

# THE OUTREACH CHURCH OF THE ROCK



Corporate Church Fast  
January 1-21, 2022

**FASTING FOR A PERSONAL ENCOUNTER WITH THE LIVING GOD**

## **BETWEEN GOD AND ME**

Prayer and fasting are powerful ways to prepare to receive God's presence and all that He has planned for your life. The question becomes, what is standing between you and God? What's stopping the flow of intimacy? What do you need to shed in order to receive adequately? What do you give more attention to than God? What's your greatest hindrance and distraction? Ask yourself, What am I allowing to come between me and God's presence? Imagine the blessings God has for you if you prepare your heart and surrender it all to Him.

Join Pastor Jessie and First Lady Cheryl Green as they encourage you to devote yourself intentionally to seeking God and His will for your life during the 21-Day Prayer & Fast journey.

## **WHAT IS FASTING?**

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, many people read the Bible, pray, or worship. Fasting is found throughout the Old and New Testaments of the Bible.

## **WHAT IS A CORPORATE FAST?**

A Corporate Fast is when the church is unified to hear from God. It is a spiritual time, directed and empowered by the Spirit to yield spiritual growth and answer prayers through intimacy with God the Father, the Son, and the Holy Spirit.

Corporate fasting brings unity and a strong awareness of our need for God's leadership as we grow into every area He is calling for us to go in 2022! It liberates us collectively and brings a fresh fire of the Holy Spirit into the lives of believers and those who enter into the house of the Lord.

## **CONSIDER THIS**

There are no specific rules you must follow about what to give up. You can do a water-only or a juice-only fast. You can fast one meal or from sugary foods. Do what will create in you a greater urgency and hunger to pray.

You may experience many benefits from fasting (cleansing your body, breaking addictions, healing, etc.), but the main goal of fasting is to experience God. It is realizing that it is not about you but all about HIM! Trusting and depending on God becomes your first walk of faith during this fast. It is all about what you are willing to sacrifice for Him. That means the things you can't imagine living without.

<b>FASTING IS A SACRIFICE OF YOUR WILL FOR HIS</b>
--

# **TYPES OF FASTS**

## **PARTIAL FAST**

Fast from a particular meal or eat one meal a day (Fast from breakfast, lunch, or dinner. Be consistent during the 21 Day fast. e.g., If you choose to fast from breakfast, fast the entire 21 days.

## **INTERMITTENT FAST**

Fast during specific times of the day, e.g., 6 AM -12 PM.; 16/8: Fast for 16 hours/Eat within the 8 hours (Eat between 9a to 5p; 10a to 6p; noon to 8p)

## **LIQUID/JUICE FAST**

Refrain from eating all solid foods for a time. You might still drink Gatorade or fruit juices or perhaps eat only soups. If you choose this approach, there are several things to keep in mind.

## **THE DANIEL FAST**

- Fruits
- Vegetables
- Whole Grain
- Legumes (canned
- Water
- Other: Tofu, soy products, vinegar, seasonings, salt, herbs, and spices

## **NON-FOOD FAST**

- Television
- Snacks (Candy, chips, cookies, cake, etc.)
- Social Media
- Shopping for things besides essentials

<b>FASTING AND PRAYING PUTS YOU IN THE SEAT WHERE YOU CAN WATCH GOD WORK</b>
--

# FAST PREPARATION

(Excerpt from **5 Days to Victorious Fasting** by Jamie Rohrbaugh)

If you want your fast to be victorious, prepare for your fast several days in advance.

Here's how:

## **1. Pray about your fast through the day for several days before you start:**

- Ask God to give you the desire and the grace to fast so that fasting will be easy. (Yes, fasting can totally be easy!)
- Pray also that God would give you so much hunger and passion for Him that your desire for food pales in comparison to your desire for Him.
- Ask Him to keep your body strong and steady during the fast. Ask Him to keep your mood steady, your insulin and glucose steady, and your stomach calm.

If we dwell in the secret place of the Most High, God's Word promises that He will keep us stable and steady. Read Psalm 91:1 in the Amplified Classic version for more about that. And yes, we can take that literally--and we should.

## **2. Write down your prayer list.**

Decide why you're fasting in advance, and write down a prayer list that you will pray over repeatedly during your fast. For example:

- Are you fasting to draw closer to Jesus (also often referred to as a "Bridegroom fast")?
- Are you fasting because you sense God wants to do something new in your life, and you are drawing closer to Him and asking Him to do it?
- Are you fasting for a breakthrough in your own life or someone else's regarding a particular situation?

No matter why you are fasting or what you need, write down your prayer list. Use that list to inspire you to stay on your fast. Keeping a list will also help you notice God's answers! If you haven't already done so, write down a list of your 10-or-so biggest needs right now. Then pray through the list each day.

## **3. Schedule time to pray and read the Bible during your fast.**

Fasting without prayer equals a really miserable form of dieting. Nobody has time for that! Be sure to set aside time in your schedule in advance so that you can pray and spend time alone with the Lord every day during your fast.

## **4. Prepare your body practically.**

First, drink lots of water. Drinking water while you fast will curb your hunger and will help you feel full. It will also cleanse your body and help eliminate the headaches that can occur when people fast.

Pare down your eating for a few days before your fast. If you eat fewer (or no) sugary snack foods (or high-calorie meals) for a few days before your fast begins, your body will have an easier time adjusting to your fasting regimen.

If you desire to fast, begin preparing today!

<b>IT'S ALMOST LIKE GOD MEANT IT WHEN HE SAID THAT WE SHOULD SEEK HIS FACE</b>
--

Visit <https://www.rocdfw.org/21-day-fast> to unlock the daily link.

**F**orgiveness

**A**lignment

**S**elf-Control

**T**rust

**I**ntegrity

**N**ourishment

**G**race

As you draw close to God during this fast your relationship with Him will deepen. The power of prayer and fasting has the ability to open the door to supernatural manifestations. It can move mountains, heal your body, relationships, cause financial breakthrough, but most importantly develop an intimacy with God that is unlike a relationship you will ever experience with another human being.

And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. -Matthew 6:16 NLT

"No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them and do not hide from relatives who need your help. Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind. [Isaiah 58:5-8 NLT]

HE ANSWERED THEM, "THIS TYPE OF POWERFUL SPIRIT CAN ONLY BE CAST OUT BY FASTING AND PRAYER."

[Mark 9:29 TPT]

TASTE AND SEE THAT THE LORD IS GOOD Psalm 34:8 NIV