

# 21 days of prayer and fasting January 2<sup>nd</sup>-22<sup>nd</sup>, 2012

***“While they were worshipping  
the Lord and fasting, the Holy  
Spirit said...” Acts 13:2***

## **Times set aside for corporate prayer-**

(An Elder will be in all prayer meetings to pray for needs, healings, salvations etc.)

<b>Mondays</b>	noon - Greg Burns	<b>Wednesdays</b>	noon - Travis Arterbury
<b>Tuesdays</b>	6:30 am - Mike & Beth Ward (Conference Room) 10:00 am - Beth Ward (Auditorium) noon- Tim Carter	<b>Thursdays</b>	noon - Wayne Drain

## **Special Nightly Worship Gathering at FOC (In the Auditorium)**

(Nursery for birth to 3 years)

For worship, prayer, healing and personal ministry

(Chris Abington, David Eslick & Mark Dollar will coordinate and facilitate services)

<b>6:00 pm Wednesday, January 4<sup>th</sup></b>	Youth led inter-generational service
<b>6:30 pm Friday, January 13<sup>th</sup></b>	Encounter Service
<b>6:30 pm Friday, January 20<sup>th</sup></b>	Encounter Service

## **Prayer Targets:**

1. **Fast Negativity** – Proclaim Hope
2. **Fast Distractions** – Focus on the Lord
3. **Pray for: Healthy Relationships** – With God, Family\Marriages, Friends & Neighbors
4. **Pray for The Gospel to be proclaimed** – Pray for the Lost & Prodigals
5. **Pray that we continue to be a Prophetic People** – Pray about timely, Prophetic Words we have received.
6. **Pray for the House of God to work together in Unity & Cooperation**
7. **Stay true to Our Mission:** “Fellowship of Christians is an evangelical community established upon the Word of God that seeks to be led and empowered by the Holy Spirit. We are called to a lifestyle of worship and extend His love and grace in culturally relevant ways.”
8. **To Pursue our Vision,** “Fellowship of Christians will transform our city, states and the nations through living God’s word and relying on the Holy Spirit.”

## FAQ ABOUT PRAYER AND FASTING

**1. What is fasting?** Fasting is abstaining from food or other things for spiritual purposes. There are several examples in Scripture for what has been called an “absolute fast,” or abstaining from both food and water for a period of time—usually during times of emergencies. Esther called for a 3 day, absolute fast (Esther 4:16). Paul went on a 3 day, absolute fast (Acts 9:9). Moses and Elijah went on a 40 day, absolute fast (Deut. 9:9; I Kings 19:8). An absolute fast is an exception and should not be engaged in unless one has very clear command from God, and then for no more than three days. In most cases fasting is a private matter between you and God. There are however times of corporate or public fasts. Moses commanded a public fast in Lev. 23:27. Joel did as well in Joel 2:15. Scripture also mentions partial fasts as we’ll see below (#3).

**2. Why should we fast?** Jesus said, “When you fast...” in Matthew 6:16. The leaders of Fellowship of Christians believe that fasting is something that Jesus expects from those who call themselves His disciples. We fast to fix our eyes on Jesus rather than the normal distractions around us. We fast for direction in our lives by quieting our spirit so we can hear from God. Fasting helps us keep our balance in life. Fasting helps us become free from things we crave that we do not need. Paul said, “All things are lawful for me, but I will not be enslaved by anything” (I Cor. 6:12).

**3. What is a “Daniel Fast?”** It is a 21 day period of time set aside for a partial fast and focused prayers. “I, Daniel prayed for three weeks. I ate no choice food; no meat or wine touched my lips....until the three weeks were over.” (Daniel 10:2-3). “Since the first day that you set your mind to gain understanding and to humble yourselves before your God, your words were heard” (Daniel 10:12).

**4. Why do we have to worship, pray and fast together?** We don’t have to. We get to! Through the years we have learned that when God’s people pray, fast and worship together we see fruit born from the principle of agreement blessing our lives and those we are praying for (“I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them” Matthew 18:19-20). Several times in Scripture we see direction given from The Holy Spirit during times of corporate prayer, worship and fasting (Luke 2:37; Acts 13:2).

**5. What is our plan of action for 21 Day Fast at FOC?** The leaders are asking every member of Fellowship of Christians to:

- A. Fast something for the entire 21 days (meat, coffee, television, etc.)
- B. Consider an absolute fast for a meal or a whole day. (For those who are able.)
- C. Participate in times set aside to pray and worship together.
- D. Focus your prayers on prayer targets listed on other side.
- E.