



The Fountain *prayer focus*

2022 PRAYER AND FASTING GUIDE

FASTING 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. 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.

WHEN YOU FAST

Expect to get to know God better
Fasting is waiting. Lamentations 3:25-27
Fasting is drawing near. Jeremiah 29:11-13

As you demonstrate sincerity to God, you can expect:
Expect strength in your inner character.
Find power to leave sinful habits. 2 Corinthians 7:1
Find power to stay focused in prayer.
Find yourself desiring God's presence.
Expect the hand of God to move to answer unselfish prayers.
Expect resistance from the devil.
Expect your prayers to go to a higher level.

How to succeed in fasting:

Fast with friends. Matthew 18:19
Fast with a purpose (not casually). Set a start date and end date. Determine you will follow through on the fast.
Fast unselfishly. Isaiah 58:1-11
Spend time with God.

Fasting does not work if you do not pray.

Fasting Options

OCTOBER 10 – 15, 2022

CHOOSE ONE TO PARTICIPATE

- DANIEL FAST DAILY
 - 12 HOUR FAST MIDNIGHT – NOON
 - 16 HOUR FAST MIDNIGHT – 4:00 PM
- *HOURLY FAST BEGINS AT MIDNIGHT

Daily Prayer Focus

MONDAY

GOD'S PRESENCE

TUESDAY

GOD'S GLORY

WEDNESDAY

GOD'S LIBERTY

THURSDAY

GOD'S UNITY

FRIDAY

GOD'S GOODNESS

SATURDAY

GOD'S PEACE

Fasting

CHOOSE ONE TO PARTICIPATE
DANIEL FAST DAILY

12 HOUR FAST MIDNIGHT – NOON

16 HOUR FAST MIDNIGHT – 4:00 PM

*HOURLY FAST BEGINS AT MIDNIGHT

If you have a medical condition, please confirm with your physician your ability to fast from food. You can participate in other ways if you must eat on a regular basis.

Hourly Fast - 12 or 16 Hours Daily

Only drink water between midnight and noon or 4:00 PM. Stay prayerful during this time as you may think it seems easy, however temptation always is greater while you fast.

Also remember that fasting is not just refraining from food, you should also refrain from secular influences that keep you from hearing God's voice.

What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. In Daniel 1, the Prophet ate only vegetables, that would have included fruits, and he drank only water. He prospered during this time.

From these scriptures we get the guidelines for the fast:

1. Eat only fruits and vegetables.
2. Drink only water as beverage.
3. Do not use natural or artificial sweeteners, consume alcohol, and avoid bread.

There are many wonderful recipes and options that you can find online. The Daniel diet is closely aligned to a vegan diet.



From our Pastor

This time of the year is always refreshing. It reminds me that before the close of one year, I still have time to work on grounding myself spiritually and drawing closer to God.

As your leader, I encourage you to do the same and join in our church-wide fasting as we draw closer to God!

We will gather every morning, October 10-15 at 6:00 AM for 30 minutes of powerful prayer to keep you focused during the day and during the fast. You don't have to turn on your camera, but raise the sound loud as we storm Heaven's gates for God to do great and mighty things for us individually and corporately! He says, "Call unto me and I will answer thee, and show thee great and mighty things, which thou knowest not." – Jeremiah 33:3

Let's see the great things that God will reveal to us! Don't forget that REVIVAL will be the same week as prayer and fasting. We are in for a mighty move of God!

*With a Kingdom Mindset,
Your Pastor,
Dr. Remus E. Wright*



MEETING ID: 861 4095 5005
PASSCODE: 880570