

# A Season of Fasting and Prayer

## January 2-31, 2012

*“Then Jehoshaphat feared, and set himself [determinedly, as his vital need] to seek the Lord; he proclaimed a fast in all Judah.” II Chronicles 20:3 (Amplified)*

The body of believers at ALWC will spend 30 days in fasting and prayer for the purpose of seeking God, drawing closer to Him and obtaining spiritual breakthroughs. In uniting together during this time of corporate fasting and prayer, we are expecting to go to the next level of His glory and see a greater demonstration of God’s miraculous power and presence in our lives and in the life of this ministry.

**Fast Begins Monday, January 2, 2011 6:00 a.m.**

**Fast Ends Tuesday, January 31, 2011 6:00 a.m.**

This is the season and the time for miracles and the suddenly to happen for you, your family and Abundant Life Worship Center. God will do exceeding abundantly above all that we ask or think, according to the power that worketh in us (Ephesians 3:20)

**During our fast, please pray for the following priorities and believe God for breakthroughs in these areas:**

### **1. Manifestation of His Glory; A Greater Outpouring of His Spirit**

*Prayer Declaration:* Father, manifest your glory in our midst and pour out your Spirit in greater measure in our lives. May we experience the manifestation of your presence, heavenly encounters, signs and wonders in our marriages, families, finances, health, businesses, and our church family (*Joel 2:28; Eph 5:22-33; Acts 16:31; Gen 18:18-19; Is 54:13; Eph 6:1-3; 2 Cor 9:8; Phil 4:19; Deut 8:18; 3 John 2; Matt 8:16-17; Ex 15:26; Deut 28:8; Dan 6:2-3*)

### **2. ALWC Body of Believers Drawing Closer to God; A Spirit of Prayer and Supplication**

*Prayer Declaration:* Father, as we draw closer to you, draw closer to us. Pour out a spirit of prayer and supplication upon us and increase our spiritual hunger. May the fire of the Holy Ghost consume us and keep our hearts hot for God. (*Zechariah 12:10*)

### **3. Seeking the Kingdom of God and His Righteousness; Holiness**

*Prayer Declaration:* We are Kingdom seekers focusing our affections on things above and not on things on the earth. We pursue righteousness and holiness. We are sanctified sons of God doing those things which please Him. (*Matthew 6:33*)

### **4. Debt Free Members and Church – Abundantly Blessed**

*Prayer Declaration:* We, the body of Believers of Abundant Life Worship Center, declare we have been carved out for an end-time expression of El Shaddai, the God of abundance and no lack. We are taught how to live independent of this world system and how to have dominion over it, therefore, in Jesus' name, we declare we are debt-free! The spirit of debt is destroyed over our lives and over this local church because of the anointing. We are the lender and not the borrower, the head and not the tail. We are blessed coming in and blessed going out. Our ministry and members are debt free owing no man anything but love. We are redeemed from the curse of debt. We are a tithing church, the floodgates of heaven are open over us and God is pouring out abundant provision. The devil is rebuked and all nations are calling us blessed. (*Romans 13:8; Deuteronomy 28:12; Malachi 3:10-12*)

## **5. To Disciple New Believers and Lose None That God Has Given Us**

*Prayer Declaration:* We are effectively training and making disciples of our new believers. They are being transformed by the renewing of their minds and walking in holiness, righteousness and authority. We are reaping the harvest of souls and not losing any that God has given us. (*Matthew 28:18-20; Matthew 10:7-8; John 17:12*)

## **6. Spiritual Growth**

*Prayer Declaration:* As members of the body of Christ, we commit to spiritual growth daily so that we develop in the love of God. As we grow, we will continue to bear godly fruit according to the Word of God. During the process of growth, we declare total deliverance from all strongholds that will hinder our relationship with Jesus, our family, our co-workers, other believers or anyone else. (*Matt 22:37-40; Phil 1:9-11; 1 Cor 13:1-13; Gal 5:22-23; Col 1:9-11; Mark 9:14-29; Ps 34:19*)

## **7. Church Growth**

*Prayer Declaration:* We are a thriving ministry that grows daily and inherits the lost, broken, depressed, etc. and maintain them as we provide hope, healing and love. The ministry gifts are in operation in this ministry for the perfecting of the saints to do the work of ministry. We believe that we receive 400 adult tithing members that are loyal, committed, dedicated, and faithful to the vision that you have given our ministry. (*Acts 2:41-47; Acts 5:14; Eph 4:8-11*)

