

# CHC's Call to Prayer & Fasting

## Types of Fasting:

### 1.) A Regular Fast

Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

### 2.) A Partial Fast

This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. Daniel 10:2-3 says, "In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." In Daniel 1:12, they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink." NKJV

### 3.) A Full Fast

These fasts are complete - no food and no drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: "And he was three days without sight, and neither did eat nor drink." Esther also called for this type of fast in Esther 4:15-16: "Then Esther bade them return Mordecai this answer, Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish." It is recommended that this type of fast be done with extreme caution and not for extended periods of time.

Although not mentioned in the Bible, Christians today commit to fasting from other activities as well. Some give up entertainment such as TV or movies to concentrate on prayer. Others fast from sleep or another activity for a specified period of time.

## Purpose for the Call to Fast and Pray:

Bring your personal needs before the Lord and intercede for your loved ones, your friends, your church, your pastor, staff, community, and nation. Pray for revival and the fulfillment of the Great Commission.

Do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Remember, your motive in fasting must be to glorify God. When your motives are right, God will honor your seeking heart and bless you in a very special way.

## Guidelines:

Receiving God's reward from a fast requires solid commitment. Read His Word and pray during what were normally mealtimes. Remove all other hindrances or distractions. Focus on your Heavenly Father and worship. As you enter this time of spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen you in the face of difficulties and temptations. Satan does not want you to seek God, and will do anything to stop you. Make prayer your shield against such attacks.