

Isaiah 58:6 King James Version (KJV) *“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”*

**FBC'S CORPORATE FAST FOR 2015 IS**  
**January 4, 2015 – February 1, 2015**

**FBC's Personal Fasts for 2015 are the**  
**Monday after every first Sunday beginning in March, 2015.**

**A Biblical Fast is refraining from food for a spiritual purpose.**

***Haggai 2:6-9 New International Version (NIV)***

<sup>6</sup>“This is what the LORD Almighty says: ‘In a little while I will once more shake the heavens and the earth, the sea and the dry land. <sup>7</sup>I will shake all nations, and what is desired by all nations will come, and I will fill this house with glory,’ says the LORD Almighty. <sup>8</sup>‘The silver is mine and the gold is mine,’ declares the LORD Almighty. <sup>9</sup>‘The glory of this present house will be greater than the glory of the former house,’ says the LORD Almighty. ‘And in this place I will grant peace,’ declares the LORD Almighty.”

**Prior to fasting:**

- **Pray about what fast God wants you to do before starting:**
  - **Full Fast:** Drink only liquids - water &/or 100% juice (no coffee, teas, or sodas) 6:00 am – 6:00 pm (or for 12 hours from the time you wake up). **OR**
  - **The Daniel Fast:** Eat no meat, no sweets, no dairy and no bread. Drink water and 100 % juice. Eat fruits, nuts & vegetables. **Recipes in Vestibule & [www.pfbchurch.net](http://www.pfbchurch.net).**
  - **OR Give up at least one sacrificial item of food.**
- **Pray about your personal reason for fasting in addition to our Corporate goals:**
  - Family, marriage, children, job/ business, finances, health, breakthrough, etc., and find a scripture to go with it. (See list of FASTS IN THE BIBLE or topic index Biblegateway.com)
- **Repent of known and unknown sins.**
- **Consecrate a time and place for daily quiet time with the Lord, with study tools {Bible (read about fasting; the book of Daniel; God's glory, forgiveness; your own topic...), pen, paper, etc}.**
- **Plan what you are going to eat and drink ahead of time and don't overeat the night before.**
  - [www.caringcarrot.com](http://www.caringcarrot.com)
  - Google Daniel Fast & **See Daniel Fast Instructions & recipes - [www.pfbchurch.net](http://www.pfbchurch.net)**



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- **FASTING AND YOUR HEALTH:**  
We recommend that you always consult your physician prior to beginning any type of fast. If you are poor in health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast.
- **Commit to watch less or no TV while fasting. Same goes for other electronic devices. Spend that time in prayer and reading your Bible.**
- **Listen to Christian music & Praise God... Psalms 145-150.**
- **A big part of praying is being still and listening for the still small voice. 1 Kings 19:11-13**

**What to expect during your fast:**

- Fasting prepares the way for God to give you **fresh revelation**, fresh vision, and a **clear purpose**.
  - Fasting **prepares you for a new anointing...making you Ready for Greater Glory!**
  - Fasting is a tremendous **weapon and source of power in the life of a believer**.
    - **Sanctification:** When you sanctify yourself unto God, it moves you off the bank and into the miracles on the other side of the Jordan. **Joshua 3:1-17**. Let's all cross at the same time! **2 Chronicles 7:14**
  - When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. **Limit your activity and exercise moderately**. Take time to rest. Fasting brings about miraculous results. **You are following Jesus' example when you fast**. **Pray as often as you can throughout the day**. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.
  - **DRINK LOTS OF WATER!**
  - **Journal: write 3 things daily you're grateful for during your fast.** i.e. I woke up this morning.
- How to end your fast:** Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks. **Join us as we eat together on Wednesday, 11/20/13 at 7:00 pm in the HUB! For more info see [www.pfbchurch.net](http://www.pfbchurch.net)!**

While fasting can be a personal thing and should always be lead by the Holy Spirit, throughout the Bible there were many **corporate fasts**.

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|---|--------------------------------------|
| 1. Judah (2 Chronicles 20:1-25)                   | 2. Judah (Ezra 8:21-23)              |
| 3. Nineveh (Jonah 3)                              | 4. The Jews (Esther 4:1-3; 9:1-3)    |
| 5. John the Baptist's disciples (Matthew 9:14-15) |                                      |
| 6. Church at Antioch (Acts 13:1-5)                | 7. Many churches (Acts 14:23)        |
| 8. Judah (Nehemiah 9:1-4)                         | 9. Judah (Jeremiah 36:6)             |
| 10. Israel (Judges 20:26-35)                      | 11. Israel (1 Samuel 7:6-14)         |
| 12. Many people (Matthew 15:32-39)                | 13. Paul and 276 men (Acts 27:33-34) |



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