## **8. Evangelism - Each One, Reach One**

*Prayer Declaration:* As born-again believers, we seek those who are lost and boldly minister salvation to them. We understand that some plant, some water but God gives the increase. We trust You, Lord, to increase all of our witnessing efforts that the lost will be translated from the kingdom of darkness into the kingdom of Your Dear Son. (*Matt 18:11; Acts 16:31; Psalm 33:12; Ex 19:5-6*)

## 9. Divine Protection

*Prayer Declaration:* Father, we thank You that because we take up permanent residency in You, we live in the protection of El Shaddai, God Almighty, whose power no foe can withstand! Because we say with our mouths, "You are our refuge," then You will deliver us from everything designed to hurt us, our families and our loved ones! Because we say with our mouths, "You are our God," we will not fall, for You are able to make us stand no matter what is going on around us! Father we thank You that our trust is in You and Your Word. We trust in You. We attach ourselves to You. In You we have divine protection. No evil will come upon us, no plague, calamity, or disaster can come near our bodies, our homes, our finances or our possessions. In Jesus Christ we have authority over all the power of the enemy! Father, we thank You that You are with us in trouble and You deliver us. We walk securely in an insecure world because You set us on high and because You said You will never leave us nor forsake us, no never! (*Psalm 91*)

## 10. Wisdom of God

*Prayer Declaration:* Father we ask you for wisdom because wisdom is the principal thing. May all of our affairs and decisions be dependent upon the wisdom we receive from You. We declare that we will make the right decisions and choices on a daily basis because we are people that actively pursue wisdom. (*James 1:5; Prov 4:5; Prov 5:1-2; Prov 7:4*)

**Prepare to enter this fast with an expectation to receive all that God has for your life this year.** Expect to experience the power of heaven invading earth and see God's glory manifest in every aspect of your life. Choose to follow and obey God and the vision that He has placed in our Pastors' hearts for this house. Position yourself to receive the blessing explosion that God has for His house to bless us beyond our wildest dreams so that we can become a blessing for others. Don't forget the mandate that ALWC has been called upon for **EACH ONE to REACH ONE and to provide HOPE, HEALING & LOVE!!**

**WHAT TO FAST?**

**Eat Fruits, Vegetables, Nuts (Plain) and Drink Water Only.**

**NO meats, NO cakes, NO cookies, NO fruit roll-ups, NO Cracker Jacks, NO sodas, NO coffee or Kool-aid, NO tea, NO jelly, NO Bread, NO presweetened cereals or Jell-O.**

With the exception of individuals who are pregnant, have diabetes, hypertension, other health issues (**We believe we receive total healing**), children and toddlers, and those who are required to eat certain foods daily with their medications, we believe that everyone is able to fast at this level.

**PLEASE READ THIS IMPORTANT NOTICE ABOUT THIS FAST**

*This fast is not compulsory and is on a volunteer basis. Before beginning any fast consult with your doctor to determine if you are healthy enough to participate in an extended fast. Abundant Life Worship Center, and any of its related entities, are not responsible for any health related conditions prior to and after this fasting period. Please pray about participating and allow the Holy Spirit to guide you to a decision.*

## Daily Instructions During Our Season of Fasting & Prayer

### I. 10 Areas of Priorities, Breakthrough and Prayer Declarations (Pgs. 1-3)

**Proverbs 18:21** says, "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."

Set the course of your day and your life by confessing the word of God daily.

**Please focus on our 10 areas of priorities during our fast and confess the Prayer Declarations daily. (Refer to Pages 1-3)**

### II. Prayer

As you enter this time of fasting and prayer, please remember that *"Fasting without prayer is just a hunger strike! Prayer always produces power!"*

**James 5:16** says, "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

We encourage you to set aside time daily to spend with God in prayer.

### III. ALWC Prayer Calendar

**Job 23:12** says, "Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food."

During this time of fasting and prayer, we encourage that you read and meditate on the daily scriptures that are located on our ALWC Prayer Calendar.

