



DCHOW Fellowship

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2022: “HE Increase...I decrease” John 3:30

Fellowship Fast:

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

Dates: 11 Jan – 31 Jan 2022

“A fasted lifestyle paves the way for a disciplined GODly 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?

- *Joel 2:12*: “Even now, declares the LORD, return to me with all your heart, with fasting and weeping and mourning”

Are you ready to return...all?

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 before participating.**
- 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*)

DCHOW Fellowship Fast

“LORD, we are choosing to be emptied so YOU can fill us”

- **Our overall Fast reading will be from the Book of Acts. An email of examination from the readings for the daily chapters will be sent and posted on the DCHOW Fellowship chat group as a word document or PDF by 9am LORD willing. If you want to be added to the chat group or an email sent to you regarding the daily Fast readings, please email PastorPiper@dchowchurch.com.**

Weekly Fast Sacrifice:

Week 1 (Jan 11-17): No Bread & Sweets

Week 2 (Jan 18-24): No Bread, Sweets, or Meats

Week 3 (Jan 25-31): Vegetables & fruits only (may include nuts)

Fast Daily Readings:

Day 1: (Jan 11) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 1
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 2: (Jan 12) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 2
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 3: (Jan 13) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 3-4
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 4: (Jan 14) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 5
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 5: (Jan 15) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 6
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 6: (Jan 16) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 7
- Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 7: (Jan 17) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 8
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 8: (Jan 18) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 9
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 9: (Jan 19) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 10-11

- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 10: (Jan 20) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 12-13
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 11: (Jan 21) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 14-15
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 12 (Jan 22) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 16
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 13 (Jan 23) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 17
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 14: (Jan 24) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 18-19
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 15: (Jan 25) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 20-21
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 16: (Jan 26) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 22-23
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 17: (Jan 27) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 24-25
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 18: (Jan 28) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 26
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 19: (Jan 29) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 27
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 20: (Jan 30) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Acts 28
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!

Day 21: (Jan 31) “LORD, remove the old wineskins so that I may be filled with new wine...”

- Read Psalm 4
- Pray: Recommend minimum - after every chapter reading, a minimum of 3-5 minutes of prayer but may require more. Be open to the HOLY SPIRIT!