

# 7 DAYS Prayer & Fasting



**Focus: Leadership and Repentance.**

## FASTING INFORMATION:

**START** 04.30.2023 from the moment you wake up  
**END** 05.07.2023 when you wake up

### ADULTS 18+ Choose 1 + \* No electronics for 24 hours/all 7 days

- **STRICT DANIEL'S FAST** – Eating fruits and vegetables. The list of allowed foods for this fast is condensed. See prayer button on New Life app for more information.
- **ABSOLUTE FAST** – Only water for the duration of the fast.  
(Must have permission from leadership to complete this option. (Call 813.361.3622 for details)
- **JUICE FAST** – Fresh vegetables and/or fruits for the duration of the fast. (Excludes nut milks, oat milk etc.)

**If Possible: April 30-May 2. Three-Day water fast with focus on leadership.**

**YOUTH** (Ages: 13-17) Fasting one meal that will be a sacrifice + no electronics for 24 hours/all 7 days

**CHILDREN** (Ages: 0-12) No electronics for 24 hours/all 7 days

\*Electronic fast meaning: Abstaining from electronic devices and services, such as gaming systems, cable, Netflix, social media, sports, miscellaneous internet browsing. Etc.

### BEFORE THE FAST:

- Confess & Repent: Confess every one of your sins and allow the Lord to lead you.
- Begin preparing for the length of fast. Reduce your intake of food and/or use of electronics.
- Avoid eating fast food, fried food, carbonated beverages, junk food, sugary items and bleached products prior to the fast. Decrease snacking and caffeine. This will help to reduce cravings and headaches when you are fasting.
- Review the specific theme and focus scriptures prior to fasting. Review and prepare for your type of fast. Shop, plan and prepare meals (if needed). Remove all non-fast friendly foods and place out of sight to avoid temptation during the fast.
- Plan for downtime, family devotion and talk to your child(ren) about fasting and their specific type of fast/restrictions
- Business owners: Use the Facebook native scheduler. Plan to use the business app to respond to messages rather than going on sites or apps live.

### DURING THE FAST:

# 7 DAYS

*Prayer & Fasting*



- It is recommended to limit your activities during the days you are fasting. Check your schedule and avoid any strenuous mental or physical activities.
- Drink lots of water for all fasting groups. Avoid water straight from the faucet. Spring or filtered water is best.
- Be careful of dizziness and black outs. The heart is resting as much as it can during water/liquid fasting. Before you stand up, take one or two deep breaths to get the heart pumping. If you start to black out, sit down or crouch down on one knee. This should immediately stop the dizziness.
- Read God's Word often while fasting. Take in a lot of the word of God.
- Pray for God's will to be done, according to the focus that you have been provided.
- Be sure to journal (and submit if necessary) what you received while fasting and praying.
- Attend corporate all night prayer session to be held on Friday, January 27th.

## **BREAKING (AFTER) THE FAST:**

- We will end with a celebration, shortly followed by Christian service.
- The 7 days following the fast, please focus on praise, worship and giving God thanks.
- Eat softer foods and drink lots of liquids when you break your fast. You may add other items to eat as the days progress. Avoid having a feast right after the fast.
- Gradually return back to your normal eating habits.

If you have any questions, please contact:

Your team leader. They will provide direction and encouragement during this fasting period or you can contact:

Sister Natasha Dickens – Email: dickensn7@gmail.com Phone: 813-361-3622

This is a time of consecration, repentance, and renewal. Let us draw closer to God during this fasting period without any hindrances.

## **Spiritual Focus- Leadership, Personal & Corporate Repentance**

(Scriptures to read and pray during the fast)

### **Leadership (April 30 – May 2)**

Exodus 17:11-13

Exodus 31:2-3

Exodus 35:6

Numbers 11:16

2 Chronicles 1:10

Luke 10:2

Acts 4:33

Acts 5:12

Acts 6:2-4,6-7

Acts 13:2

Ephesians 6:19

### **Repentance (all days)**

Psalms 139:23-24.

Psalms 51

Psalms 51:3.

Psalms 51:10

Acts 9:18a

2 Corinthians 7:10,

Acts 3:19, Romans:4

Revelations 2:4-5