



LESS OF ME / MORE OF HIM

FAST/2019

21 DAY FAST WITH PASTORS BRIAN AND TIFFANI

Pastor Tiffani and I are beginning this year by fasting for 21 days, **starting January 7th at 7pm and ending on January 28th at 7pm**, and would like for you as a part of our House Family to join us as we seek God for His direction and provision in 2019.

Fasting in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our finances – in everything – I believe that He will bless and multiply those areas. And if we will pray and seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our ENTIRE year!

There's more to life...more to faith...more to you! God gives you the formula for success which boils down to two words: God first! That's where God began. Look at your Bible. What are the very first words written?

“In the beginning...” Genesis 1:13.

“God first” is His priority that should rule every decision of our lives. In Matthew 6:33, Jesus tells us to hear His plan, receive His direction and His blessings. If you want success in your life, in your marriage, in your work, in your witness—putting God first is key.

When God is our first-priority, He can use us to help others. The words of Isaiah 58:6-14 give us insight into how significantly God views the power of fasting in fulfilling His kingdom purpose.

Commit to joining us for the next 21 days as we fast and pray and watch God release His hand of blessing over our entire year and supernaturally open doors.

We look forward to hearing about what God does in your lives and in our church and City as we seek Him together over these next 21 days!

Sincerely,



Pastors Brian and Tiffani Dean

FASTING BASICS

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

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

1 TIMOTHY 2:1-2

"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."

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?"

FASTING TYPES

THERE ARE SEVERAL TYPES OF FASTING. THE ONE YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE.

Full Fast

Drink only liquids (this is not recommended if you have never fasted before).

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 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Remember that a true fast is a sacrifice. It is not a fast when you abstain from something that has no effect on your daily living (**Fasting should not be easy**). Don't forget, a fast separates you from flesh (**Personal Desires**) so that God becomes #1 in your daily pursuit

If you choose an alternate type of fast because you cannot do a food fast for medical reasons, (ex. Social Media, TV, Gym etc.) make sure to replace that time with focusing on God by praying and the study of His Word.

Scripture References:

For Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 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:

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

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

FASTING TIPS

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 difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

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, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

What to Expect

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 music. 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.

How to End Your Fast

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

FASTING QUESTIONS

What if I Have a Medical Condition?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else that would be a sacrifice or dis-traction for you and replace that time concentrating on prayer and Bible study.

What if I Start and Can't Finish the Fast... Have I Fasted for Nothing?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or maybe you need to try finishing up with a partial fast.

I Forgot and Ate Something... Do I Need to Start All Over?

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

What type of Fast are you going on? Do I have to do the same type?

Fasting is a private and personal discipline. Consider the types of fasts outlined in this publication and select one that works for you. You don't have to go on the same type of fast as someone else to see God's hand at work. Just do your best.

Do I Have to Fast Food? What About TV, Sports, Etc.?

Fasting food is the traditional type of fast that is outlined in Scripture. However, if you are unable to fast food for health reasons, feel free to give up something else that might have control in your life or be preventing you from experiencing spiritual growth. Replace that time with prayer and study of God's word.

Do I Continue to Work Out While Fasting?

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy needed to maintain a high level of exercise.

21 WAYS TO RETURN TO HIM

Fasting is one of the most powerful ways to return to God. As you fast, use the 21 topics and questions below each day to help focus your efforts. We believe as you ask for God's help in each of these areas, He will remove distractions that have built up over time and bring you closer to Him.

1. What is the best time each day for you to connect with God?
2. What healthy habits can you add to your life?
3. How can you be intentional in everything you do?
4. Are you reading God's Word?
5. What steps can you take to overcome the addictions that are holding you back?
6. How can you inspire people to live for Jesus?
7. Is church part of your weekly schedule?
8. Is there someone you need to forgive?
9. How can you be a blessing to others?
10. Have you given God every part of your life?
11. Are the people around you inspiring you to grow closer to God?
12. How can you build up your family?
13. Are you focusing on who God says you are?
14. How can you make smarter financial decisions?
15. How can you get more rest?
16. Are your thoughts and words uplifting?
17. Are you still holding on to guilt and shame?
18. Are you honoring God with your life?
19. What distractions are keeping you from more important things?
20. What have you been trying to handle on your own?
21. Are you putting limits on what God can do?