



3- DAY FASTING GUIDE

Use this 3-day guide to help you as you fast. You will find information that is needed as you fast and a 3-day devotional guide in this packet.

The goal of fasting is to draw nearer to God as you forge a more intimate relationship with Him. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it taps the reset button of our spiritual man and renews us from the inside out. Fasting also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Be minded, as you fast, you will face weak spots, personal challenges, and most of all, spiritual distractions. But you must remember that when this happens, you should begin praying at this very moment.



“Preparing to Grow for Greater”

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen. **(2 Peter 3:18)**

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. **(Philippians 3:12-14)**

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. **(Galatians 6:9)**

Scripture does not command Christians to fast. God does not require or demand it from Christians. At the same time, the Bible presents fasting as something good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (Acts 13:2; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33). Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God. By taking our eyes off the things of this world, we can more successfully turn our attention to Christ. Fasting is not a way to get God to do what we want. Fasting changes us, it does not change God’s will or God’s mind.



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WHAT IS FASTING?

- Fasting is intentionally abstaining from food (not fluids) for spiritual purposes; it humbles your soul (Reference- Psalm 35:13, Matthew 23:12). Fasting brings you into a deeper, more intimate, and powerful relationship with the Lord.
- Fasting is an act of humility before God to seek His divine intervention in the events of our physical world.
- It brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change. It allows the Holy Spirit to work in a most unusual, powerful way.
- It transforms prayer into a richer, more personal experience and draws you closer to God. (Reference James 4:8)



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What Does Fasting Do for Our Spiritual Life?

- Fasting and prayer can help us hear from God.
- Fasting and prayer can reveal our hidden sins.
- Fasting and prayer can strengthen our intimacy with God.
- Fasting and prayer can teach us to pray with the right motives.
- Fasting and prayer can build our faith.
- Fasting helps develop a greater humility
- Fasting helps our spirit to triumph over the flesh.
- Fasting cleanses the soul, raises the mind, and scatters the clouds of sexual lust and desires.



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How We Will Fast...

***WE WILL PRAY TOGETHER AS A FAMILY EVERY MORNING
AT 6:00a ON THE CONFERENCE CALL
(SUNDAY, JAN. 7, MONDAY, JAN. 8, TUESDAY, JAN. 9)***

***The conference call telephone number is:
712-832-7000; Passcode: 6463093***

Prayer times for each day are: 6a, 12noon, 7p

Read and Meditate on the provided Devotionals

***NO Meats of any kind until 7p each day for 3 days
Eat only Chicken or Turkey; No Pork or Beef
(Sunday, Monday, Tuesday)***

No Caffeinated, Carbonated, or Alcoholic Beverages

No Junk Food (Chips, Candy, Cakes, Pie, etc.)

Drink ONLY WATER

No Social Media for pleasure

****Please be sure to take all medications as directed by your physician.***

Day 1: Growth Doesn't Happen By Itself

Devotional Scripture: 2 Peter 3:10-18

It's easy to get distracted, worrying about our past and who we used to be. Or maybe it feels impossible to guard against worrying about the future. Distractions and worries will always beg for our attention, but that doesn't mean we have to give in to them.

At the very end of his letter, Peter tells us to "be on your guard" and to "grow in the grace and knowledge of our Lord."

Growing in a relationship with Jesus doesn't just happen by itself. Whether you're a new Christian or you've been a Christian for a while, growing is easier said than done. There are days that we feel stuck or far away from God instead of closer to Him.

Rather than being concerned about when we will get through something, we can maintain focus on who promises to be with us through it all. Because Jesus is patient, He doesn't give up on us. Because He is kind, He rescues us.

Our current circumstances are temporary, but God always has good for us. We can grow the most with Him as we walk with Him through our circumstances, step by step.

Reflect:

- What circumstances do you want God to bring you through?
- What is one way you can grow in your relationship with Jesus?
- Are you surrounded by Christian friends/ family who encourage you to grow with Jesus?

Day 2: Growth Beyond the Circumstance

Devotional Scripture: Hebrews 13:21

One reason we fail to progress in fulfilling our purpose is that we have accepted the present state of our lives as the best we can do under the circumstances.

This concept, “under the circumstances,” serves to imprison us and to immobilize our God-given ambition because too many of us have surrendered to the status quo and have become prisoners of the war for our minds. We forget that “circumstances” are simply temporary arrangements of life to which we are all exposed. We overlook or disregard the fact that these circumstances are designed to identify, expose, develop, refine, and maximize our true potential and growth. It is not what happens to us that matters, but what we do with what happens. Much of the time we are not responsible for our circumstances. *One key to maximizing your potential is to become dissatisfied with the circumstances that restrict, limit, and stifle your potential.*

Many people know that they possess great potential and that they have a significant purpose in life, but they still fail to move beyond good intentions to experience the fullness of their lives. Why? Their comfort is greater than their passion. They are more concerned with fitting in than with standing out.

Remember, you will never change anything that you are willing to tolerate. Your Creator wants you to consciously choose to fulfill your purpose and maximize your potential because in so doing you will bring glory to His name. Unfortunately, history gives evidence of only a few rare individuals who, driven by a passion to achieve a cherished vision in their hearts, initiated their own deliverance, rose above the tide of the norm, and impacted their generation and ours.

A second significant key to maximizing potential is the unassuming benefits of “crisis.” Crises, as defined by author Dick Leider, are life’s “wake-up” calls. These alarms are often the catalysts that impel us to become fully conscious of our mediocre lives.

Day 3: Growing Towards Greater

Devotional Scripture: Matthew 13:38

To understand your potential, let us look at one of the most powerful elements in nature, the seed. If I held a seed in my hand and asked you, “What do I have in my hand?” what would you say? Perhaps you would answer what seems to be the obvious, a seed. However, if you understand the nature of a seed, your answer would be fact but not truth.

The truth is I hold a forest in my hand. Why? Because in every seed there is a tree, and in every tree, there is fruit or flowers with seeds in them. These seeds also have trees that have fruit that have seeds... that have trees that have fruit that have seeds, etc. In essence, *what you see is not all there is. That is potential. Not what is, but what could be.*

God created everything with potential and growing capabilities, including you. He placed the seed of each thing within itself (Genesis 1:12), and planted within each person or thing He created the ability to be much more than it is at any one moment. Thus, everything in life has potential.

Nothing in life is instant. People think miracles are instant, but they really are not. They are just a process that has been sped up. Nothing God created is instant, because God does not operate in the instant. He is a God of the potential principle. Everything begins as potential.

God did not create a ready-made human race, the earth was not given an instant population. God made one person, not a million people. He started with one seed. Then from that one, He created another. Then He said to those seeds, “Bless you (that means, “You have My permission”). Be fruitful and multiply and replenish the earth.”

In Adam, God gave the earth a seed with the potential of one...one hundred...one thousand...one million.... The five billion people on the earth today were in that one man's loins. God knew that in Adam and Eve, there were enough people to fill the earth. That's the way God works. He knows the potential principle because He introduced it. It is Him.