

2022

SEVEN DAYS OF

**PRAYER
FASTING**

AND

FCC DAYS OF FASTING

January

14-21


faith

COMMUNITY FELLOWSHIP

We believe the Holy Spirit is leading FCC to join together for a seven-day prayer and fasting. This is the time of year when we corporately consecrate ourselves, our families, and ministries to God and believe God for victories and breakthroughs in every area of your life this year.

Practical Guide to Seven Days of Prayer and Fasting

... "Consecrate yourselves, for tomorrow the LORD will do amazing things among you."

Joshua 3:5

Throughout history, God has called on His people to humble themselves through fasting and prayer. Fasting is a spiritual weapon God uses to advance His kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. There is something powerful that happens when we voluntarily humble ourselves, seek God's will, and agree with Him for His purposes to be fulfilled.

As a spiritual family, we begin this year with seven days of prayer and fasting. It is our way of humbling ourselves before God and consecrating to Him the upcoming year. It is also the time when we corporately come into agreement and believe together for breakthroughs in our personal lives, families, finances and church.

As a result of this time of prayer and fasting, we believe for healing, salvation, unity, promotion, direction, family restoration, miraculous provision, and tremendous growth in our lives and our church.

As you begin your fast this year, believe in your heart, by faith, that this is your year of miracles and answered prayers.

Why Fast?

Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD.

Joel 1:14

When a man is willing to set aside the legitimate appetites of the body to concentrate on the work of praying, he is demonstrating that he means business, that he is seeking with all his heart, and will not let God go unless He answers.

• Arthur Wallis

1. Jesus fasted.

¹*Then Jesus was led by the Spirit into the desert to be tempted by the devil.*

²*After fasting forty days and forty nights, he was hungry.*

Matthew 4:1,2

Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.

Luke 4:14

Before He began His ministry, Jesus fasted forty days. He knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us physically weak but spiritually strong and prepares us to do God's work.

2. Fasting is an act of humility and consecration.

... I put on sackcloth and humbled myself with fasting. ...

Psalms 35:13

Humility results in the grace of God. When we humble ourselves in prayer, we have instant access to the heart of God. As we deny ourselves as an act of consecration, we are better able to exercise self-control. We can keep our emotions and desires under control.

3. Fasting helps us become sensitive to the Holy Spirit.

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

Acts 13:2

When we deny ourselves of our natural cravings, our spiritual antennas become sharper. We become more sensitive to His voice as we divest ourselves of worldly distractions. We are better able to focus on God and submit to His will. This opens the door for the Holy Spirit into our lives.

4. Fasting brings revival.

²*... in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. ³So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.*

Daniel 9:2,3

Fasting helps us prevail in prayer and intercession. Daniel understood that Israel was headed for destruction. He also knew that in times like these, there is only one recourse—intercession through praying and fasting. Throughout human history, God has brought revival and delivered nations from destruction in response to prayer and fasting.

5. Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. By learning to deny ourselves and exercising discipline, fasting breaks unhealthy addictions in our lives.

Preparing to Fast

“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

Esther 4:16

Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us.

• Bill Bright

1. **Be in faith!**

Prayerfully and thoughtfully fill out the prayer points page of this guide. Ask the Holy Spirit for guidance. Be clear and specific about your faith goals in your personal life, family, finances, and church. These are what you will be believing God for during the fast and the entire year. Expect God to answer. Maintain a thankful heart throughout and after the fast.

2. **Commit to a type of fast.**

We encourage everyone to commit to some form a seven-day fast. Be lead by the Holy Spirit as to what works best for you. Pray about the kind of fast you will undertake and commit to it. Do not decide on a day-to-day basis. Commit before the fast and be determined. Ask God for grace.

3. **Plan your calendar.**

Limit your physical and social activities during this period. You need to conserve physical energy and devote more time to prayer and reading the Bible.

4. **Prepare spiritually.**

More than anything, this fast is a time when we believe God for a fresh encounter with Him. Be prepared to have the Holy Spirit put His finger on an area in your life that needs to change. Repentance is the foundation of prayer and fasting. Be ready to repent and change, and be transformed. Surrender everything to Him. Be completely open.

