

Living Word Christian Center Corporate Prayer, Fasting & Consecration

Why should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

Biblical Fasting Focus

I Timothy 2:1-4

"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth."

Romans 12:1

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

Matthew 6:33

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Isaiah 58:6

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

Relation to Prayer and Reading of the Word:

I Samuel 1:6-8, 17-18; Nehemiah 1:4; Daniel 9:3, 20; Joel 2:12; Luke 2:37;
Acts 10:30; Acts 13:2

Corporate Fasting:

I Samuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10;
Acts 27:33-37

Types of Fasting

Full Fast

Drink only liquids (you establish the number of days). We do not suggest this for the full 21 days unless you have done extensive full fasts in the past.

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Partial Fast

A partial fast is from 6:00AM to 3:00PM or from sun up to sundown. You can select from three types of fastings – a *Full Fast*, *Daniel Fast* or *give up at least one item of food*.

Fasting of Things

What things occupy and distract you...*television, electronics, the internet, shopping?* Anything that has a time or attention consuming quality in your life can be fasted during this time.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Is. 58).

How to Begin

Start with a clear goal. Be specific – why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial challenges? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Take time to meditate and listen to God and write down what He shows you through His Word and the impressions on your heart.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast, in which you only drink liquids, or you may desire to fast like Daniel. No matter what you fast, remember to replace that time with prayer and Bible study.

What to Expect on a Food Fast

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

Here are some things that must be carried out in the fast:

1. Commit yourself to God in consecration to fast and pray.
2. Honor the Lord with the firstfruit of your life, time, talent and treasure.
3. Read and meditate upon the Word of God daily.
4. Pray in agreement with the vision and goals of our Kingdom Covenant Community at LWCC.
5. Drink water at room temperature - (suggestion: 8 glasses a day or more).

How to End your Fast

Don't overeat when the time comes to end your fast. Begin eating solid foods gradually; eat small portions or snacks. If you have fasted things, reintroduce them gradually into your life so that they no longer become a consuming focus of your time and attention...only HE is worthy of that dimension!

During this time, together as a corporate body, we seek the Lord with all our hearts...to see His Kingdom come in our midst!

Yours for His Kingdom,
Bishop Levy H. Knox

Additional Scripture Reading:

Dan. 10:1-21; Isa. 58:6-12; Mark 9:29; II Chr. 29:3; Matt. 6:9-18; Eze. 44:30;
Rom. 11:16; Ps. 65:11