

## Highland Church Fasting Guidelines for January 8-29, 2012

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.**

### Some Personal Reasons to 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?

### HIGHLAND CHURCH FASTING FOCUS

THE LEADERS OF OUR NATION, STATE AND CITY  
THE UPCOMING ELECTION  
THE LEADERS OF OUR CHURCH FOR WISDOM, DIRECTION AND RESOURCES  
THE OUTPOURING OF GOD'S SPIRIT FOR SALVATION, HEALING AND FREEDOM  
FOR PERSONAL GROWTH, BREAKTHROUGH'S AND FREEDOM OUR LIVES

**ISAIAH 58:6** - *[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"*

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." Is there a sin which you have not overcome, a heavy burden you cannot bear, or something that oppresses you? We are living in very difficult days. Many are suffering from tough financial burdens, health issues, relational strains, addictions and more. As we come together to fast and pray, we believe that your burdens will be lifted and that God's blessings and provisions will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Types of Fasts to Consider:

**Full Fast** - Drink only liquids (you establish the number of days).

**The Daniel Fast** - Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables

**3-Day Fast** - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

**Partial Fast** A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

**Scripture References for Fasting:** [Matthew 6:16-18](#), [Matthew 9:14-15](#), [Luke 18:9-14](#)

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!

### **How to Begin**

Start with a clear goal. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

### **Prepare Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended ([Mark 11:25](#); [Luke 11:4](#); [17:3-4](#)). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](#)).

### **Decide What to Fast**

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

### **Decide How Long**

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer. At Highland we are choosing to fast for 21 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

### **What to Expect**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. If you have health issues or you are on certain medications, make sure to consult your physician. During your fast spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.

### **How to End**

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

(Adapted from Jentezen Franklin's website on fasting)