### IV. Journal

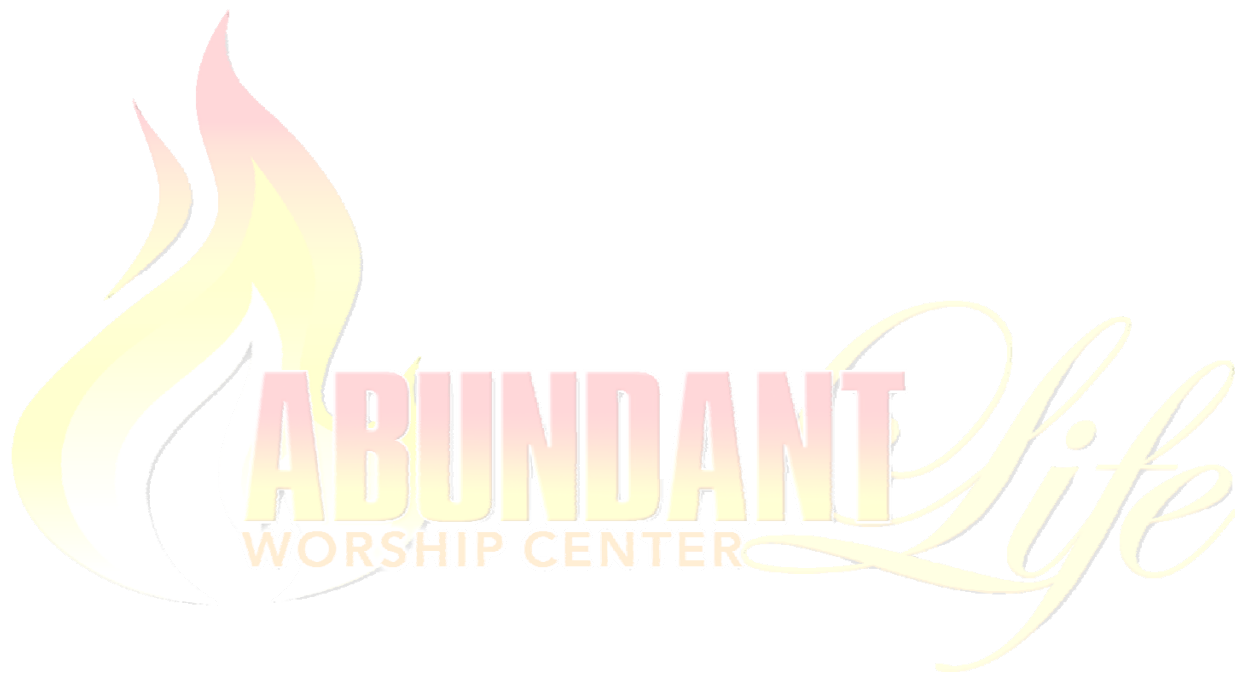
Keep a journal during your time of fasting and prayer. Your journal will be a consistent source of encouragement, strength, and insight long after the fast has ended, reminding you, often months later, of God's direction and calling for your life.

#### Tips For Your Journal:

- A. Include the specific date and time in your journal entry.
- B. Your journal should contain specific prayer requests & answers, written prayer, devotional thoughts, and spiritual insights you are gaining during your fast.
- C. Document whatever you believe God is teaching you, even though it may seem insignificant at the time.
- D. Possible questions to answer while making entries into your journal:

- What has God revealed to you about Himself?

- What has God revealed to you about His purposes?
- What has God revealed to you about His ways?
- What has God done in your life or through your life that has caused you to experience His presence?
- What Scripture has God used to speak to you about Himself, His purposes or His ways?
- What particular person or concern has God given you a burden to pray for? What has He guided you to pray for in this situation?
- What has God done through circumstances that has given you an understanding of His timing or direction concerning any aspect of His will?
- What word of guidance or truth do you know God has spoken to you through another believer?
- What adjustment is God leading you to make in your life?



## Prayer & Fasting For Spiritual Breakthrough

### Isaiah 58:6-14 (Amplified Bible)

<sup>6</sup>[Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke? <sup>7</sup>Is it not to divide your bread with the hungry and bring the homeless poor into your house--when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood? <sup>8</sup>Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard.<sup>9</sup>Then you shall call, and the Lord will answer; you shall cry, and He will say, Here I am. If you take away from your midst yokes of oppression [wherever you find them], the finger pointed in scorn [toward the oppressed or the godly], and every form of false, harsh, unjust, and wicked speaking,<sup>10</sup>And if you pour out that with which you sustain your own life for the hungry and satisfy the need of the afflicted, then shall your light rise in darkness, and your obscurity and gloom become like the noonday. <sup>11</sup>And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not. <sup>12</sup>And your ancient ruins shall be rebuilt; you shall raise up the foundations of [buildings that have laid waste for] many generations; and you shall be called Repairer of the Breach, Restorer of Streets to Dwell In. <sup>13</sup>If you turn away your foot from [traveling unduly on] the Sabbath, from doing your own pleasure on My holy day, and call the Sabbath a [spiritual] delight, the holy day of the Lord honorable, and honor Him and it, not going your own way or seeking or finding your own pleasure or speaking with your own [idle] words, <sup>14</sup>Then will you delight yourself in the Lord, and I will make you to ride on the high places of the earth, and I will feed you with the heritage [promised for you] of Jacob your father; for the mouth of the Lord has spoken it.

