



KINGDOM BUILDING

Fast 2012



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What is Fasting?

FASTING is an intentional denial rooted in a quest to get closer to God. Fasting is a physical sacrifice for spiritual increase. Fasting is a commitment to deny your physical flesh and to increase your spiritual effectiveness. Fasting takes prayerful discipline! Read: Mark 9:29

What is Prayer?

PRAYER is your intentional reach for God's direct and specific involvement in your life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond with thoughts, ideas, situations, people or primarily His word. Read: James 5:16

What is Meditation?

MEDITATION is the act of giving your time or attention to a thought, concept, situation or person. Meditate means to consider. Read: Joshua 1:8

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?

How do I Fast?

We are aware that this is the first time some of us have heard about the Christian discipline of fasting. We want this to be a positive, life changing experience. We have therefore proposed several different levels at which you can participate with the rest of the congregation.

Beginner level:

You may already have a regular time of prayer at least once a week where you petition God for your needs, and on occasion, the needs of others, but you've never fasted. You find yourself eager to learn what it truly means to commune with God on a level deeper than the one you're currently experiencing.

FASTING FOR BEGINNERS: Abstain from any form of media, including social media for a set period of time each day. For example, you can choose not to view any media from 6:00 pm-9:00 pm, and spend that time praying at the top of each hour. Or you can skip one meal each day, and spend that mealtime praying.

Intermediate level:

You may have enjoyed in the past some of the benefits of prayer and fasting, perhaps you spend a total of forty-five minutes to one hour during the week in prayer intercessions (praying for your needs and the needs of others). You have fasted for at least one day in the past where you abstained from a meal. You've read books on prayer or have been part of a training course on prayer, and are looking for opportunities to put it to good use.



FASTING FOR INTERMEDIATE LEVEL: You can do the suggestions above or do what's known as the Daniel fast. The Daniel Fast eating plan is like a vegan diet with more restrictions. The only beverage is water or juice and the primary foods are fruits, vegetables, whole grains and legumes. There are no sweeteners on the fast - and no processed foods or chemicals. For more information about the Daniel fast, visit this website (<http://danielfast.wordpress.com/>). During this fast, set aside four times during the day to pray: 9:00a.m, 12:00noon, 3:00p.m, and 6:00p.m. If you are an early riser, add a 6:00a.m prayer time.

Advanced level:

Perhaps all of the above is true of you. In addition, you pray daily for 15-30 minutes. You have fasted for three days or more in the past and have experienced God's blessings through it. You have a regular habit of taking prayer requests from people in need and praying over their needs.

FASTING FOR ADVANCED LEVEL: You can do either, or all of the above, or you can do an absolute fast. You can drink water, juice and broth. While we don't recommend you go five days without any food or water, you can consider skipping breakfast and lunch each day, and end the day with a light evening meal. During this fast, you should plan to be in prayer at the top of every hour, or every other hour.

Warning: Consult your physician before beginning a fast, especially if you have a preexisting medical condition, or are an expectant or nursing mother. While fasting is a spiritually fulfilling exercise, God would not command a physical exercise that would harm His people physically or emotionally.

Each week we will have a different focus. We recommend for you to write your thoughts down in a journal on a daily basis. Be ready to hear God speak to you .

WEEK ONE FOCUS: Preparation - place your life before God

Scripture Focus: Nehemiah 1:5-9 Then I said: "O LORD, God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and obey his commands, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's house, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses. "Remember the instruction you gave your servant Moses, saying, 'If you are unfaithful, I will scatter you among the nations, but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.'

Breakthrough in these areas: Repentance, Healing, Release from Strongholds, Restoring Relationships

Weekly scriptures to meditate on daily:

II Corinthians 10:3-5 We are humans, but we don't wage war with human plans and methods. We use God's mighty weapons, not mere worldly weapons, to knock down the devil's strongholds. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas, and we teach them to obey Christ. (The Message Bible)

Isaiah 58:6 "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"



WEEK TWO FOCUS: Positioning for Advancement

Scripture Focus: Romans 12:1-2 So here's what I want you to do, God helping you: Take your everyday, ordinary life - your sleeping, eating, going to work, and walking around life - and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-informed maturity in you.

Invest in God, yourself and the future through your time, talent and treasures by:

- Disciplined spending
- Start tithing/sacrificial offering
- Participate in the Financial Peace seminar by Dave Ramsey
- Disciplined time management
- Utilizing talents according to your passion

Weekly scriptures to meditate on daily:

Proverbs 22:7 The rich rule over the poor, and the borrower is servant to the lender.

Matthew 6:21 For where your treasure is, there your heart will be also.

WEEK THREE FOCUS: Partnering for Expansion

Scripture Focus: I Chronicles 4:10 Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

Building the Kingdom of God by:

- List 5 names of people you will be praying for this week
- Random acts of kindness towards family/friends
- Call to reconnect with a loved one
- Invite someone to church

Weekly scriptures to meditate on daily:

Isaiah 54:2-3 Clear lots of ground for your tents! Make your tents large. Spread out! Think big! Use plenty of rope, drive the tent pegs deep. You're going to need lots of elbow room for your growing family. You're going to take over whole nations; you're going to resettle abandoned cities. Don't be afraid - you're not going to be embarrassed. Don't hold back - you're not going to come up short.

