

January Prayer and Fasting

“Unless the Lord builds the house, those who build it labor in vain.” Psalm 127:1 ESV

As 2021 gets underway, I would like to invite our faith family to pray on behalf of FBCBSL and our personal lives. This is not new to our church but this time we want to invite you to fast from a meal on Sunday, January 10th and to join together for a time of prayer at 5pm. In addition, we would like to invite you to join us in a 5 Day Daniel Fast during the month of January or you can choose to fast the days of your choosing in January.

What is fasting? For Christians, fasting is the act of giving up something (food, drink, entertainment, etc.) for a certain period of time in order to increase our attention on God and what He has to say. There are more than 70 references to fasting in the Bible, and among those who fasted in the Bible are Moses, Elijah, Esther, Ezra, Job, David, Daniel, Peter, Paul – and even Jesus.

Fasting= Abstaining from something good for a spiritual purpose and for a predetermined amount of time.

Types of fasting: There are several types of fasting. The one you choose is between you and God.

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

Daniel Fast: Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Meal Fast: Choose 1 meal to fast from. Spend the extra time w/ the Lord.

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

Verses about Fasting:

Some 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

Daniel Fast:

A *Daniel Fast* is considered a *partial fast* allowing you to consume certain types of food and drink. The fast is based on one that Daniel followed:



Daniel 1:12 – *"Please test your servants for 10 days. Let us be given vegetables to eat and water to drink."*

Daniel 10:1-2 – *"In the third year of Cyrus king of Persia, a message was revealed to Daniel, who was named Belteshazzar. The message was true and was about a great conflict. He understood the message and had understanding of the vision. In those days I, Daniel, was mourning for three full weeks."*

As we prepare the fields for rain, our only hope is a fresh outpouring of the Spirit of God. He has done it before, and He can do it again. Let's beseech the Lord together.

-Brett Frazier