### FASTING

**Fasting is abstaining from food for a spiritual purpose.**

**Fasting is not a tool to twist the arm of God so that He will give you exactly what you want.**

Fasting has a spiritual purpose, and that purpose is to get your flesh out of the way so that the Spirit of God can move in your life. Fasting removes the barriers to communication with God and allows the spirit man to commune directly with the heavenly Father – without disturbance. When a person makes a determination to fast, they are making a determination to remove the obstacles in their life to total submission to the will of God. No wonder Satan is determined to eradicate this practice! Fasting tears down his strongholds. Fasting clears the way for our victory. Satan will do anything to prevent that.

Man is a triune being made up of body, soul and spirit. It is the spirit that came from God and longs to be reunited with God. Given the opportunity, the spirit will reach out to God and communicate with Him. These three parts of the person, however, compete for influence. Your spirit can influence your soul, and your soul can influence your flesh. If you are in tune spiritually with God, your soul has no choice but to delight in the decisions of your spiritual life. Your flesh submits to the authority of your soul.

## WHY FAST?

- Fasting enables you to break the hold of the flesh and bring your appetites into control. It places you in submission to the Spirit of God.
- Fasting helps to build godly character. As we spend time with God, we become more like Him in our speech, thinking, behavior, etc.
- Fasting helps to loose the chains of bondage. Fasting breaks spiritual strongholds. (Isaiah 58:6)
- Regular fasting can help protect us from the blindness of our own opinions and desires.
- Fasting will help us to be led by the Spirit instead of being led by faulty judgments.
- Fasting is a powerful tool for healing and restoration (Isaiah 58:8)
- Fasting crucifies the flesh. We are not to live our lives pursuing whatever gratifies the cravings and appetite of the flesh (the lower, carnal nature). Fasting enables you to break the hold of the flesh and bring your appetites into control.
- Fasting helps us to hear the voice of God more clearly.
- Fasting opens your spirit to the supernatural power of God.

## FOUR KINDS OF FASTS

1. The **normal fast** is going without food for a definite period during which you ingest only liquids (water and/or juice). The duration can be 1 day, 3 days, 1 week, 1 month or 40 days. Extreme care should be taken with longer fasts, which should only be attempted after medical advice from your physician.
2. The **absolute fast** allows no food or water at all, and should be short. Moses fasted for 40 days, but this would be a challenge for anyone without supernatural intervention. Be sure to test the spirit that tries to talk you into a 40-day fast, even if it includes liquids.
3. The **partial fast** is one that omits certain foods or is on a schedule that includes limited eating. It may consist of omitting one meal a day. Eating only fresh vegetables for several days is also a good partial fast. John Wesley ate only bread (whole grain) and water for many days. Elijah practiced partial fasts at least twice. John the Baptist and Daniel with his three friends are other examples of those who participated in partial fasts. People who have hypoglycemia or other diseases might consider this kind of fast.
4. A **rotational fast** consists of eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. The various food families are rotated so that some food is available each day.

## STEPS TO SUCCESSFUL FASTING

### **Declare, Determine, Commit And Dedicate**

**Declare that you are fasting and commit to it.** By making this declaration, you are putting every part of your being on alert. You are letting your body and mind know what you intend to do. Set the

boundaries of your fast. Determine what type of fast you will go on and how long the fast will be.

**Determine your purpose for fasting.** Are you fasting for divine guidance and revelation in a certain area of your life; the salvation of a loved one; to break a spirit of strife in your home or workplace; or to sever ungodly soul ties? Are you deciding whom to marry; where to move, or do you desire to draw closer to God?

**Commitment and Dedication.** Write a statement of commitment to God about why you are fasting and what you believe will be accomplished during this time. Write a brief prayer of dedication, devoting this time of denial to God and to His purposes in your life.

