



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?

This year we will commit to doing a type of Partial Fast: This partial fast will require us to give up at least one item of food all day, everyday from Monday, January 29th to Sunday, February 18th (Consecration Culmination Celebration). Obviously, give up something you love to consume and consume it regularly. During this time try to limit time with tv and devices and more time in God's word, worship/prayer and work.

BIBLICAL FASTING FOCUS:

1 TIMOTHY 2:1-2

ROMANS 12:1

MATTHEW 6:33

ISAIAH 58:6

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!

Corporate Prayer Schedule

Good Morning - Jump Start Your Day!
Join us in prayer at 6am (EST) on
the UR Morning Miracle Prayer Line
Dial 218-936-7979 enter Access code: 360423#

^Church Doors Open For Noon Day Prayer
Deaconess Diane, Intercessor on Tuesdays
Missionary Connie Smith, Intercessor on Fridays

Individual War Room Check-Ins
Daily at 9a, ^12p, 3p, 6p, 9p