5. **Prepare physically.**

Be smart as you enter into this fast. The key is to gradually prepare your body. Start eating smaller portions and meals before you begin your fast. Avoid food that is high in sugar and fat. Two days prior to the fast, eat raw fruit and vegetables only. Consult a physician if you need to.

During the Fast

¹⁶“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6:16-18

The record of the whole Bible indicates that prayer and fasting combined constitute the strongest weapon committed to God’s believers.

• Dr. Mary Ruth Swope

1. Seek the Lord.

Commit to prayer and Bible reading the times you usually allocate for meals. Join at least one corporate prayer meeting. Be ready to respond when you hear from God.

This guide also has a devotional that we encourage you to go through during the fast.

2. Commit to change.

Whatever God tells you or puts His finger upon, apply it immediately. If you need to make restitution, immediately contact people you have broken relationships with. If there are habits that need to change, make the adjustment immediately. Ask your small group leader to hold you accountable.

3. Practical tips

- a. Avoid medical and even natural herbal drugs. However, if you are under medication, these should only be withdrawn upon the advice of your doctor.
- b. Limit your physical activity and exercise. If you have a workout routine, adjust it accordingly. A daily two to five kilometer walk should be your maximum amount of exercise during an extended fast.
- c. Rest as much as you can.
- d. Maintain an attitude of prayer throughout the day. Intercede for your family, pastors, church, nation, our missionaries, world missions, etc.
- e. Drink plenty of clean water.
- f. As your body adjusts, be prepared for temporary bouts of physical weakness as well as mental annoyances like impatience, irritability, and anxiety.

Breaking the Fast

Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

Acts 14:23

If our fasting is not unto God, we have failed. Physical benefits, success in prayer, the enduring with power, spiritual insights—these must never replace God as the center of our fasting.

• Richard Foster

1. Reintroduce solid food gradually. Only if you did a liquid fast

You should break your fast the same way you prepared for it. It will take your body just as many days you fasted to adjust to a normal diet. Begin eating gradually. Don't eat solid food immediately after your fast. Start with fruits, juices, and salad. Then, you can begin adding vegetables and boiled potato. Take it slowly from there. Eat small portions spread throughout the day.

2. Continue praying.

Don't let your prayer life end on the day you finish the fast. Build from the momentum you gained during the fast. Let it transform your prayer and devotional life. Carry the newfound passion with you throughout the year.

3. Be expectant.

Be in faith and believe God to answer your prayers soon! Don't give up, persevere in prayer even if you don't see the answers immediately. Make sure you keep the copy of your prayer points. You can check it at the end of the year and see how God has answered your prayers. It can be your thanksgiving list at the end of the year.

Conclusion

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us . . .

Ephesians 3:20

Fasting in the biblical sense is choosing not to partake of food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.

• Wesley Duewel

Our seven-day prayer and fasting gives us the opportunity to realign our lives according to His will and consecrate the coming year to Him. As we humble ourselves corporately to Him in prayer, we can expect Him to move mightily in our midst. God's will is for all of us to experience breakthrough and victory in our lives. Be in faith for God to move miraculously in your life this year beyond what you can ask or imagine. You have a fresh mandate. Be ready to accomplish greater things for God this year!

Ask for Wisdom

*⁷That night God appeared to Solomon and said to him,
"Ask for whatever you want me to give you."*

⁸Solomon answered God . . . ¹⁰"Give me wisdom and knowledge . . ."
2 CHRONICLES 1:7,8,10



Read

1 Kings 3:5-14; 4:29-34 • Ephesians 1:17-21 • James 1:5-8
Proverbs 4:3-9

"Ask for whatever you want me to give you." When God tells you that, what would you ask for? Solomon, youngest son of the great King David and newly appointed king of Israel, was asked exactly that. His answer? Wisdom. God was so pleased by Solomon's request for wisdom that He granted him his request and blessed him beyond it. Solomon went on to become the wisest king of Israel, and at his peak was known all over the world for his wisdom. Much of what we find in Proverbs, the Book of Wisdom, is actually credited to him.

