



Fasting 101

21 Days of Awakening

CORPORATE FASTING GUIDE 2019
NORTHWEST CHRISTIAN FELLOWSHIP

Fasting is a Catalyst

Fasting does not change God, nor will it ever change Him. He is the same before, during, and after the fast. So what will change? We change! We become more sensitive to the voice and leading of Holy Spirit when we fast.

Jesus began his public ministry after a 40 day fast. In Luke 4:1 we see that Jesus was full of the Holy Spirit, and in Luke 4:14 we see that He was full of the Power of the Holy Spirit. What was the catalyst that transitioned Jesus from being full of the Holy Spirit to being full of the Power of the Holy Spirit? He fasted! The fast gave Him the upper edge to overcome every temptation of the enemy. Fasting was the catalyst that transitioned Jesus from being full of the Spirit to being full of the power of the Spirit. Fasting is the catalyst to release the power of the Spirit in our lives.

Read Matthew 6:1 – 18, it is Christianity 101 of the Bible. This passage gives us three responsibilities for every believer. It teaches us how to give, how to pray, and how to fast. If you will notice, Jesus says, “When you give..., when you pray..., and when you fast...” Not “if,” but “when”. The first thing Jesus deals with is motive. Check your motive. The correct motive is from a passion for His presence, His will “On earth as it is in Heaven”.

Starting Your Fast

- **Decide and write the type and purpose of your fast.**
- **Proclaim the fast before the Lord.**
- **Anoint your head and wash your face. (Matthew 6:16—18)**
- **Believe you receive the reward now. (Mark 11:24)**
- **Minister unto the Lord in prayer, worship, and study His word. Read aloud His promises and prophetic words over your life.**
- **Minister to others after the fast, only minister to others during the fast as directed by Holy Spirit.**
- **Expect supernatural assistance from Holy Spirit and the angels sent from our Father on special assignments.**

The Daniel Fast (21 Days)

21 Days of Awakening, Transformation and Pursuit of His Presence.

In January, during the annual Daniel Fast, believers from around the world come together collectively for 21 days to seek the face of God for His presence, His wisdom, His healing, His direction, His protection, and His provision, etc. for the upcoming year. The New Year begins with a corporate fast consecrating unto God our first things. This sets the course for the year. First things are always important to God. *“Matthew 6:33 Seek ye first the kingdom of God and His righteousness; and all these things will be added unto you.”* Corporate fasting links believers together and corporate blessings, answered prayers, and spiritual breakthroughs begin to flow. When we unite together in prayer and fasting, our efforts are multiplied. *“One can chase a thousand; two can put ten thousand to flight.” Deuteronomy 32:30* One person’s efforts are powerful, but, with two or more, the efforts are greatly multiplied. A corporate anointing is always greater than any individual anointing! As we join together in this fast, the outcome is significantly increased. Daniel’s 21 day partial fast had significant impact in his life. His fast consisted of abstaining from meat, goodly breads (sweets), and wine. Sounds pretty simple, right? As you begin your fast, start slow, and don’t overdo it. Fasting is like a muscle; it takes time to build it up.

“So he said to me, “O Daniel, you highly regarded and greatly beloved man ...,” Daniel 10:11 The first revelation to Daniel was that he was highly regarded and greatly loved. This revelation came to Daniel when he had no strength and after everyone who was with him fled in fear. After the love

revelation, Daniel, had strength to stand. It is quite amazing that the first revelation to Daniel was that he was greatly loved. Whenever we go through seasons of adversity, conflict, or warfare, we must too have the revelation that we are greatly loved by our heavenly Father. An interesting connection we see in the original Hebrew language is the connection between Daniel 10:3 and Daniel 10:11. As Daniel fasted the things that were desirable, he became desirable (to God). For Daniel, we see fasting increased God’s desirability for him.

