**What does it mean to fast?**

Fasting has to do with self-denial for the purpose of quieting one’s flesh so that we can hear more effectively from our Spirit.

**What are the benefits from fasting?**

There are several benefits that come from fasting such as increased spiritual awareness and increased spiritual sensitivity, weight loss, better overall health, & mental clarity.

When we fast we also have promises from God found in Isaiah 58:8-12 you will:

* Receive revelation from God
* Recovery quickly
* Have Gods protection
* Have answered prayer
* Have Joy
* Have Gods direction
* Be strengthened

**Are there different types of fasts?**

There are several types of fast. Fast are usually broken down into two categories: partial and total. In a partial fast we refrain from certain things, not all and for a limited amount of time. For example, if you are fasting from television, you may still watch television just not all the time and you limit the type of programming you watch.

In a total fast we refrain from these things 100% of the time.

**What type of fast is this?**

A partial fast for the Lenten season.

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin His ministry.

Lent is a time of repentance, fasting, and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

The key is to focus on repenting of sin and consecrating oneself to God. Lent should not be a time of boasting of one’s sacrifice or trying to earn God's favor or increasing His love. God’s love for us could not be any greater than it already is.

We will:

Start every morning in prayer – see Prayer focuses and scriptures

Between 9:00 and 5:00 daily:

* No Meat
* No Sweets
* Water Only
* No Social Media

After 5:00 daily you can eat a regular diet.

**Personal Sacrifice:**

Give up something for the entire season (Your Choice), this should be something that hurts or that you will miss. If you don’t eat sweets, giving up sweets is not a sacrifice. Examples include:

* Meat
* Sweets
* Coffee
* T.V.

Meet us for prayer at 6:00 p.m. every Wednesday Night during

the fast starting February 21st and every Saturday morning at 8:00 starting February 24th.

**Praying with Results**

***Lent Prayer Focus***

**February 15th**

**Starting Fresh – 2 Corinthians 5:17**

Commit to yourself; do not conform to negativity; be better; be different; grow. Level Up!!!

**February 16th**

**You Can Win – Proverbs 18:12**

Losing is not a part of your future; patience and endurance; peace in mind and spirit; grace to win. Remember we are operating in an extended winning season. Embrace you Wins!

**February 17th**

**I Say Yes – Philippians 1:6**

Flesh is not in control; your mind, will and emotions are subject to the Holy Spirit; you will say yes to the process. Yes, to accountability…Yes to Obedience!!! Yes, to Divine Order!!!

**February 18th**

**Pursue God First – Psalms 63:1**

Your pursuit of the Master comes first; you will make the informed decision to hold on to your faith and to your dreams. Pray for another level of persistency!

**February 19th**

**I Choose Jesus – 2 Corinthians 2:14**

I pray that I continue to walk in a deliberate purpose of my relationship with Jesus. God today I declare that I Choose you First!

**February 20th**

**Riding Solo – Proverbs 13:20**

Thank you for teaching me how to be alone and how to appreciate solitude and peace in my personal space. I’m happy with Jesus alone. Isolation is not punishment it is oftentimes on purpose for my greater

**February 21st**

**Stop Tripping – Proverbs 4:25-27**

You’ve got God on your side. The Spirit of the Living God is on you and within you. Pray that God uses you to restore credibility and significance to your family. You’re going to be wiser and you’re going to be who God created you to be. Your family will become better because of what you are walking in.

**February 22nd**

**My Relationships – Proverbs 23:7**

God’s cleansing your relationship. God will send people into your space who will make the thing in you that God gave you leap for joy. Decree and declare that you’re coming into the best season of Life.

**February 23rd**

**The Right People – Ephesians 4:31-32**

Thank you for blessing me with the right connections. Stop for a moment and appreciate God for being connected right. Thank God that He has connected you with people that are invested in you Godly good!

**February 24th**

**God Is with Me – Psalms 51:10**

Believe that God is going to do something far more abundantly beyond all that you can ask. I am ready to be placed in the category of another miracle.

