

“The discipline of fasting releases the anointing, the favor, and the blessing of God in the life of a Christian.”

Jentzen Franklin, Fasting Journal

Matthew 6:16-18 NASU

they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.” **Consecrate and dedicate yourself to this time of fasting**

Three things to ask yourself as you begin a fast:

1. What are your motives for fasting? Why am I doing this? Am I doing this so I can fit back into my clothes, health reasons? These are side benefits but must not be the main reason you are fasting.
2. What are the specific needs I am fasting for? Is it because of trouble or testing, finances, your children or direction? List the top three things you want God to do in your life and family and keep them before you during the fast.
3. Am I determined to minister unto the Lord during my fast? Fasting should be a time when our hearts cry out to the Lord, “I want to minister to you God; I want to love You; I want to know You more; I want to draw closer to You; my heart yearns for you as the deer pants for the water...”

The more serious you are as you approach a fast, the more you will get out of it. Fasting disrupts business as usual and you need to set aside time each day that is dedicated to God and seeking His face. The attached fasting resources will help you in maintain focus and prayer time as well as some “how to fast”, whether you are doing a whole fast or a modified fast or Daniel fast.

To maintain yourself as a consecrated vessel during this time of fasting, there are a few things you want to focus on:

1. Refrain from critical speaking, spreading negative words about or to anyone else.
2. Limit the amount of TV you watch, social media or other things that are distracting.
3. Spend time in worship with anointed worship music (Fasting Music CDs are available in the Welcome Ctr.)
4. Be in church as often as possible throughout the week; Tuesday night Prayer and Bible Study, Friday Night Service and Sunday mornings- 8 am or 10 am service. Being in fellowship with other believers will keep you accountable during your fast and you will find strength and encouragement as you minister corporately before the Lord.