

# 14 Days of *Prayer + Fasting*

3 FEBRUARY - 16 FEBRUARY

We are creating intentional space within our community to press into God and believe for His Kingdom to come in a greater measure over our church & city. Our vision is to stir hunger and dependency on God and we believe there will be a new foundation of intimacy with Jesus as we behold His manifest presence.

“One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold to beauty of the Lord, and to enquire in His temple” – Psalm 27:4

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## WHAT IS FASTING?

Fasting is the practice of abstaining from food for the purpose of seeking God in a deeper measure than what we usually do. It is ‘going without’ in a physical sense, to ‘go with’ more of the Lord as our all-sufficient One.

Fasting is mentioned multiple times across the Old & New Testaments in the Bible – one of which is Jesus’ Sermon on the Mount in Matthew 6. We see in verse 16, Jesus says “when” you fast; whilst it is not a command that Jesus orders, it is an expectation that He has on us believers that we would continue to hold the practice of fasting throughout our spiritual walk.

## WHY DO WE FAST?

There are many reasons that we fast. Some include deepening your relationship with the Lord, seeking Him for direction, believing for breakthrough in a certain area, or obedience to a prompting from Holy Spirit.

Fasting is an important (whilst uncomfortable) spiritual discipline that we should implement into our walk as Christians. We are putting our spirit man above our flesh (1 Cor 9:27) and increasing our dependency on God. The goal of fasting is not merely to go without something, but to feast on more of Him and let His presence sustain you. Allowing Him to, quite literally, be our daily bread (Matt 6:11).

There is a divine invitation waiting for you as you intentionally carve out time to feast on the Lord and press into the unending depths of His Presence.

## SOME PRACTICALS

### ■ DECIDE HOW LONG YOU WILL FAST

- Set a start and end date - together as an MCF family, we will be fasting from 3-16 February
- Decide what you will fast - here are some common examples
  - Water only
  - Liquid only (raw juice, smoothies, broths, protein shakes, etc.)
  - Daniel (vegetables/fruits/legumes/whole grains/nuts/seeds only)
  - Restricting certain foods (sugar, dairy, gluten, meat, etc.)
- Fasting from food for certain hours of the day
- You can add other limitations/detox’s, such as social media, TV shows, secular music, gaming etc.)

### ■ SET ASIDE TIME FOR PRAYER AND SEEKING THE LORD

- Use the time that you would be cooking/eating to seek God
- When you feel hungry, press into the Lord and ask him to meet you there
- Go on prayer walks, have an accountability partner

### ■ KNOW PRAYER POINTS/GET VISION FROM THE LORD ABOUT WHAT TO FOCUS ON FOR THIS FAST

- Write down some prayer points and what you want to see happen during this fast
- Have a Bible reading plan (available online & physical)
- Journal your revelations and encounters with the Lord

### ■ STARTING AND ENDING YOUR FAST

- It is important to ease into and ease out of a fast
- Refrain from having large meals before you start the fast and when you end it
- No matter what type of fast you do, it’s important to drink lots of water

### ■ HEALTH CONCERNS

- If you feel unwell or sick- stop your fast. It is important to listen to your body.
- If you have any pre-existing health conditions that may interfere with fasting, consult with a doctor before you start.