### **Repent Of Your Failings And Shortcomings**

- Most people have so many things that stand between them and God that they need several days just to clear the air and be ready to communicate well. Fasting is not just for the purpose of resolving specific problems. It has the purpose of renewing and strengthening your relationship with God so that your everyday prayers can be more effective.
- If you fast, yet you have something in your heart against your neighbor, spouse, co-worker, family member or church member – grudges, unforgiveness, bitterness, strife, envy, or backbiting – don't expect to get miracles from God. Any of those things will bring you into bondage if they are allowed to rule in your heart. Use this time of prayer and fasting to bring these things to the light and allow God to deal with them.
- Let God search your heart and bring to light hindrances to answered prayer of which even you are not aware.

### **Intercede For Others**

- When you have prayed for others, the Father will stretch out His hand to you and invite you to receive all that you are personally lacking.
- Intercede for the leaders of our society. Intercede for our community leaders. And intercede for our spiritual leaders.
- We are admonished by Jesus Himself to pray for more laborers for the spiritual harvest. If we should pray for them to get into the harvest, surely we can uphold them during their labors in the field.
- As Believers, we are all members of the same Kingdom. Support one another. Pray for one another. Intercede for one another.

### **Boldly Present Your Own Needs Before The Lord**

- *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:6-7
- God shows His interest in your need by His concern with your “*daily bread.*” He wants to supply for you personally. Don't be hesitant to take your petitions before Him. Do it boldly. God wants to help YOU.

## Concentrate On The Word Of God

- Once you have begun your fast, **don't spend all your time in front of the television.** Too many foods are advertised on television. The most important reason not to watch a lot of television, however, is that television won't feed your soul (or your spirit).
- Don't waste your time on magazines or other frivolous reading materials either. **Use this opportunity to get into the Word of God.** Meditate on God's promises. Let your mind dwell on them. Claim them for yourself.
- The Word of God is so powerful that it can penetrate any obstacle, any circumstance, or any problem in life. It is more powerful than a two-edged sword. It can separate the spirit from the soul. It can slice into the thoughts and intents of the heart. (*See Hebrews 4:12-14*)

## Don't Neglect The Prayer Aspect Of Fasting

- Our principle purpose in prayer is not to wrestle with the Enemy. If you allow him to, Satan will dominate your prayer time. The purpose of prayer is to communicate with the Father, to tell Him of our love, to worship and adore Him, and to intercede before Him for others.
- Don't pray for the Devil to go. Command him to go. Use the authority God has given you. Put the Enemy in his place. Let him know that he has no right to disturb you while you are communing with the Father.
- Don't hesitate to bind any evil spirit that torments you during prayer and fasting. Don't ask God to take care of them. He has given you authority to take care of them. Don't be afraid. Speak directly to the demons. Bind them in Jesus' name. Command them to take their hands off of your family, off of your business, and off of your house.

## Get Your Mind On God

- Be aware of God's presence with you. Be conscious of His working in your life. If you let your mind wander, God can never reveal to you those better things that He has prepared for you.
- Prayer is a two-way conversation. We speak to God, and God speaks to us. When God is speaking you must not be thinking about the score of your favorite football game or the current special offer at the corner restaurant.

## Learn To Sense The Presence Of God

- Many people do not get their prayers answered because they cannot sense His presence; and how can you converse with Him effectively if you cannot even sense His presence? Visualize Jesus as you talk intimately with Him. Look into His face. Talk to Him. Tell your troubles, but bring His word to Him about those troubles too. Confide in Him. Lay bare your soul before Him.
- Don't think of Jesus as looking like some painting you have seen and liked. He is like nothing that any human has been able to capture with a paint brush. Look to the Jesus of the Bible, not the Jesus of popular myth.