As we look forward to this new year and commit ourselves to a time of consecration and seeking God, let us, like Solomon, pray for greater wisdom: wisdom to know God better, wisdom for daily living, and wisdom for the decisions we will make. And we can be confident that God is faithful to give us wisdom when we ask, just as He promised.



Reflect

1. According to Proverbs 4:5-9, how important is it to gain wisdom? What benefits does wisdom provide?

2. How is God described in James 1:5? What is the condition to the promise of wisdom in James 1:6?



Respond

- Throughout this season of prayer and fasting, pray for the Spirit of wisdom and revelation to know God better.
- Believe and don't doubt that God is true to His Word. Ask your prayer partner to stand with you in faith for His promises to be fulfilled in your life.

Where Wisdom Starts

*“The fear of the LORD is the beginning of wisdom,
and knowledge of the Holy One is understanding.”*

PROVERBS 9:10



Read

**Deuteronomy 10:12,13 • Job 28:12-28 • Proverbs 1:7; 8:12,13
Ecclesiastes 12:13,14 • Genesis 39:6-10**

The best place to begin our study of wisdom is, well, at the beginning. The Bible repeatedly affirms this truth: the fear of the Lord is the necessary first step to a life of wisdom. In other words, if we try to pursue wisdom without first developing a healthy fear of God, we will only find ourselves on a fast track to foolishness.

Who is this God? Well, He's the Creator and Ruler of All. The All-Knowing, Ever-Present, All-Powerful God. The Holy One. The Consuming Fire. The Beginning and the End. The more of God we come to know and understand, the more we grow in our reverence and awe of His greatness and power. We naturally choose to live with His desires and His ways in mind. And the more we live for His pleasure, the wiser we become. The beginning really is a very good place to start.



Reflect

1. According to Proverbs 8:12-13, what does it mean to fear the Lord?

2. In Genesis 39:6-10, how did Joseph respond to the advances of Potiphar's wife? What motivated his wise response?

3. What was Solomon's conclusion in Ecclesiastes 12:13,14? What reason did he give?



Respond

- In light of Deuteronomy 10:12-13, what is God asking of us? How can we apply it in our lives?
- Read Proverbs 1:7. How are fools described in this verse? What can you do to be more receptive to godly counsel and discipline this week?

The Wisdom of God

²⁰Where is the wise man? Where is the scholar? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? . . . ²⁵For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength.

1 CORINTHIANS 1:20,25



Read

**1 Corinthians 1:20-31; 2:6-16 • Proverbs 3: 5-8; 16:25
Romans 11:33-36 • Isaiah 55:6-9 • Colossians 2:2,3**

It has been said that today's generation lives in the information age, where individuals have access to knowledge and data like never before. This has led to greater innovation, more global collaboration, and has technology advancing at an amazing, if not breakneck speed.

Yet for all of our advancements and discoveries, our ability to apply our now accessible-anytime-anywhere knowledge still leaves a lot to be desired. We have yet to solve the great challenges of man: pain, suffering, wickedness, hate, greed, and death. And rightly so, for the problems we face are spiritual in nature and no amount of human reasoning apart from God's divine revelation and enablement can solve them.

The Bible gives us the answer: Jesus Christ. It is only in Christ that all of life's mysteries and challenges find meaning and resolution. He is wisdom and life personified, and the sooner our search ends with Him, the better for us. Only then will we be truly wise.



Reflect

1. Read Proverbs 3:5-8. What does it mean to acknowledge God in all our ways? Why is trusting the Lord an important part of living with wisdom?

2. Consider Proverbs 16:25. Give examples of ways that may seem right to us, but could actually lead to death.



Respond

- The Apostle Paul praised God's great wisdom in Romans 11:33-36. What can we do this day to cultivate a similar perspective and appreciation?
- In Isaiah 55:6-9, we are exhorted to seek God, forsake our wrong ways, and turn to God because His ways are higher than ours (v. 8). How does this exhortation apply to you today?

