

# PRAY

40 DAY SPIRITUAL JOURNEY

# FAST

FOR GREATER FOCUS AND PURPOSE

# GIVE

WITH EXPECTATION OF EXPERIENCING  
THE MIRACULOUS

## Introduction to Pray Fast Give

At the beginning of each year, Lifepoint will come together to focus on three foundational Christian principles (*Pray, Fast, Give*).

These three principles are deeply impactful to our spiritual lives. At the start of our 40 day journey, we shall fast 3 days corporately, (**Jan 10th-12th**) and then the additional 37 days shall be both personal and confidential. Our goal is to have a total of 40 days committed to fasting, focused prayer, and intentional giving toward a special offering.

To ensure participation and anonymity, a fasting chart will be located in the foyer on the table where the welcome bags are located. Please check an x for the days you plan to join the initiative. Your x provides encouragement to the body while displaying to others that day is covered. You can mark an x where one is already present but please keep in mind, we want an x for every day of our fasting. At the conclusion of our fast, we shall take up an offering and use these funds to reach outward. This offering is not for us as a church, but as the Lord directs the Pastor. An example is a church planter or missionary needing funding. These funds shall be used to directly impact those ministries.

## FAST PLAN AND DAILY SCRIPTURES

Date	Scripture	What
Jan 8	Matthew 6:1-18,	
Jan 9	Romans 12:1-2.	
Jan 10	1 Corinthians 6:19-20	
Jan 11	2 Chronicles 7:14-15	
Jan 12	Isaiah 58:1-14	News & Media
Jan 13	Jeremiah 29:13	
Jan 14	Mark 11:24	Desserts/Sugar
Jan 15	James 5:16-18	
Jan 16	1 John 3:22	Criticism of Any Kind
Jan 17	Mark 9:17-29	
Jan 18	Luke 18:1-14	Social Media
Jan 19	Ezra 8:21-23	
Jan 20	Corinthians 9:6-8	Caffeine
Jan 21	Philippians 3:8-21	
Jan 22	Philippians 4:4-13	Email
Jan 23	2 Corinthians 10:1-6	
Jan 24	Romans 8:1-28	Texting
Jan 25	Hebrews 12:1-17	
Jan 26	Mark 12:38-44	Television
Jan 27	Luke 11:1-13	
Jan 28	Matthew 4:1-11	Internet
Jan 29	Mark 16:15-20	
Jan 30	James 4:7-10	Criticism of any kind
Jan 31	Ephesians 6:1-20	Hobbies
Feb 1	Proverbs 19:17, 22:9, 28:27	
Feb 2	1 John 3:16-24	Sugar
Feb 3	Daniel 9:1-23	

## FAST PLAN AND DAILY SCRIPTURES CONTINUED

<b>Date</b>	<b>Scripture</b>		<b>What</b>
Feb 4	Matthew 4:1-11		
Feb 5	Galatians 5:16-26		Television
Feb 6	Galatians 6:8-10		
Feb 7	Psalms 20:1-9		
Feb 8	2 Chronicles 20:1-30		Caffeine
Feb 9	Psalms 121:1-8		
Feb 10	Psalms 42:1-11		News & Media
Feb 11	Matthew 5:6		
Feb 12	Job 23:10-12		Desserts & Sugar
Feb 13	John 10:27		
<b>Feb 14</b>	<b>2 Corinthians 4:6-18</b>	<b>All Church</b>	<b>Food</b>
<b>Feb 15</b>	<b>Luke 6:38</b>	<b>All Church</b>	<b>Food</b>
<b>Feb 16</b>	<b>Psalms 37:3-5</b>	<b>All Church</b>	<b>Food</b>

**Friday February 16th, Lifepoint will meet at 7pm for Worship and Communion as a body to complete our 40 day Spiritual Journey.**

## Questions To Answer Before WE Begin Fasting

### Outline for our "3-day" Corporate Fast:

Determine the following:

1. **WHY** are we fasting?

a. To **personally** draw closer to God

### James 4:8-10

8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. 9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. 10 Humble yourselves in the sight of the Lord, and he shall lift you up.

### Jer 29:11-13

11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. 12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. 13 And ye shall seek me, and find me, when ye shall search for me with all your heart.

b. For **focus** of Apostolic power and authority to the church

### Mark 9:28-29

28 And when he was come into the house, his disciples asked him privately, Why could not we cast him out? 29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

**Isa 10:27** 27 And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing.

c. To destory spiritual strongholds

d. Spiritual awakening in our church/community

## Questions To Answer Before WE Begin Fasting

### **2Co 10:3-6**

3 For though we walk in the flesh, we do not war after the flesh: 4 For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

2. **How long** are we fasting?
  - a. **3-days**

### **Ezra 8:15**

And I gathered them together to the river that runneth to Ahava; and there abode we in tents three days: and I viewed the people, and the priests, and found there none of the sons of Levi.

3. **What type** of fast are we going to follow?
  - a. **No Food**
  - b. Water or juice only

## Questions To Answer Before YOU Begin Fasting

### For your personal use on the "40 days" of fasting as a Church:

Determine the following:

1. Why am I fasting?

- a.
- b.
- c.
- d.
- e.

2. How long/often am I going to fast?

- a.
- b.

3. What type of fast am I going to follow?

- a.
- b.

