

- **Act** - Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner and support throughout the fast.

WHILE FASTING

- **Focus** - Set aside time to pray and read your bible. Be ready to respond to God's Word and the leading of the Holy Spirit.
- **Pray** - Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, Victory Churches International, and missions.
- **Replenish** - During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.
Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4

BREAKING THE FAST

- **Eat** – If you are doing a complete fast. Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, and then add more vegetables. Eat small portions throughout the day.
- **Pray** - Don't give up! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.
⁹Then you shall call and the Lord will answer; you shall cry, and he will say, 'Here I am.' . . ." Isaiah 58:9

Mathew 6:33 - *"But seek first the kingdom of God and His righteousness, and all these things shall be added to you"*



Experience the Power of Prayer & Fasting

January 8th: 7^{pm} - 18th: 7^{pm} 2021

Fasting has initiated revival and powerful breakthrough throughout church history and through the entire development of Victory Churches International. Each year the leaders and congregations of Victory Churches around the world set aside strategic times of fasting and prayer to receive and cooperate with God's plan.

Our VICTORY FAMILY of CHURCHES begins each year with fasting and prayer. Fasting in January, giving God our first, establishes His will in our lives for the **entire** year! We encourage you to join us!

This January, Moncton Victory Church will participate from January 8th through to the 18th in a Daniel Fast. We will take this time as believers, to seek God through prayer and fasting for revival in our individual lives, as well as in our families, our churches, our nations, and the world!

We want to hear what God would say to us for 2021!

Fasting and Prayer is a way for us all to seek God first. Fasting is a discipline that helps shift our priority to put God first and then wait and allow Him to show us His plan, receive His direction and His blessings. If we want success in our lives, in our marriages, in our church—putting God first is the key.

Look at the great Bible Promise for Fasting.

Isaiah 58:6-7 - *“Is this not the fast that I have chosen: To lose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out ...”*

Isaiah 58:8-9 - *“Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer;*

TIME ALONE WITH GOD

- Time normally devoted to eating be given to being ALONE with God.
- At noon take a short prayer walk. Spend some additional time in God’s Word. Pray for the leaders in our community, nation and world.
- In the evening, take some time to be alone with God. Spend some time in solitude. Get away from every distraction possible.
- Keep a journal during your fast. Write down specific insights God gives you from His Word, promises that you have claimed and answers to prayer that you receive.

ITEMS TO PRAY OVER

In this new year, the Lord has a purpose that He desires to release upon you personally, upon your family, upon His Church and upon our nation. The following is an outline of some of the areas that you may desire to pray over in terms of spiritual breakthrough and victory:

- Personal Life – Habits/addictions, direction, and renewal
- Family Life – Unity, household salvation, prosperity, health, peace and protection
- Church Life – Unity, revival, leadership, missions, new souls
- Our Nation – Government, policy, and revival in the nation

WHAT IS A DANIEL FAST?

A Daniel Fast is a commitment to an extended, partial fast, for a specific purpose, in order to defeat strongholds of darkness, as well as to release the will and purpose of God over His people!

Daniel restricted his diet. He eliminated meats, sweets and breads from his diet and ate fruit and vegetables and only drank water.

He also prayed 3 times a day!

A Practical Guide to Prayer and Fasting

WHY FAST?

- Jesus fasted.
- Fasting is an act of humility and consecration.
- Fasting helps us become sensitive to the Holy Spirit.
- Fasting brings revival.
- Fasting is healthy.

CHOOSE YOUR FAST:

- Full Fast - liquids only
- Pleasant food fast - no meat or sweets
- Meal Fast - Skip certain meals
- Media Fast - No TV, Videos, movies or games.

You can do a combination of these. In fact, we would encourage you to set aside at least one day for a full fast, and then participate as you are able to.

PREPARE FOR THE FAST

- **Pray** - Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers.
- **Commit** - Pray about the kind of fast you will undertake and commit to it ahead of time. Do not decide on a day-to-day basis. Ask God for grace.