**February 25th**

**Dream Again – Romans 7:21**

Pray that Holy Spirit would bring every idea, plan and vision back to your remembrance. Then pray He makes plain the necessary steps to acquire what you see.

**February 26th**

**You Are Changing – 2 Corinthians 4:16-17**

The blessing of the Lord in on you! God is with you and you have nothing to fear. You do not operate in fear, but you live by faith. By faith and because of the blood you are justified. The Lord is making you rich and removing everything and everybody that would add sorrow or pain to your life.

**February 27th**

**Plans.... – Jeremiah 29:11**

God today I thank you that in spite of what I’ve experienced my future looks brighter.

**February 28th**

**Suddenly – Hebrews 4:13**

I speak to what had me and today I declare that you hold is loosed. No more bondage, no more shackles.

**March 1st**

**I Am – Colossians 3:17**

You are the person He made. You are more than a conqueror through Him who loves you.

**March 2nd**

**Fix Me – 1 John 1:9**

Lay your life at His feet today. Pray that He teaches you His way…I am about to get better.

**March 3rd**

**Pray for Discipline – Galatians 5:22, 23, and 25**

Pray for the grace to discipline your mind, body and soul.

**March 4th**

**Elevate – Matthew 7:6**

Thank Jesus for your spiritual inheritance. There’s nothing that can hold you back any longer.

**March 5th**

**I Am Healed – Proverbs 18:10**

Decree and declare that today is the day that every relationship, every financial matter and every issue in my body, whether it be physical or mental, lines up with God’s Word and God’s plan for your life.

**March 6th**

**I Will Not Quit – Romans 8:5**

You are not a quitter! Pray for the strength to fight your feeling. Pray for patience, endurance and that you do not grow weary. We move beyond the option o quitting.

**March 7th**

**Display Love Regardless– Matthew 5:44**

The Love that I show is not based on what is done to me but what Christ did for me. Pray that Love remains the foundation of who you are and what you do. Declare that you will not love based on what they do but because of what He has done.

**March 8th**

**The Power of Being Proactive – Matthew 26:41**

When my body and mind are competing against one another to take a break from who I am called to be, I pray that I will remember the power of the Holy Spirit. God please keep me focused.

**March 9th**

**Calm Down – Philippians 4:6**

This next level is going to require another level of trust and calm. I speak against unnecessary distractions.

**March 10th**

**As for Me and My House – Joshua 24:15**

My house is the House of God.

**March 11th**

**My True Sacrifice – Psalm 141:2**

Sacrificing is easier when you understand both the benefit of the sacrifice. I give myself away so you God can use me.

**March 12th**

**Why Not Do It Now? – Matthew 18:18**

God today I need the strength to take control for the things you are showing me now as well what you are preparing me for in the future. I declare because of you that my future is in good hands.

**March 13th**

**Let’s Agree – Matthew 18:19**

Let’s agree for the benefit of the greater good. We Come Kingdom!

**March 14th**

**I’m on the Right Team – Romans 8:31**

Today, I say Thank You for the privilege on being on the right team. I acknowledge that it is because of you God that I am able to face what I face in Victory. I will get off track by what’s coming at me because of whose with me.

**March 15th**

**Don’t Carry the Unnecessary – 1 Peter 5:7**

God teach me how to release what is not mines to carry. I pray that I learn to get out of the way of trying to solve a problem that you have already answered.

**March 16th**

**Trusting My Desires – Psalms 37-3-4**

I am believing God for a season of “Yes” because my desires are lining up with His Will. Pray in order to the word of God

**March 17th**

**Love Never Fails – 1 Corinthians 13:13**

God your love not only has kept me but it keeps on keeping me. I acknowledge the power and importance of love as a foundation of both who you are and what you desire for me. Thank you for the gift that keeps on giving and that you have ensured me that your love will never end.

