



Fasting is an extremely effective way to cultivate your relationship with God.

There are a few ways to help you get the most out of your fasting experience:

1. Remember to prepare yourself for the fast. Matthew 6:16-18 encourages us to:

- a. Refrain from having a sad face. Our flesh finds satisfaction in the fact that people know we're "being spiritual" by fasting – be careful not to support this behavior by keeping your fast a secret! (Keep in mind that this does not include your immediate family)
- b. Anoint your head with oil and then wash your face. The anointing with prayed-over, sanctified oil invites the Presence of Holy Spirit to light upon you and help you be successful in your fast. Washing your face brightens your countenance and removes excess oil.

2. Benefits of fasting

- a. Power in prayer -- Matthew 17:14-21
- b. Staying God's judgment – I Kings 21:27, 29
- c. Crucifies our fleshly nature and turns our heart towards God – Joel 2:12-16
- d. Breaks, loosens and frees – Isaiah 58:6, 7

3. Daily prepare your heart and mind for a successful fast by focusing on the "point" of the fast and the supporting scripture references.

Although this is a personal fast here are a few suggestions:

Abstain from the following:

*Sweets

*Caffeine

*Meats

*Social media and TV,

*Sex (married)

*Sacrifice sleep to pray

“The greater the sacrifice the greater the blessing”.

John 17:21 - 22 - “Make us one!”

Fast starts 1/3/24 - 6AM; Fast ends 1/23/24 - 6PM

January 3 rd	I Corinthians 12:17 - 18	Day 1
January 4 th	I Corinthians 12:26 - 27	Day 2
January 5 th	Isaiah 40:31	Day 3
January 6 th	Ephesians 4:4 - 6	Day 4
January 7 th	I Timothy 2:5 - 6	Day 5
January 8 th	I John 1:6 - 7	Day 6
January 9 th	Genesis 26:20 - 22	Day 7
January 10 th	I Corinthians 10:17	Day 8
January 11 th	Ecclesiastes 4:9 - 12	Day 9
January 12 th	Genesis 25:23	Day 10
January 13 th	John 13:34 - 35	Day 11
January 14 th	Romans 13:8	Day 12
January 15 th	I Peter 4:8	Day 13
January 16 th	Ephesians 4:32	Day 14
January 17 th	James 5:16	Day 15
January 18 th	Galatians 6:2	Day 16
January 19 th	Colossians 3:15	Day 17
January 20 th	I Corinthians 8:6	Day 18
January 21 th	Romans 15:5 - 6	Day 19
January 22 nd	I Corinthians 12:12 - 14	Day 20
January 23 rd	Romans 12:4 - 5	Day 21