## Different Types of Fasts

- 1 Day
  - a. No Food (water optional)
- 3 Day
  - a. No Food
  - b. Water Only
  - c. Water and Juice
- 7 Day
  - a. No Food
  - b. Water and Juice
- 7 Day
  - a. Sun-up - Sun-down
  - b. One evening meal after the sun set's
- 21 Day
  - a. No food
  - b. Water and Juice
- Daniel Fast
  - a. No bread
  - b. No sweets/sugar
  - c. No meat
  - d. Only fruits, vegetables, water, and juices
- 40 Day
  - a. No food
  - b. Water and Juice

\*\*\* Stay hydrated on any extended fast!



## Preparing For and Breaking My Fast

- End every fast with a season of prayer and praise. Commit your efforts to Him as you conclude.
- Write down key instruction, scriptures, direction received from your fast.
  - a. It is highly-recommended that you journal your fast. As the Spirit of the Lord speaks to you, you will want to write it down, and keep it near during your scripture readings for the day.
- After an extended fast, ease back into eating. Don't plan to break it with a large meal.
- Limit sugars and caffeiines in preparation to adjust for any withdraws or natural detoxification the body may endure.
- Avoid fatty and greasy foods. Fruits, soups, and liquids are best for a day maybe even two after completing an extended fast.
- USE THIS FAST to incorporate change into your life. Especially dietary improvements. Limit portion sizes, share meals, etc. This can also help financially. (No more eating out)

## **About the 40 day fast. How does it work?**

- At midnight on January 8th, Everyone in the church is asked to participate at the highest level possible. We serve the Lord with thanksgiving and a spirit of excellence.
- The 40-day ends with a 3 day corporate fast as a body. The evening of February 16th, at 7pm our church will come together for worship and communion.
  - a. No food, just water and juice for those who need it.

Before the 3 day corporate fast, the 37 days is to your discretion.

- Sign-up calendar will be in the foyer. Please mark an x to ensure your participation. This allows you to maintain your privacy while showing support. Secret fasting brings open rewards.
  - - a. Write the day you marked down so you don't forget. It's important we do not break stride.
  - We want to approach this with a consecrated mind-set. This fast is holy unto the Lord. It's not a fad, but something we as a church will embrace for many years to come, God-willing. Let it be said by the Lord, Lifepoint IS a prayerful and watchful church among My body.
  - There is a bible reading plan to coincide with the 40 days. Use it. Don't veer off and do your own thing. You can read your own devotions and study of course, but include the reading plan in your personal devotions faithfully.
    - a. Complaining is a sign this fast is very needed. Your flesh might rise up, the point Of the fast is to nail it back down.
- The additional fasts recognized in the program are there to help any with medical limitations to participate, deny distractions, and focus on the Lord.
- Kids are also encouraged to participate as parents help them understand what their doing and why.
- On Febraury 18th, we will bring a sacrificial offering before the Lord that will be used to bless another church or ministry just starting out and in need of a financial blessing. This is Kingdom building, by helping someone outside of our walls.

## 2024 - Pursuing Christ with Purpose

### A THREEFOLD CORD

**Ecclesiastes 4:12** And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

**Pray Fast Give** are three spiritual principles that when used together in your life, can be extremely powerful.

If one hurts in one are, it's possible they hurt in all three. A difficulty praying, leads to a difficulty fasting, which leads to a difficulty giving. We must put our mind, body, and soul under subjection by the authority of God's word. "A Threefold Cord"

### **Christ Guarantee's Power and Results:**

**Mat 17:14-21** 14 And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, 15 Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. 16 And I brought him to thy disciples, and they could not cure him. 17 Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. 18 And Jesus rebuked the devil; and he departed out of him and the child was cured from that very hour. 19 Then came the disciples to Jesus apart, and said, Why could not we cast him out? 20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. 21 Howbeit this kind goeth not out **but by prayer and fasting.** (evidence of a two-fold cord)

#### **• They already had the authority over evil spirits**

Mat 10:1 And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.

• They were equipped, empowered, **but not engaged. Having an engine, four-tires, but no transmission. No ability to transfer the power.**

## **2024 - Pursuing Christ with Purpose**

### **WHEN YOU FAST.....**

#### **Mat 6:16-18**

16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

### **WHEN YOU PRAY.....**

#### **Mat 6:5-8**

5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. 7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. 8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

### **WHEN YOU GIVE.....**

#### **Matthew 6:1-4**

**Mat 6:1-4** 1 Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. 2 Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. 3 But when thou doest alms, let not thy left hand know what thy right hand doeth: 4 That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.

### **WHY SHOULD WE START THE YEAR THIS WAY?**

#### **1.To honor God with the firstfruits of the year (Proverbs 3:5-10)**

To honor the Lord with all of our increase. Reference is to our finances but is applicable every area of our life. (Increase, another year, opportunity, day)  
Exhibiting the behavior of giving to God first

## **2024 - Pursuing Christ with Purpose**

### **2. We open the door for supernatural power and demonstration**

- a. Fasting breaks the flesh and allows spiritual enlightenment
- b. Fasting enables us to rely upon the Spirit for strength and pursue in the spirit what Cannot be done in the flesh.
- c. Fasting helps to behind the strongman (Matt 12:29) and break the yoke of Strongholds.

### **3. We demonstrate to God His Kingdom is our pursuit!**

- a. God is the object of our affection!
- b. I am on a exploration for more of Him!
  - i. Why are we fasting?
    - 1. Crucify my flesh, my desires, any of me that is standing in the way
    - 2. Die out to my carnality!
    - 3. We need a transformation church!
  - ii. Why are we committing to praying?
    - 1. To seek Him and Find Him
    - 2. To know His will, and partake of His nature, ways, and thoughts
    - 3. To know more of Him, it must be done so intentionally