

Special Events

Day of Prayer

Saturday, January 18th at 12pm-8pm

Music and Worship Night

Friday, January 24th at 7pm-9pm

Celebration Sunday!

Sunday, January 26th at 11am

21 DAYS

Prayer & Fasting

Preview and Planning

January 6-26, 2020

newlife
CHRISTIAN FELLOWSHIP



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Clarify the PURPOSE of fast

1. Biblical fasting is a means of humbling ourselves and reminding ourselves of our complete dependence on God. By intentionally 'going without', we intensify our 'hunger for God'.
2. Try not to decide on the details of your fast spur-of-the-moment, but prayerfully ask the Spirit to guide your decision.
3. Have a ready and joyful answer for the questions, "Why are you fasting? What do you hope to get out of these 21 days? What is your goal for this time?"

Consider fasting for...

Personal revival

- A. Deepening your relationship with Jesus, increased intimacy, renewed closeness, special nearness, becoming a more fully devoted follower.
 - B. Greater sensitivity to spiritual things
 4. Write it out: "The purpose of my fast is ... "
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Specify your TYPE of fast

1. Fasting is a very personal, individual decision. Everyone's fast will look different.
2. Consider fasting FROM...

- A. Certain kinds of foods (Dan. 10:3)
- breads, sweets, sodas, coffee, etc
- B. All food for certain lengths of time
- eat only a single meal after 6:30pm

Ease into this fast:

- Skip lunch for a week
- Then breakfast and lunch
- Then all meals together (for the last or last couple days)

C. Forms of entertainment (Dan. 6:18)

- social media, television, video games, secular music, etc
- or perhaps include these as a supplement to your food fast

3. But commit yourself also to fast TO...

A. A time to disconnect enough with your regular patterns and habits in order to connect more closely to God

B. Set aside specific times in your day/week, possibly during normal meal times, to pray, read God's word, and seek Him

4. Write it out: "This is how I will fast ... "

(There will be a planner on back of each weekly hand out to help you with this.)

Daniel's prayer

1. Daniel 6:10 - When Daniel knew that the decree had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously.
2. Daniel, despite the danger, set aside three special times during his day to be with God in pray
3. What special time will you set aside in the next 21 days to talk and listen to God?