



## VARIOUS WAYS TO FAST

**Complete Fast:** In this type of fast, you drink only liquids, typically water with light juices as an option. For Example, **Esther 4:16, Jonah 3:6-10**

**Partial Fast:** This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. **Daniel 1: 8-16, Daniel 10:3**

**Selective Fast** This type of fast involves removing certain elements from your diet.

### **Fasting and Abstinence**

— Although the word “fast” is used as abstaining from food in the Bible and does not refer to giving up other things, during a fast one can practice abstinence from other pleasures as well, such as entertainment, TV, hobbies ETC.

## DECIDING ON WHAT TO FAST

Fasting is about giving something up for a time to seek God in a deeper way. It's not about losing weight; it's about seeking God's favor, purpose vision for one's life! Drawing close to God! Spiritual Power! Seeking physical healing and direction! To enhance our walk with God and witness.

The type of fast you choose is up to you. Please ask the Holy spirit to guide you into choosing a fast that is right for you.

## DECIDING HOW LONG TO FAST

Fasting is not an obligation; it's an opportunity to go deeper in our walk with God. Use wisdom and pray for guidance. As Sunset Community Church, we are committing to 21 days of prayer and fasting, and within those 21 days, stick with a type of fast that the Spirit of God has led you to.

## PRAYER POINTS/ GUIDE:

We will be praying through chapter 2 and 3 in the book of revelation. Below are suggested prayer requests concerning the state/condition of the church because the conditions that Jesus spoke about could very well be prevalent in today's church. During the coming 21 days of prayer and fasting – we will be praying as follows:

### **Ephesus:**

Praying for renewed love and passion for the Lord Jesus and separation from every form of wickedness.

**Smyrna:** Praying for the church that we might be able to stand firm amid opposition and in the face of persecution.

**Pergamum:** Praying that we become a body of believers deeply rooted in Scripture, and to be able to discern every false doctrine and false teacher and not entertain it.

**Thyatira:** Pleading with God to reveal any form of immorality in our personal lives and in the life of our church and to cleanse us from all unrighteousness.

Praying to God to strengthen marriages in our church, and for single individuals to live a life of sexual purity.

### **Sardis:**

Praying for discernment to see where in our busyness we have given up on the life-giving tenets of our faith as individuals and corporately as a church. Pray for every area of our lives to be brought before the Lord for His approval and correction to strengthen areas where negligence has crept in.

**Philadelphia:** Praying that God will strengthen us to remain steadfast in faith, discerning right from wrong, perseverance, endurance.

**Laodicea:** Praying that God will make SCC into a body that He can use powerfully. Plead that God would deal with any hindrances that are keeping us from providing a powerful witness and ministry to the world. Plead that God would destroy a self-sufficient, proud spirit, secularism, fear of men. Pray that God would create in us a deep desire to pursue holiness and obedience rather than being content with an appearance of spiritual life and spiritual vitality.