The Word to the Wise

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

MATTHEW 7:24



Read

*Matthew 7:24-27 • Psalm 19:7-11 • Proverbs 1:1-6
2 Timothy 3:16,17 • Deuteronomy 4:5,6*

As Jesus preached, the crowd listened in amazement to every word. "What a great teacher. This is unlike anything we've ever heard before," the crowd could hear mumbled among them. Just then, Jesus ends His sermon with a powerful challenge: "If you're wise, you'll apply what you heard. You're foolish if you leave here with your ears tickled but your hearts unchanged." The crowd was stunned. They've never heard God's Word taught with such authority, even by those whose whole lives were dedicated to teaching the law. Wanting to hear more, the crowd eagerly followed Jesus around.

Yet in the Gospel accounts, you'll find that many of those who followed Jesus around failed to heed His parting challenge at the Sermon on the Mount. They thought wisdom came from simply hearing more good teaching. They figured, the more we hear, the more we know; the more we know, the wiser we get. They totally disregarded the part about putting what they heard into action. Jesus was very clear: the only difference between the wise and the foolish was that the wise did what they heard God tell them. The foolish were content to merely hear. May we not make the same mistake. Let us heed Jesus' Word to the wise and do what He says.



Reflect

1. How is God's Word described in 2 Timothy 3:16,17?

2. What is the benefit of following God's commands according to Deuteronomy 4:5,6?



Respond

- What from God's Word have you heard but haven't put into practice? Ask your prayer partner to hold you accountable to what you've heard.
- What can we learn from Psalm 19:7-11 and how can we apply it this week?

Wisdom to Learn

*When pride comes, then comes disgrace,
but with humility comes wisdom.*

PROVERBS 11:2



Read

Proverbs 9:7-9; 10:8; 11:2; 12:15; 13:1; 13:10; 13:20; 15:31; 19:20
Psalms 90:12

Humility is the soil where wisdom can grow in our lives. Without it we will never recognize our need for God or others. When we have pride in our hearts we will never ask for help, never seek out advice, and never admit when we are wrong. When we humble ourselves, our hearts become teachable and we place ourselves in a position to receive God's wisdom and grace.

The interesting thing is this: the more we grow in godly wisdom, the more it cultivates humility in us. We respond better to other people's correction and become more dependent on God because we realize how little we truly know and how limited our strength really is. And we choose to put God's Word over our own opinion because we now understand that His ways are always better than ours.



Reflect

1. What differentiates the wise man from the mocker in Proverbs 9:7-9?

2. Read Proverbs 12:15. Have there been times when something you thought "seemed right" turned out wrong? What happened? What could have been done to avoid that situation?

3. In Proverbs 15:31 and 19:20, we are encouraged to listen to godly advice. What benefit does this bring us?



Respond

- Read Proverbs 15:31. How do you respond to correction? Pray with your prayer partner for a teachable and humble heart.
- Meditate on Proverbs 13:20. How does this principle apply in your context? Identify three people who exhibit godly character and wisdom whom you can approach to speak into your life.

Wisdom in Relationships

Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom.

JAMES 3:13



Read

Colossians 3:12-16; 4:5,6 • James 3:13-18 • Proverbs 11:30

Wisdom does not exist in isolation. It grows and blossoms in the context of relationships. In fact, wisdom is revealed most in the way we conduct ourselves and relate with others. We can think well; we can talk well. The challenge is to realize that if we are truly wise, then we will act well. Our actions and attitudes always speak louder than our words.

The pursuit of godly wisdom will lead us beyond mere intellectual assent toward the very heart of God. His wisdom is, after all, a moral wisdom and reflective of His character. As we grow in His wisdom, compassion, mercy, holiness, forgiveness, and peace will be its fruit.



Reflect

1. How does the Apostle James define wisdom in James 3:17? What connection can we establish between wisdom and the way we relate with others?