### **Hold Steady During The First Few Days**

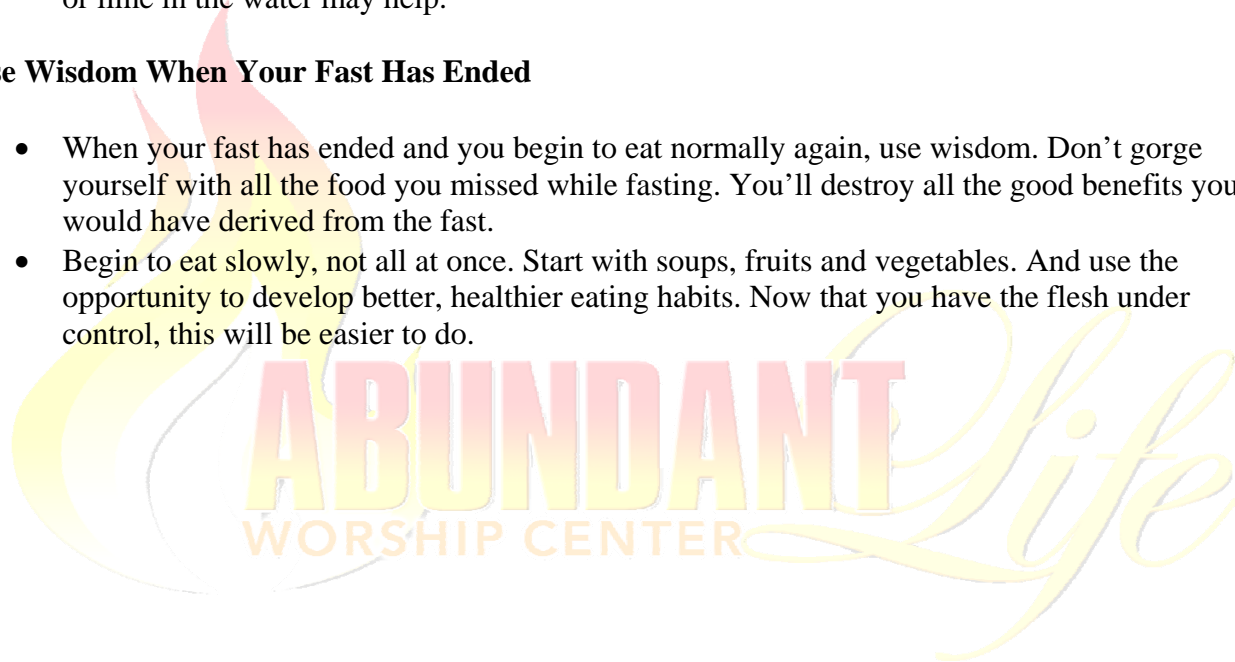
- Be firm during the first three days of your fast. They are the most difficult.
- When those first days have passed, it becomes easier to fast.

### **Drink Plenty Of Water While You Fast**

- Your body can go a long time without food, but it can only go a few days without adequate liquids. Since you will not be getting the liquids normally contained in most foods, drink a lot of water while you fast. Start drinking more, even before you start. It helps you to flush the poisons out of your system.
- A fast is a good time to get free from your craving for sugar. Too many of us are addicted to sweets. And drinking plenty of water will help you get over this craving. Putting a little lemon or lime in the water may help.

### **Use Wisdom When Your Fast Has Ended**

- When your fast has ended and you begin to eat normally again, use wisdom. Don't gorge yourself with all the food you missed while fasting. You'll destroy all the good benefits you would have derived from the fast.
- Begin to eat slowly, not all at once. Start with soups, fruits and vegetables. And use the opportunity to develop better, healthier eating habits. Now that you have the flesh under control, this will be easier to do.



## CONQUERING THE DESIRES OF THE FLESH BY FASTING

Fasting helps us subdue and conquer the cravings and desires of the flesh. The body makes a wonderful servant, but a very poor master. Fasting brings the carnal nature into subjection so that the body becomes the servant and the Spirit becomes the master. *We must fast to control the flesh. Romans 7:18 states that no good thing dwells in our flesh. Fasting helps us crucify (put to death and destroy the power of) the flesh with its affections and lusts.*

**The desires of the flesh include the following:**

1. Laziness and lethargy that keeps us from exercising, studying the Word and praying.
2. Cravings for sweets and fats that cause us to eat too much of all the wrong foods so that we end up piling on the extra pounds and never properly nourishing our bodies.
3. Out-of-control emotions, such as anger and rage, that can send us into a frenzy in traffic or cause us to say hurtful things to our loved ones, which we later regret; or angry outbursts when you don't get your own way.
4. Sex outside of marriage; thinking about and desiring inappropriate sexual activity.
5. Impure and ungodly desires.
6. Compulsive and obsessive desires for things other than God.
7. Creating strife by undermining people, criticizing and gossiping.
8. Sedition and rebellion.
9. Drunkenness and reveling.

**What desires of the flesh are trying to control you? Identify them and apply the Word of God.**