

C O R P O R A T E F A S T C A L E N D A R

January 8TH - 28TH | 12 Hour Fasting 6AM-6PM

Corporate Fast Breakdown:

Everyday for 12 hours from 6am-6pm: Water ONLY!

In order to maintain a spirit of sacrificial worship, we encourage you to have a sensible/simple meal if you break fast after 6pm. Do not cancel out your commitment by over indulgence. Consider having a family dinner and discuss or reflect on what the Lord has revealed to you during your 12 hours of fast window. Remember that prayer and fasting should always go together.

We want to create an environment where we truly see the hand of God move through our campuses. We desire a place where the Holy Spirit moves freely and we see lives changed, hearts healed, and see the promises of God fulfilled. We stand on the promises of the word that not even the gates of hell will prevail against the church.

T R U E F A S T I N G

ISAIAH 58:1-14

¹“Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. ²For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them. ³‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. ⁴Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. ⁵Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? ⁶“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? ⁷Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? ⁸Then your

T R U E F A S T I N G

ISAIAH 58:1-14

light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. ⁹Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk, ¹⁰and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. ¹¹The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. ¹²Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. ¹³“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, ¹⁴then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the Lord has spoken.

Fasting is setting ourselves apart to center our lives on God. It’s not just eating differently and expecting some supernatural results. But rather, fasting helps us focus more on God and His word. We will become aware of the supernatural power of God that is already at work all around us.

As you fast, seek the Lord’s wisdom and direction. Life is full of noise that makes it difficult to clearly discern God’s will. As the requirements of fasting consume your thoughts and interrupt your activity throughout the day - instead of distraction, use these thoughts as a reminder to pray and be sensitive to the Spirit.

Throughout the Bible, believers took up a fast for three reasons:

1. To become more aware of God’s presence
2. To confirm God’s will and anointing
3. To hear a Word from the Lord in a time of need



Prior to starting the fast, journal to the following so you can refer to it at the end and see how God manifested Himself to you during this time of fasting.

What I'm expecting from God during this time of fasting:

What I'm hoping will change within me through this sacred time:

Day 1- Monday, January 8TH | 12 Hour Fasting 6AM-6PM

Instead of coming with a list of requests, simply pursue His presence each day. Make it your main priority to become more aware of the voice of God. Hear Him speaking to you. *Isaiah 55:2 - Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.*

Day 2- Tuesday, January 9TH | 12 Hour Fasting 6AM-6PM

Fasting is an act of worship, a way of submitting and surrendering to the Holy Spirit in our lives. As you worship Him and resist temptation, you place your desire for intimacy with God above physical cravings of hunger. *Deuteronomy 8:3 - He humbled you... to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. See also (Matthew 4:4 and Luke 4:4)*

DAY 7: Sunday, January 14TH | 12 Hour Fasting 6AM-6PM

It is only through the indwelling of the Holy Spirit you receive wisdom and guidance to do God’s will. Colossians 1:9 - For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding.

DAY 8: Monday, January 15TH | 12 Hour Fasting 6AM-6PM

Start each day with a prayer from your heart, that your fasting may not be in vain or become a routine. Psalm 51:10-12 - Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹Do not cast me from your presence or take your Holy Spirit from me. ¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

DAY 9: Tuesday, January 16TH | 12 Hour Fasting 6AM-6PM

Fasting is an act of faith. We deny ourselves today based on the promises of God. Fasting and prayer cleanse both our body and Spirit as we focus our mind on Him. 2 Corinthians 7:1 Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

DAY 10: Wednesday, January 17TH | 12 Hour Fasting 6AM-6PM

The discipline of fasting is meant to build up your Spirit. It is only effective as much as it is coupled with prayer. Jude 1:20 - But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.

DAY 15: Monday, January 22ND | 12 Hour Fasting 6AM-6PM

When you confess Jesus as your Lord and Savior, you pledge your life to Him. Being filled with the Holy Spirit, you can no longer do as you wish. Pursue a life of obedience. *1 Corinthians 6:19-20 - Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your body.*

DAY 16: Tuesday, January 23RD | 12 Hour Fasting 6AM-6PM

Love prevails over legalism, but true love obeys the rules willingly. Let nothing in your life become an obstacle to what God is trying to do within you. *Romans 14:17-21 - For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, ¹⁸because anyone who serves Christ in this way is pleasing to God and approved by men. ¹⁹Let us therefore make every effort to do what leads to peace and to mutual edification. ²⁰Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to eat anything that causes someone else to stumble. ²¹It is better not to eat meat or drink wine or to do anything else that will cause your brother to fall.*

DAY 17: Wednesday, January 24TH | 12 Hour Fasting 6AM-6PM

Trust in the Lord to be faithful, rather than relying on your own knowledge and strength. *Romans 15:13 - May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

DAY 18: Thursday, January 25TH | 12 Hour Fasting 6AM-6PM

God expects us to mind our mouths. Fasting should teach us not only to filter what goes in, but what comes out. *Ephesians 4:29-32 - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage, anger, brawling, slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

DAY 19: Friday, January 26TH | 12 Hour Fasting 6AM-6PM

Press through in humility and faithfulness. Make sure you don't compromise in life in order to please people, but rather stand firm in reverent fear of the Most Holy God. **Philippians 2:12-13** - Therefore, my dear friends, as you have always obeyed-- not only in my presence, but now much more in my absence-- continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act according to his good purpose.

DAY 20: Saturday, January 27TH | 12 Hour Fasting 6AM-6PM

The more you allow the Holy Spirit to work within you, the more His glory will become evident and victorious in all areas of your life. This is what it means to follow Christ, and to be made in the image of God as He designed us to be. **2 Cor. 3:17-18** - Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.

DAY 21: Sunday, January 28TH – FINAL DAY

12 Hour Fasting 6AM-6PM

Give God the glory for the victory! Stay alert for the traps of the enemy. May you finish this fast not only filled with the Holy Spirit, but also operating in the fullness of the Spirit's power in your life. **Luke 4:1-14** - Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, ²where for forty days he was tempted by the devil...When the devil had finished all this tempting, he left him until an opportune time. ¹⁴ Jesus returned to Galilee in the power of the Spirit...

After the fast, journal the following:

What God has revealed to me about Himself during this fast:

Things I learned about myself and new disciplines I intend to keep:

N E W L I F E C O V E N A N T



...dignity to not a person of every-
...him naked and destitute. Jesus the
...ing experience on the cross
... know the ultimate suffering
... in a public place, as many of
... their teachers or even the Jews.
... today. But most of us would feel
... their sinners and sinners have
... us. We will need to cry out with David,
... to feel the (22:18)
... as the congregation because his
... a public testimony. God wonderfully
... servants whom we are trusting and we
... for his care.
... erations are depending on our faithfulness

... today. As we teach our children about the Lord, so they will teach
... their children and they may well be the parents of the church of the future.
... about the Lord. We must view our children as God's future leaders. If we
... in preparation to Christ. We must view our children as God's future
... all the young disciples we want our children to share the Lord, they must
... first and foremost be children of the Lord. If we do not enough to rely on the word of
... (22:30, 21) from him. It is not enough to provide all their Christian education,
... their will receive knowledge to provide all their Christian education,
... those who are teaching the Lord as a shepherd. David wrote out of his
... We must reinforce the Lord as a shepherd. David wrote out of his
... own experience because the Lord spent his early years shepherding his
... sheep. (1 Samuel 16:11) Sheep are completely dependent on the
... shepherd for protection, guidance, and protection. The New
... Testament calls Jesus the good shepherd (John 10:11), the Great