken and hurting people just like us who need the love that only God can give. Our passion is for God, and our business is to love as Christ has taught us through prayer and practice.

Loving all people starts first with us. It will require focus, commitment and a consecrated heart for God. 2 Peter 1:5-6 reminds us that as God's chosen, we are called to be self-controlled having authority over our bodies, our minds and our Spirit. Without self-control it is impossible to love ourselves or others. The beginning of the year is a perfect time to begin to take authority over our whole body. The 31 days of January is dedicated to a time of cleansing our physical and spiritual temples. Just as Jesus cleansed his mind and heart during his time in the wilderness before accomplishing his task in the earth, we as God's children also need clarity of heart and mind to accomplish God's Will.

During this time of consecration, I invite you to make the following disciplines a part of our daily or weekly practice. If they are already disciplines in your life, look for ways to increase them and their effectiveness in helping you to take authority over your life.

If you take medication ALWAYS speak with a physician before beginning any fast.

1. Study of the Word (Matthew 4:1-11) - Read, study, and meditate each day. It is important that you not simply study the Word, but apply it to your daily living. Increase Scripture Study

2. Prayer (Matthew 6:5-14) - When prayer is coupled with the Word, there is nothing you cannot do! Establishing a devotional time to Pray daily is not an option; it is essential!

3. Fasting (Matthew 6:16-18) - The discipline of fasting is for the purpose of self-examination, purification and focusing on God. Throughout this sacred time, we invite you to observe a season of progressive sacrifice.

There are several ways you can choose to fast from food:

- a. Daniel Fast: For 31 days you can choose to eat fruits, vegetables, water. See www.daniel-fast.com for guidelines and recipes.
- b. Refrain from any type of social media and excessive spending for 31 days.
- c. Other Food Fast:
 - Ketogenic
 - No sweets/no eating after 7:00
 - Miss one meal a day
 - Miss two meals a day

- 7 days Liquid Fast - Drink liquids only!

4. Giving - We believe God has called each of us to give of our talent, time, and treasure. Giving, specifically tithing is a spiritual discipline in that it is one way to show where you are in your relationship with God.

5. Serving - Each of us has been gifted for ministry in and through the church. During this sacred time, we invite you to get involved with one of the ministries of our Church or begin to seek God on how you can help start a new ministry serving the needs of someone else.

INSTRUCTIONS FOR FASTING

Prepare Yourself Physically: Fasting requires reasonable precautions. **Consult your physician first**, especially if you are pregnant, taking prescription medication, or have a chronic ailment. Some persons should never fast without professional supervision.

While You Fast:

- Avoid drugs, even natural herbal drugs and homeopathic remedies.
- Limit your activity.
- Exercise only moderately.
- Rest as much as your schedule will permit.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness. The first two or three days are usually the most difficult. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually.

However, should you feel hunger pains increase your liquid intake.

Put yourself on a Schedule: For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be. Pray for His vision for your life and empowerment to do His will.

Breaking Your Fast: End your fast gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid foods to your stomach and digestive tract will likely have negative, even dangerous consequences. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

“Fasting is not about ritual. It’s about Relationship! So let’s Connect and Grow together”

Ephesians 4:4-6

⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.