

# Beginning and Committing to a Fast

## Introduction

There are different kinds of fasts: a total fast from foods and liquids for a short interval of time; a liquid fast, in which only water may be drunk; a juice of smoothie fast, which involves drinking water and a given amount of juices or smoothies at normal mealtimes; a fast from meats, in which only fruits and vegetables may be eaten. Our twenty-one (21) day fast is based on Daniel 10: 1-3.

It is important to understand the effects of fasting on the spirit, soul, and body. Before committing to a fast, I encourage you to study the Word of God and to read material that will provide important nutritional and other health information. Understanding will help to avoid harm and injury - both physically and spiritually. If there are certain foods you have to eat and medications that must be taken please continue to follow your diet and fast from those things that you know you can give up.

Do not flaunt or display your fast in a way that may cause others to think you are bragging about what you're doing, nor do we want to feel like we're in a contest with others. Our fasting is between us (individually) and God. Do talk with your family and close associates if necessary to let them know what you are doing.

Let's pray for each other and ask God to bless everyone that's participating in this 21 day fast, as we commit the first part of the year (a First Fruit Offering) to The Lord. Remember, this is our commitment to The Lord and to ourselves as we seek Him for Wisdom, Knowledge, and Understanding of His Word and to have a closer walk with Him. We're also asking God to bless the remainder of the year for us as we have committed the first part (First Fruit) to Him.

### ***Our Prayer for The Week as We Start Our Fast:***

Heavenly Father, I consecrate this fast to You and set my mind to gain understanding in these matters for which I am concerned. (Write your concerns out and keep them before your eyes and in your heart. Do not lose sight of the reason for your fast. Please pray also for Union Bethel Christian Church (your church) and leaders of the church.)

Lord, I humble myself before You, Most High God. In accordance with Daniel 10: 1 - 3, I commit myself to the fast-starting January 15th at 6:00 pm until February 5th at 6:00 pm following the schedule of items that we will be fasting from at the beginning of each week.

I obey the words of Jesus by putting on festive clothing, so that no one will suspect that I am fasting.

Father, you know every secret, and I look to You for my reward. I am assured that You hear me when I pray according to Your will, and I know that I shall have the petitions that I desire of You.

Father, I delight myself in You, and You cause my desires to be agreeable with Your will.

I choose the fast You have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke. I share my food with the hungry and provide the poor wanderer with shelter. When I see the naked, I will clothe him, and I will not turn away from my own flesh and blood, especially those who are of the household of faith. Then my light will break forth like the dawn, and my healing will quickly appear; then my righteousness will go before me, and Your GLORY, Lord, will be my rear guard.

Father, thank You for cleansing me - spirit, soul, and body. All my ways seem innocent to me, but my motives are weighed by You, my Lord and my Master. I commit this fast to You, and my plans will succeed. I thank You that it is You Who gives the wise answer of the tongue.

Forever, O Lord, Your Word stands firm in heaven. Your faithfulness extends to every generation, like the earth You created; it endures by Your decree, for everything serves Your plans.

In Jesus name, AMEN!!!!

| <b>PRAYER BASED ON THE FOLLOWING SCRIPTURE REFERENCES:</b>        |                      |
|---|----------------------|
| Matthew 6:17-18   | I Thessalonians 5:23 |
| I John 5:14-15  | Proverbs 16:1-3      |
| Psalms 37:4   | Psalms 119:89-91     |
| Isaiah 58: 6-14   | Matt 17:17-21        |
| <i>(Please take time to read the prayer reference Scriptures)</i> |                      |

***Schedule for the Fast:***

**Schedule for the first week: January 15 - January 21**  
**We will be fasting from meat (This includes chicken and fish)**

**Schedule for the second week: January 22 - January 28**  
**We will be fasting from all bread, desserts, crackers, etc...**

**Schedule for the third week: January 29 - February 5**  
**We will be fasting from all soda, coffee, tea, caffeine, and alcoholic beverages**

Allow the Holy Spirit to lead you each week. There may be other things He will direct you to give up. Be sensitive to His leading.

| <b>Scripture Readings for the Fast</b><br><b><i>(First Week)</i></b> |
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| Sunday - Proverbs Chapters 1 and 16                                  |
| Monday - Proverbs Chapters 2 and 17                                  |
| Tuesday - Proverbs Chapters 3 and 18                                 |
| Wednesday - Proverbs Chapters 4 and 19                               |
| Thursday - Proverbs Chapters 5 and 20                                |
| Friday - Proverbs Chapters 6 and 21                                  |
| Saturday - Proverbs Chapters 7 and 22                                |

I am praying for each of you and myself as we go through these 21 days together. If you get tired or weary and want to quit, DON'T!! Think about the reason you are fasting and continue to press toward the mark. You will be glad that you persevered. Blessings!!

Pastor Robinson