**March 18th**

**Being Different Right – 1 Corinthians 12:4-6**

Today I pray that I will honor the gift that I walk in, that I respect the anointing on my life. I pray that I will remain ministry focused, that I am easy to work with that I don’t have to be reminded that the gift is for the kingdom and not about me.

**March 19th**

**Dress the Part– Ephesians 6-10-11**

God remind me of the importance of doing my part to be completely covered. I declare that it is not enough that my physicality is covered I WILL spirituality dress for the assignment you have blessed me to walk in leaving nothing uncovered!

**March 20th**

**The Foundation of Forgiveness – Ephesians 4:32**

I Pray that I learn to release the things that have been holding me hostage. Lord I forgive what has been done to me and against me. I forgive because I am forgiven.

**March 21st**

**The Position of Victory – Luke 10:19**

Lord I thank You that I have all I need to secure the victory in my life, in Jesus’ Name. Thank you for the anointing & fortitude to exert Your authority.

**March 22st**

**God’s Protection -** [**2 Thessalonians 3:3**](http://www.bible.com/bible/2th.3.3.niv)

Lord, protect my flat-footed stance for You. Let your anointing flow through me to break the yokes of bondage (even the bondages of my mind), and clear the way for victory over every enemy!

**March 23rd**

**Use the Right Weapons -** [**2 Corinthians 10:4-5**](http://www.bible.com/bible/2co.10.4-5.niv)

You have access to Divine weapon selection! Declare today that you are armed and able to engage and destroy the fortified places and take them for Kingdom use. Nothing can stop you!

**March 24th**

**Be Alert and Resist -** [**1 Peter 5:8-9**](http://www.bible.com/bible/1Peter.5.8-9.niv)

Pray for clarity in hearing the “sound of” God vs. the “sounds like” God. You can withstand any situation or circumstance knowing that the devil is already defeated!

**March 25th**

**Submit to God, Resist the Devil -** [**James 4:7**](http://www.bible.com/bible/James.4.7.niv)

I am a part of the resistance…to the Devil! Lord, allow my humility and obedience to You to strengthen me, weaken my enemy, and show the World who You are.

**March 26th**

**Be convinced -** [**Romans 8:37-39**](http://www.bible.com/bible/Romans.8.37-39.niv)

Thank you for the stability of my relationship with you. Thank you for Your everlasting love, and constant presence. Thank you for the ability to endure all things knowing that You have equipped me & are with me!

**March 27th**

**Know the Enemy, Know your Creator -** [**John 10:10**](http://www.bible.com/bible/John.10.10.niv)

Your life is in God’s hands and He did not create you for failure. Declare this: My time is being spent on knowing You, so that Your ways are so clear - that I know what is NOT of you!

**March 28th**

**We Have Dominion Over Darkness -** [**Colossians 1:13-14**](http://www.bible.com/bible/Colossians.1.13-14.niv)

I am redeemed. I am delivered. I am a winner. My salvation is secure. I will never walk in darkness again. Lord, thank You for loving me enough to save me from everything that *could be* true! Thank you for using me to show others what salvation looks like.

**March 29th**

**Peace in Tribulation -** [**John 16:33**](http://www.bible.com/bible/John.16.33.niv)

You are IN the world but not OF the world. Let your light shine so that the world learns from you, not the other way around. Lord, let even the troubles I face, show your people who You are. Allow me to be the atmosphere shifter in trying times that they may know You reside in me.

**March 30th**

**Anticipate God’s Direction -** [**1 Corinthians 10:13**](http://www.bible.com/bible/1co.10.13.niv)

God I’m grateful for Divine guidance. Show me the ways to avoid sin; and help me to perceive the “exits” You provide during my times of temptation. I declare that I am more than able to remain faithful to you, for Your faithfulness never fails.

**March 31st**

**“For The Win” – Revelations 12:11**

Lord I thank you for the privilege of fasting & prayer. Thank you for the lessons I’ve learned, how You have allowed me to overcome, and the testimony of your faithfulness, goodness and grace.