2. Study Colossians 3:12-16. How are we to relate with one another?

3. What kind of person is described as wise in Proverbs 11:30?



Respond

- Read James 3:13-18. Ask God to reveal if we are harboring envy or selfish ambition in our hearts. Discuss this with your prayer partner or small group leader.
- Who are the “outsiders” referred to in Colossians 4:5,6? How can we put Paul’s instructions into practice this week?

Wisdom and Your Words

*A wise man's heart guides his mouth,
and his lips promote instruction.*

PROVERBS 16:23



Read

*Proverbs 10:19; 12:18; 16:21-24 • Psalm 19:14; 37:30,31
James 1:26 • Luke 6:43-45 • Ephesians 4:29*

The Bible speaks of an interesting relationship between wisdom and our words. True wisdom goes beyond eloquence and the evidence of wit in our speech. It digs into the very depths of our hearts. Our hearts are the treasure chests from which our words are brought forth. And our tongues only express what are already stored within. Thus, our words expose the true condition of our hearts.

Yet, the wise also know that the tongue is a tool. Used right, it produces encouragement, instruction, healing, and life. Abused, it becomes a weapon for confusion, division, offense, and pain. Again, it is the heart that determines how this tool is used. So unless our hearts are transformed, our tongues cannot be reformed. And only in Christ, the very Word and Wisdom of God, can we experience that.



Reflect

1. According to Luke 6:43-45, what is the relationship between the words we speak and what is in our hearts?

2. Compare Proverbs 12:18 and 16:24. What can we learn from these verses about the power of our words?



Respond

- Read Ephesians 4:29. When do you find yourself participating in “unwholesome talk?” Pray for an opportunity to build up and benefit others with your words this week.
- Discuss and pray Psalm 19:14 with your prayer partner. What “meditations of your heart” are not pleasing to God? What can you do to change these?

Choose Wisdom

*Be very careful, then, how you live—
not as unwise but as wise . . .*

EPHESIANS 5:15



Read

*Proverbs 2:1-11; 8:1-21, 32-36; 24:13,14
Ephesians 5:15-17*

Everyday, we are presented with opportunities to choose and exercise either wisdom or folly. Accept or reject? Move or stay? Left or right? Yes or no? Each decision we make is like a seed planted towards our future. The result we reap is dependent on the seed we decided to sow. As we have seen in our study, sowing wisdom produces a harvest of peace, hope, prosperity, security, life, and the list goes on. Our Heavenly Father desires us to walk in wisdom so we, His children, can partake of its fruit.

May we choose to live this year with wisdom. Let us relentlessly petition God daily for His wisdom and guidance in our lives. Let us hide His Word in our hearts. Let us seek out advice and heed the correction of others. Let us guard our hearts from pride and keep our tongues in check. Above all, and this is probably the wisest decision we can ever make, let us do whatever it takes to grow in our relationship with Christ, the very wisdom of God in whom all wisdom and knowledge can be found.



Reflect

1. According to Proverbs 8:34-36, why should we strive to find wisdom?

2. Study Proverbs 2:1-11. What are the conditions that need to be met to receive wisdom from God? What are the results of heeding the wisdom He gives?



Respond

- Prayerfully claim the promise in Proverbs 24:14.
- As we end our time of prayer and fasting, how can you practice Ephesians 5:15-17 and make wiser decisions this year? Discuss this with your prayer partner.

This year, I am believing God for . . .



Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity



My Family

Restoration of Relationships • Household Salvation



My School/Career

Excellence • Promotion



My Ministry

Small Group Growth • Salvation of Officemates, Classmates, Bosses, Employees

"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven."

Matthew 18:19

PRAYER PARTNER

FASTING SCHEDULE

DAY 1 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
-

DAY 2 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
-

DAY 3 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
-

DAY 4 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
-

DAY 5 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
-

DAY 6 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
-

DAY 7 FASTING OPTIONS

- Water Fast
 - Liquid Fast
 - Eat One Meal Only
 - Other: _____
 - Corporate Prayer at FCF
at 5 pm
-