The second revelation was understanding. *“...understand the words that I am about to say to you and stand upright...,” Daniel 10:11.* At this moment Daniel’s mind was unlocked to understand what had once perplexed him. Love precedes understanding; love positions us to understand, and love empowers us to understand. *“...and with all your getting get understanding.” Proverbs 4:7* Understanding is the ability to comprehend, discern, and the skill to learn.

The third revelation was fear not. *“Then he said unto me, Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words.” Daniel 10:12* So we can

Daniel 10:12

“Don’t be afraid, Daniel,” he said to me, “for from the first day that you purposed to understand and to humble yourself before your God, your prayers were heard. I have come because of your prayers.” (HCSB)

7 Revelations to Daniel After His 21 Day Fast.

1. Revelation of Love.
2. Revelation of Understanding.
3. Removal of Fear.
4. Revelation of ,
“Heard Words From a Set Heart.”
5. Revelation of the Power of Words During a Fast.
6. Revelation of Overcoming the Power of the Delayer.
7. Revelation of Reinforcements.

Fasting

1. Fasting is a tool given to us in the arsenal of weaponry to position us for a higher level of focus, believing and receiving; equipping us for a new season of expectancy realized.
2. Fasting and Prayer are MASTER KEYS to unlocking possibilities in your life.
3. Fasting destroys the power of the delayer and releases supernatural forces to work for you.
4. Fasting helps us to redirect our focus and get our eyes off the problem onto the solution.
5. The grace of fasting is that you simply agree to do it.
6. The fast does not produce the shift; the shift in the Spirit is what leads us to fast.
7. Fasting in its purest form is all about intimacy and knowing God as Our Father. Coming away with Him, in the secret place of the stairs (Song of Solomon 2:14), Seeking and discovering His Kingdom and embracing, "On earth as it is in heaven."

see that love is an entry point of understanding and the power to overcome fear. We are equipped to overcome fear through love. *"There is no fear in love, but perfect love cast out fear..." 1Peter 4:18* With love and understanding comes the ability to not be afraid.

The fourth revelation was your words were heard the first day your heart was set. *"...from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard..." Daniel 10:12* A set heart is a fixed, unwavering heart. The word "set" used here is the same Hebrew word used in Genesis 1:17 describing how the sun, moon, and stars were set by God in the heavens, unmovable. Once his heart was set, his words were heard. This is a profound principal: once his heart was set, his words were heard. The answer to the prayer showed up on the 21st day even though it was heard on the 1st day. Knowing that God hears us the moment we set our hearts to understand is very encouraging, even though we may not see immediate results. Two powerful points here: God heard, and God dispatched Gabriel with the answer on day one. Know that God hears you every time you pray, and Satan always wants to hinder and delay answers to your prayers.

The fifth revelation we see is the power of our words. *"...and I have come in response to your words." Daniel 10:12* Words matter. Our world is framed by our words. Creative power is released to seed the future we desire through our words. Every relationship, fellowship, contract, agreement, business, etc., exist first in the realm of words. The words we speak determine how heaven responds. The quality of our life, our health, our peace, our joy, our prosperity and every facet of life is

affected by our words. Peace and war blessing and curses all begin with words.

The sixth revelation we see is that the enemy wants to do what he can to delay the answer. *"But the prince of the kingdom of Persia was standing in opposition to me for twenty-one days." Daniel 10:13* The weapon of choice was delay. The power of the delayer was overcome through Daniel's set heart, fasting and words. The combination of a set heart, words and fasting caused at least 2 angels to be dispatched. From this we can observe that the power of the delayer was broken during Daniels 21 day fast! Fasting destroys the power of the delayer! Gabriel shows up and tells Daniel that God heard his prayer the first day that he prayed, but the answer had been delayed by the prince of Persia (which some scholars believe was Satan himself).

