 DCHOW

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**Corporate Fast:**

“But the time will come when the bridegroom will be taken from them; in those days they will fast.” Luke 5:35.

**Dates: 7 Oct – 31 Oct 2019**

“A fasted lifestyle is a disciplined lifestyle” (Gal 5:23; 1Tim 1:7)

Fasting does not make GOD move any quicker for us or have our prayers answered any faster, but the overall goal is:

* **To realign our heart’s affection after HIS**
* **To consecrate the tent**
* **To close the gap between us and GOD**
* **To tune-up our walk in CHRIST**
* **To unify the body**
* **To rekindle the fire**
* **To break strongholds (and locate them)**

Fasting introduces a spiritual hunger to us. *JESUS said, “I have food to eat, that you know nothing about” (John 4:32).* Instead of consuming food, we consume the LORD.

Scripture examples:

* *Exodus 34:29*: Moses came down from the mountain after fasting with more insight for HIS purpose. HE was able to hear GOD and see the vision more clearly. He had a radiance on him after the fast.

Are you ready for the radiance?

* *Daniel 1*: Daniel and the 3 Hebrew boys fasted, and the Bible says they looked better than the ones that were eating choice foods.

Are you ready for your spiritual makeover?

**Purification Fast**

*“The eye is the lamp of your body; when your eye is clear, your whole body also is full of light; but when it is bad, your body is also is full of darkness” Luke 11:34*

-Let’s clean our perceptions, to redefine our perspectives to reshape our realities-

* **No TV, leisure social media, video games, secular audio/music & random internet surfing. Substitute time by reading and praying.**
* **If accustomed to picking up your phone first thing in the morning & checking social media, now sub for reading a Psalm or Proverb etc. or even prayer.**
* **For married couples, if you normally attend movies, fill in the time now reading a book together in the Bible & enjoying each other through other outlets. Last week we will add vegetables/fruits/nuts only. For food adjust accordingly especially with medical restrictions.**
* **Suggestions to read during substitute time: Ezekiel, Isaiah, 1 & 2 Corinthians, etc). Remember this is a fast to clean out the eye and ear gates. We are filling those gates with GOD.**
* **Our overall collective fast reading will be from Joshua and Judges. An email will be sent and posted on the church chat group as a word document and with a prayer daily by 8 AM except for Sundays. Read the chapters, and the word for that day then pray for yourself regarding the topic of purity for 5-10 min. (Remember to write down the things HE shows you regarding the topic about yourself. \*Memorial stone)**

Day 1 (Oct 7)

* Read Joshua 1-2
* Pray 5-10 min: Focus topic of purity

Day 2 (Oct 8)

* Read Joshua 3-4
* Pray 5-10 min: Focus topic of purity

Day 3: (Oct 9)

* Read Joshua 5-6
* Pray 5-10 min: Focus topic of purity

Day 4: (Oct 10)

* Read Joshua 7-8
* Pray 5-10 min: Focus topic of purity

Day 5: (Oct 11)

* Read Joshua 9-10
* Pray 5-10 min: Focus topic of purity

Day 6: (Oct 12)

* Read Joshua 11-12
* Pray 5-10 min: Focus topic of purity

Day 7: (Oct 13) Church service

Day 8: (Oct 14)

* Read Joshua 13-14
* Pray 5-10 min: Focus topic of purity

Day 9: (Oct 15)

* Read Joshua 15-16
* Pray 5-10 min: Focus topic of purity

Day 10: (Oct 16)

* Read Joshua 17-18
* Pray 5-10 min: Focus topic of purity

Day 11: (Oct 17)

* Read Joshua 19-20
* Pray 5-10 min: Focus topic of purity

Day 12: (Oct 18)

* Read Joshua 21-22
* Pray 5-10 min: Focus topic of purity

Day 13: (Oct 19)

* Read Joshua 23-24
* Pray 5-10 min: Focus topic of purity

Day 14: (Oct 20) Church service

Day 15: (Oct 21)

* Read Judges 1-2
* Pray 5-10 min: Focus topic of purity

Day 16: (Oct 22)

* Read Judges 3-4
* Pray 5-10 min: Focus topic of purity

Day 17: (Oct 23)

* Read Judges 5-6
* Pray 5-10 min: Focus topic of purity

Day 18: (Oct 24)

* Read Judges 7-8
* Pray 5-10 min: Focus topic of purity

Day 19: (Oct 25)

* Read Judges 9-10
* Pray 5-10 min: Focus topic of purity

Day 20: (Oct 26)

* Read Judges 11-12
* Pray 5-10 min: Focus topic of purity

Day 21: (Oct 27) Church service

Day 22: (Oct 28)

* Read Judges 13-14
* Pray 5-10 min: Focus topic of purity
* Start of vegetables/fruit/nuts

Day 23: (Oct 29)

* Read Judges 15-16
* Pray 5-10 min: Focus topic of purity

Day 24: (Oct 30)

* Read Judges 17-18
* Pray 5-10 min: Focus topic of purity

Day 25: (Oct 31)

* Read Judges 19-21
* Pray 5-10 min: Focus topic of purity

Nov 1: Fast End….Let’s Celebrate!!!!

**Cautions of fasting:**

* *“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. (Matthew 6:16)*
* Fasting is not to brag and let everyone know you are fasting or starving. If someone ask you to go to lunch, simply say, “No, I am good got a few things I have to do.” If the office ask you why you are not eating any of the food, simply respond, “You are good, you already got some food.” The Bible declares, “Man shall not live by bread alone, but by every Word that proceedeth out the mouth of GOD” (Matthew 4:4).
* This is an opportunity to learn to trust GOD when tempted with fleshly cravings. Embrace the fast not fight against it. Yes, your stomach will growl. You will be hungry. When feeling urges, GO PRAY. GO READ. Confess and speak that HE is your bread and ask HIM to fill you with HIS Word.
* Fasting is not legalistic. If you mess up, try again. Pray for strength. Let the LORD know you will not give up because HE never gave up on you.
* If you are on health restrictions from a doctor pertaining to food, please consult with your doctor.
* Do not listen to the lie that nothing is happening. It is our conviction that every fast done in faith will be rewarded. *(Matthew 9:29)*