

# CONSECRATION *NIGHTS*



Fasting is one of the most powerful spiritual disciplines that draws us closer to God, sharpens our spiritual focus, and aligns us with His will. As we fast at the start of this year, we intentionally set aside physical nourishment to prioritize spiritual growth. Below, you'll find guidance, scriptures, and practical ways to participate in the fast.

Let's believe God to impart greater faith and breakthrough for each of our lives, families, and community as we seek His face together!



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# FASTING GUIDE

## BENEFITS OF FASTING

**Spiritual Clarity:** Fasting clears our minds and hearts to hear God's voice more clearly. Isaiah 58:8

**Renewed Focus on God:** Focus on God: It shifts our dependence from worldly needs to divine provision. Matthew 4:4

**Strengthens your Prayer Life:** Fasting intensifies our prayer life and gives us greater confidence in the Lord. Matthew 17:21

**Breaks Strongholds:** Fasting opens the way for breakthroughs in areas of personal spiritual bondage or struggle. 2 Corinthians 10:3-6

**Physical Discipline:** Fasting reminds us of the need to discipline our flesh and cultivate self-control. 1 Corinthians 9:24-27



**Breakthrough and Deliverance:** Isaiah 58:6 declares that fasting can "loose the chains of injustice" and "set the oppressed free."

**Greater Increase in Anointing:** Fasting increases our faith whereby giving us access to greater spiritual power to see miracles, signs, and wonders. Luke 4:14

## WAYS TO FAST

Depending on your health and circumstances, there are several ways you can participate:

**Full Fast:** Abstain from all food, consuming only water. (Consult your doctor if you have medical concerns.)

**Partial Fast:** Skip one or two meals a day or limit your diet to simple foods.

**Daniel Fast:** Focus on fruits, vegetables, and water, avoiding meat, sweets, and processed foods (Daniel 10:3).

**Media or Activity Fast:** Abstain from non-essential activities such as social media, television, or recreational distractions to dedicate more time to prayer and scripture.

## PREPARING TO FAST

**Pray for Direction:** Ask the Lord how He is calling you to fast.

**Set Clear Goals:** Define what you're fasting for (e.g., clarity, healing, breakthrough).

**Include Prayer and Scripture:** Replace mealtimes or distractions with time in God's Word and prayer.

**End Gracefully:** Don't rush back to regular eating; ease into it, especially after longer fasts.

## AS YOU FAST, MEDITATE ON THESE SCRIPTURES:

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."  
(Matthew 5:6)

"Draw near to God, and He will draw near to you." (James 4:8)

"The Lord is near to all who call on Him, to all who call on Him in truth." (Psalm 145:18)

Fasting is not about earning God's favor but about making room for His presence. As we seek Him together, I am confident He will meet us in extraordinary ways.



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