Luke 14:23 Then the master told his servant, 'Go out to the roads and country lanes and make them come in, so that my house will be full.'



While you are fasting:

1: Reflect Inner Desire by Outer Discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

Your food choices.

The level of your spiritual commitment as reflected in constant prayer during the fast.

Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.

Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Kingdom Building Fast.

2: Pray to Perceive Sin's Role in Poor Health

Notice James 5:13-16:

Sin is something related to the cause of sickness.

Lack of health/healing may be the result of spiritual rebellion.

Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.

Repentance is linked to health according to James.

Elders have a role in healing both spiritual and physical health.

Sick people must desire to be well

The anointing oil could mean Medicine for healing, Symbolic of the Holy Spirit, or It could be baptism

Prayer alone may not gain healing, faith is the major factor.

In Greek there are several words for "sick". James uses "Kanino", which not only includes disease, but also means weak or weary.

Attitude is important. James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms."

3: Fast as a Statement of Faith to Others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

4: Learn the Effects of the Food You Eat

Why are some foods good for us, and other foods not? What does certain food do to your body? If we really knew, there would likely be some things we would never eat again.

5: Yield All Results to God

Daniel said, "as you see fit, deal with your servants" (Dan. 1:13)

6: Journaling - write down your thoughts, feelings and happenings on a daily basis in a book.



Biblical Fasting Focus:

1 TIMOTHY 2:1-2 "I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

ROMANS 12:1 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."

MATTHEW 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

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?"

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings 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)

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!

Recipes:

Scarlott potatoes: White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt.

Rice and Lentils

- 1 cup rice
- 1/2 cup of lentils
- 1 tsp salt
- 2 cups water
- Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on high.

Vegetable soup and navy beans

- 1 cup puree spinach
- 1 cup puree green beans
- 1 can navy beans rinsed and drained
- 1 tsp salt
- 1 cup water
- Put all ingredient in crock pot for four hours on medium

Rice and Chick Peas

- 1 cup rice
- 1 can chick peas drained and rinsed
- 1 cup water
- 1 tsp salt
- 1 TBSP raisins
- Cook rice in a rice cooker. Put rest of ingredients in crock pot and cook four hours on medium

Cantaloupe Tonight Melon Smoothie

- 1/2 medium-size cantaloupe, seeded and cut from the rind.
- 1/2 cup orange juice
- Juice of 2 limes (taste before you add all the juice at once)
- 1 medium-size, banana, peeled and cut into chunks
- Fresh mint leaves for garnish (optional)
- our addition: 2 cups of ice cubes - makes it like a frozen ice drink.
- Mix all in a blender, and serve. Serves 2

Hot water cornbread: White or yellow corn meal, hot water, raw sugar. Stir up very well & put in skillet with olive oil.

Mrs. Jones' Brown Rice Dinner

- 1 cup of Brown Rice
- 2.5 cups water
- Bring to rolling boil, reduce heat & simmer/steam for 45 minutes.
- Half way through the cooking time, add:
- 1/2 cup of fresh salsa
- 1 cup of frozen corn
- 1/2 of a chopped red bell pepper
- 3/4 cup of cooked black beans
- a pinch of pepper to taste

Baked Oatmeal

- Preheat oven to 350 degrees
- 4 cups old fashioned oats (do not use instant or quick cooking)
- 1 cup chopped apples
- 1/2 cup chopped walnuts
- 4 cups water
- 1 teaspoon vanilla
- 1/2 cup chopped dates – 3/4 cup if you like dates
- Combine oats, walnuts and a pinch of salt in a bowl – mix well.
- In a separate container combine water and vanilla.
- Combine all ingredients (except the dates) and stir gently.
- Pour into a lightly oiled 8" X 8" dish.
- Bake at 350 degrees for 30 to 60 minutes – keep an eye on this after 30 minutes; the recipe said 60 minutes, but it was done before that. When done, take out of oven, stir in the dates, and serve. Serve with soy milk for this Fast. If you like it sweeter use honey or raw sugar– found in most grocery stores with the other sugars.

Student mix: Nuts, seeds and raisins mixed together

Strawberry Smoothie

- 1 1/2 cups soy milk
- 1 bag (10 oz) frozen, organic strawberries, partially thawed
- 1 medium banana, cut into chunks
- 1/3 cup orange juice
- Honey, if desired
- Vanilla, if desired
- In blender, blend all for about 1 minute.
- Sweeten to taste with honey
- Experiment with different fruit and juices
- 1 bag (10 oz) mixed fruit
- Banana
- 1/3 cup orange pineapple juice

Rice, Green Beans and Lentils

- 1 cup rice
- 1/2 cup lentils rinsed
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 TBSP tomato paste
- 1 can green beans not drained
- 1 cup of water
- Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.