

Mt. Vernon Missionary Baptist Church Forty Day Fast Feb. 14, 2018 - April 01, 2018

Fasting is the spiritual discipline of giving up something our flesh wants and enjoys for the sake of enhancing our relationship with God and our ability to hear from Him.

Purpose: To commit yourself personally to renounce the natural pleasures of life for the sake of evoking spiritual power in your life.

Fasting, coupled with prayer and praise packs a powerful punch that releases supernatural power over the enemy.

Pray at least three times a day:

- Upon awaking or before 9:00 AM
- 12:00 Noon
- Prior to bedtime or before 9:00 PM

Read Scripture Every Day.

This is the way we keep our spirit man well “fed” in the absence of physical food. A fast without prayer and Bible study is simply a diet, and will not produce any kind of spiritual results. Be sure to set aside significant time for prayer and meditation on the Word during your fast.

Meditate at least once a day, (spending quite time with God.)

Do some form of exercise for at least 30 minutes, three times a week.

Regulate downtime/social activities

- Minimize Television to two hours a day (This applies to week days only.)
- Minimize computer/social media to one hour a day (unless work related)
- Minimize telephone conversations (fast from gossip and worldly conversations)
- No video, computer, phone, ipad, etc. games. (This applies to week days only.)

During the fast, you may eat/drink the following ONLY:

- Drink at least eight glasses of water per day.
- You can drink apple juice (no sugar added)
- You can drink decaffeinated beverages.
- You can eat all meat except pork and shell fish.
- You can eat fruit and berries (limit pineapple, oranges, & grapefruit due to acid content)
- You can eat salad (no fast food salad)

During the fast, do not eat/drink the following:

- No Caffeinated Drinks (no black tea, Coffee)
- No Fast Food
- No Breads
- No Fried Foods
- No desserts
- No White Sugar
- No Alcoholic Beverages

- No Soda - Pop or Carbonated Drink

What is Fasting?

Make the Sacrifice Meaningful not Miserable

Fasting – The willful abstaining from natural pleasures for a spiritual purpose.

You are looking for something higher than the natural. God I want you so bad that I will deny earth to taste heaven.

Fasting is the personal commitment to renounce the natural, and evoke the Spiritual. It's very specific, its motivation is clear and clean.

Fasting is also the dedication to a period of time to devote oneself to spiritual priorities and prayer without food.

- Fasting is not just missing a meal.
- Fasting is not dieting.
- Fasting demands replacing meals, or natural pleasures, with the reading of the Word and prayer.
- Fasting demands dedicating time for meditation.
- Meditation is a type of prayer but it's speechless. We listen more than we talk.
- Fasting requires spending much time in the word.

Benefits of Fasting

- Spiritual discipline
- Increased spiritual capacity
- A clear sober mind
- A pure heart and mind
- Hunger for God and his Word
- Physical health
- Loss of excess weight
- Purifies the body
- Gives you spiritual freedom
- Gives you physical freedom
- Spirit of giving
- Your light shines
- Protection by God
- Answers to prayer
- Intimacy with God
- Increased retention capacity
- Gives you spiritual sensitivity

Effects of Fasting

- Fasting changes us. It doesn't change God.
- Fasting does not move God. Fasting moves you into better positioning.
- Fasting increases our spiritual capacity. Fasting breaks habits and spiritual bondage
- Fasting quiets the heart to hear God Better

– Fasting brings glory and intimacy to God.

Please consult with your physician prior to starting a fast or new exercise regime.