

# FASTING TOGETHER

## VISION

We believe God's inviting our church to intercede for breakthrough personally, locally, and globally this season. Toward that end, we've set aside Mon 10/28- Weds 10/30 for fasting and prayer. In the Bible we see people fasting (*not eating food for a period of time in order to heighten our hunger for the things of God*) in 3 main ways: a fast from food and only drinking water, a partial fast (*only drinking juice or only eating vegetables*), and an absolute fast (*fasting from all foods and liquids*). We also believe that abstaining from things such as media, though not true biblical fasts, carry a similar heart and can achieve many of the same results. Let's walk in expectancy as a people for all that God wants to do during this time of fasting.

Chris Mirabito  
LEAD PASTOR

## PLANNING YOUR FAST

- What are you fasting for? (*Check out the prayers on the back for help.*)
- When will you begin/end your fast?
- What will you fast from? Will you drink water only (a water fast), water and juice (a juice fast), or abstain from something else specifically?
- How will you schedule your time to make room for worship and prayer? (*You're invited to join us at the church for prayer and worship times*)
- Mon - Weds 6am, 12pm, & 6pm. located at 608 E. Drake Road)

## HOW TO PREPARE

- Resist the urge to have a final "food gorge" before you begin.
- Weaning yourself off of caffeine and sugar ahead of time makes the fast easier on your body.
- Guard your schedule and don't make tons of extra plans during the fast.
- These people should not fast: *women who are pregnant or nursing, people dealing with an eating disorder such as anorexia or bulimia, individuals with blood sugar problems such as hyperglycemia and diabetes, people taking heavy medications that require food. If you have a specific health concern, consult a physician before fasting.*



## CRAFTED PRAYERS:

### Prayer for personal revival:

*Jesus, you are my Lord and the one who loves me with an enduring love. Would increase my hunger for you? I repent for any ways I have filled my heart with things other than you. Will you move in my life in greater ways and fill me with your Holy Spirit? I need you more! Come, Lord Jesus & stir revival in my heart!*

### Prayer for our Church:

*Jesus, I pray over our church. You are the head of this church and the good shepherd over us. Lead us where you will. Would you thwart the plans of the enemy? Place a shield of protection around us. Help us to grow as a community. Knit our hearts together in unity. Grow us together into your image in passion and righteousness! Make us a sending vessel to the nations of earth so many peoples would hear the Gospel through this family. Increase our impact in our own city! Would many be added to our numbers as it was in the book of Acts? Pour out your Spirit on us! Come, Lord Jesus!*

### Prayer for our City:

*Jesus, I declare your Lordship over all the earth and over Fort Collins. Would you destroy the works for the enemy in our city? Stir up your church through Harvestfest this week. Stir up prayer and a bold proclamation of the Gospel among your people. Help us to love and serve our neighbors well. Would you move powerfully in this city this week and the weeks ahead? Come, Lord Jesus!*

## PRACTICAL TIPS FOR YOUR FAST:

- Replace your eating times with reading your Bible, worship, and prayer.
- Get plenty of rest & drink plenty of water
- If you are doing a juice fast, make sure and only drink 100% juice. (Juice cocktails typically contain extra sugars) The more acidic juices like orange juice can be hard on your stomach. Apple juice is a good option.
- Most people experience headaches, hunger pains, irritability, etc. in the first stages of fasting. Your body is detoxing. This is normal. Keep going!

## BREAKING YOUR FAST:

- Don't overeat. Eat a small portion. Avoid fast food and heavy greasy food.
- Fruits and vegetables are the best foods to eat after a fast. Light soups are also good.
- The longer the fast, the more careful you need to be when breaking the fast. A good rule of thumb is one day of a specialized diet for every 5 days of fasting.