The seventh revelation we see is that reinforcements were sent. *"Then, behold, Michael, one of the chief [of the celestial] princes, came to help me, for I had been left there with the kings of Persia." Daniel 10:13* Through Daniel's consistent prayer and fasting, God dispatched the archangel Michael to put Satan in his place in order for Gabriel to deliver the message to Daniel. We must be aware of the consistent spiritual warfare that is taking place in the heavens on our behalf. As you combine your prayers with fasting God releases reinforcements from heaven to work on your behalf. Just because your prayer has been delayed does not mean you have been denied! As you enter into seasons of prayer and fasting today set your heart to and know that your breakthrough is on the way!

FASTING 101 and Types of Fast

Eating is a normal part of our lives, so abstaining from food is a disruption of that rhythm or cycle. When a cycle of our life becomes disrupted we have an opportunity to get back on track or to begin again. Every ending is an opportunity for a new beginning. Fasting can be a tool, used to disrupt the cycle of normality in one's life and transition to a season of new possibilities.

Fasting is simply putting God first and foremost before everything including food. One of my favorite fasting scriptures is found in Job 23:12 which says, *"I have not departed from the commandment of His lips: I have treasured the words of His mouth more than my necessary food."* Job said, and I will paraphrase, "I want to hear You God, more than I want to eat." As we enter into seasons of fasting, we are positioning ourselves to hear the voice of God. One word from God can absolutely change everything. Do not misunderstand what I am saying. Fasting does not change God, nor will it ever change God. God is the same before, during, and after the fast. So what will change in a fast? We change! We become more sensitive to the voice of God and the leading of the Holy Spirit when we fast.

The primary act of fasting is to willingly abstaining from some or all food, drink, or both for a period of time for a spiritual purpose. During times and seasons of fasting we are determined to seek the face of God through fellowship and alignment with His plan and purpose. As we disengage from the normalities of life and consecrate ourselves to God through prayer and fasting we become more sensitive to the spiritual realm creating a greater awareness to the things of God.

- An **absolute fast** is defined as abstinence from all food and drink. This is the most extreme of all types of fasting and should not be entered into without preparation and clear direction from the LORD. This is the type of fast mentioned in Acts 9:9 completed by the Apostle Paul for 3 days. An absolute fast for more than 3 days is never mentioned in the Bible and is not recommended for anyone. Undergoing an absolute fast for more than 24 hours will require more periods of prayer, rest, and limited activity.
- A **normal fast** is defined as an abstinence from all foods for a set determined amount of time. During a normal fast, drinking water is strongly recommended and encouraged. As you begin to fast, you will discover that water is your best friend, next to Jesus of course. During the fast drinking water will help cleanse your body of toxins and purifies your body. It is recommended to drink at least two to three quarts of water each day. Water is the single most important nutrient for our bodies. It is involved in every function of our bodies. You can live five to seven weeks without food, but the average adult can last no more than five days without water. This "normal fast" was the 40 day fast Jesus completed in Matthew 4. Notice in verse 2 it says, *"And when He had fasted forty days and forty nights, afterward He was hungry."* According to this passage Jesus fasted day and night and afterward He was hungry, not thirsty. From this it is implied that Jesus drank at least water during the fast. Undergoing a normal fast of extended amounts of consecutive days will require more periods of prayer, rest, and limited activity.
- A **partial fast** is a fast that anyone can be involved in. I would advise successfully completing many partial fast before attempting a normal or an absolute fast. A partial fast can be as strict as liquids only or as simple as abstaining from meats, bread, and desserts. A partial fast is the most common fast for today and produces incredible results. This is the fast mentioned two times in the book of Daniel. In Daniel chapter 10, there are many recorded details of Daniel's 21 day partial fast and the results that he achieved.

Starting Your Fast

Fasting is like working a muscle, start slow.

- Start by fasting from sunrise to sunset.
- Reduce your sugar and caffeine intake gradually over the course of 3 - 5 days before going on a normal fast.
- Drink filtered or bottled water. Do not drink chlorinated tap water.
- Spent the time you would be eating in prayer. Turn your favorite praise and worship music on and meditate the word of God, His promises, and personal prophecies.
- If you are on medication or under a doctors care, consult your physician before entering into a fast.