

IT'S TIME TO BUILD!



Corporate Prayer Wednesday, January 9, 7:00 PM Baltimore, Brandywine and Temple Hills

To prepare for our upcoming time of corporate prayer, we are meditating on:

“For we are God's fellow workers; you are God's field, God's building. According to the grace of God which was given to me, like a wise master builder I laid a foundation, and another is building on it. But each man must be careful how he builds on it.” 1 Corinthians 3:9 NASB

“You will also decide and decree a thing, and it will be established for you; And the light [of God's favor] will shine upon your ways.” JOB 22:28 AMP

We are also fasting from eyes shut on Tuesday, January 8 until 6:00 p.m. on Wednesday, January 9. Be sure to get your copy of our fasting guidelines.

CORPORATE PRAYER FASTING GUIDELINES

Throughout corporate prayer we will be praying in the spirit (Eph. 6:18) and worshipping the Lord. Our prayer agenda will include:

- Apostle Mike – his mantle, mission, and assignment of unity & divine health - Acts 4:33 (AMP), Acts 5:12 (AMP), Ephesians 4:11-16 (CEV)
- Dr. Dee Dee - her ministry, her talk show, and the planning for God's Glamourous Girls conference - Colossians 4:3, Deut. 30:9, Romans 8:14
- America and its leaders: bind the spirit of division - James 3:16-18, Matthew 12: 22-28, 1 Timothy 2:1-4
- All those affected by the partial government shut down - Matthew 6:31-34, Phil. 4:6 (NLT), Psalms 46:1-2, Isaiah 26:3
- Every family represented at SOFCC
 - That marital relationships are restored, kept strong, and the spirit of offense is bound - Ephesians 5:31

- Their seed/offspring will be taught of the Lord, filled with peace and never know oppression or bondage - Isaiah 54:13-14

- The Safety of College/School campuses: bind gun shootings, mass violence and acts of terrorism - Psalms 91, Isaiah 54:17
- The unsaved (become born again), untaught (taught the ways of Christ), and unchurched (identify a church home) - Ephesians 2:1-18, 2 Corinthians 4:3-6, Hebrews 10:24-25
- The ministry's upcoming health conference: equips individuals to protect and reclaim their health -3 John 1:2, Psalms 107:20

Come with expectation on January 9 and remember things always happen when we **pray, praise** and **worship** – together!!”

Disclaimer: We will cover as many of the prayer points as time permits.

SPIRIT OF FAITH CHRISTIAN CENTER

CORPORATE PRAYER

FASTING GUIDE

I beseech you therefore; brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. -- Romans 12:1

Biblical references to the spiritual discipline of fasting describe a practice of abstaining from food for a specified period of time. Fasting is a time of bringing the body under the control of the Holy Spirit on a consistent basis. Instead of receiving the physical gratification of food and various other activities, we become very aware of the substance and power of the Holy Spirit. When we pray in this manner, it is not to get God's attention, to impress Him, or to change Him. Instead, our purpose is to focus our attention on Him as the only Source of all of our needs.—Elmer Towns

Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience spiritual renewal, supernatural healing, a release from the bondage of sin, restoration in your relationships, financial blessings, and so much more!

During this time of corporate fasting, we will take the time to empty ourselves so that God can fill us fresh and anew until we overflow with His Spirit, His presence, His power, and His anointing. Pray that the Lord will give us fresh insight and revelation as it pertains to our lives, our families, friends, our Spirit of Faith Christian Center family, our nation and our world.

We believe that as we humble ourselves, pray, seek God's face, and turn from any wickedness, He will hear from heaven, and will forgive our sin and heal our land. Now, His eyes will be open and His ears will be attentive to the prayer made in this place, according to 2 Chronicles 7:14.

Benefits of Fasting

1. Improves your ability to hear from God (Ezra 8:21)
2. Builds you up spiritually (Matthew 4:2, 23, 24)
3. Lifts oppression and breaks demonic powers (Mark 9:29, Isaiah 58: 6-8)
4. Leads you into a time of humility and repentance (Psalm 109:22-26)
5. Causes health to spring forth speedily (Isaiah 58:8)

Corporate Fasting

Psalm 133:1-3 tells us that when we come together (corporately) in unity, *there the Lord has commanded His blessing.*

Corporate prayer was practiced throughout the Bible. In Acts 13:1-3 as they ministered to the Lord and fasted corporately, the Holy Spirit gave specific directions.

In 2 Chronicles 20, Jehoshaphat, overwhelmed by an invasion, called the people to fast and pray. This corporate prayer and fasting resulted in Judah's victory over their enemy – without a fight!

In Ezra 8:21-23, Ezra called a time of corporate prayer and fasting to seek God's wisdom and protection. *“Then I proclaimed a fast there, at the river of Ahava, that we might fast before our God to seek of Him a right way for us, and for our little ones, and for all our substance . . . so we fasted and besought our God for this: and He was entreated of us.”*

Types of Fasts

Normal Fast: A fast evidenced by abstaining from solid foods but allowing the consumption of liquids.

Before You Begin: Pray and seek God for direction regarding the type of fast you should choose. Ask the Lord to show you areas to target during your time of prayer and fasting. Do you need direction, healing, restoration of marriage, peace, etc.? Seek God's guidance and His Word regarding these situations.

Preparing Spiritually: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3). Surrender your life fully to Jesus Christ and resist the worldly desires that try to hinder you (Romans 12:1-2).

Physical Preparation/Guidelines: Although fasting is primarily a spiritual discipline, it begins in the physical realm and requires preparation. Physical preparation makes the change in your eating routine a little easier so you can turn your full attention to the Lord in prayer. Begin eating smaller meals several days before you begin the 3-day portion of the fast.

Consult your physician before fasting, particularly if you are taking medications or have a chronic ailment. Do not forget to take prescribed medications.

Some people should not fast without professional supervision. They include:

1. Women who are pregnant or nursing.
2. Individuals who take insulin, or who suffer from any blood sugar condition such as hypoglycemia.
3. Persons who have tumors, bleeding ulcers, cancer, blood diseases, heart disease, etc.

Do not attempt to be a "super faster." Our fasting does not impress God.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability, particularly during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your physical activity and exercise.

In addition, participants should:

- Be in agreement with one another, not allowing bitterness, unforgiveness, or division to hinder their prayers.
- Pray for one another.
- Pray as often as possible throughout the day.
- Read and meditate on God's Word.
- Spend time daily in praise and worship.
- Get away from the normal distractions as much as possible and keep their hearts and minds set on seeking God's face.
- Pray in faith, expecting results!
- Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12 and 1 Corinthians 8:8).

(Adapted from Fasting for Spiritual Breakthroughs by Elmer Towns and Jentezen Franklin Ministries – Fasting 2011)

MAY GOD RICHLY BLESS YOU AS YOU FAST!