

Driven by Mission and Inspired by Vision

## Fasting for a Closer Walk with God!

(Monday, March 29th until Friday, April 2nd)

H O L Y W E E K!

**F**asting is the discipline of abstaining from food and or drink for a period of time for spiritual purposes. Fasting brings one into a deeper, more intimate and powerful relationship with the LORD. When you eliminate certain foods from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

You can pray without fasting and fast without praying. Only when these two activities are combined and dedicated to God's glory that they reach their full potential. Have a dedicated time for prayer to focus and rely on God for the strength, provision and wisdom you need. Our work schedules and family demands make it difficult to get away physically, but a "FAST" allows us to experience a closer communion with God, without having to leave home. More importantly, fasting teaches us spiritual discipline and helps us to grow stronger in faith. Toward this end, we invite our **NEW DISCIPLESHIP INITIATIVE CLASSES** and all who have the desire to join us in a three-day or five-day fast during Holy Week 2010. (March 29th until April 2nd) Let's intercede during the Lenten Season for **Senior Pastor André Landers, Campus Pastor Ral Waltower, HLCC Ministry Team, Church Staff, HLCC Leadership, HLCC, the Body of Christ, President Obama, the nation and for one another.**

*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. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Romans 12: 1-2 (NKJV)

...give yourselves to **fasting** and **prayer**...I Cor. 7:5

...this kind goeth not out but by **prayer** and **fasting**...Matt. 17:21

...and when they had **fasted** and **prayed**... Acts 13:3

### Growing Members into Disciples

Kingdom Order ♦ Empowerment ♦ Youth Development ♦ Salvation

Higher Living Christian Church

André Landers, Senior Pastor

over →

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**Monday** Cleansing Day. Eat only fruit and drink only water and/or natural fruit juices (100% juice, no sugars or sweeteners). **PRAY!**

**Tuesday** Begin actual Fast. Drink only water and/or natural fruit juices. (No food) **PRAY!**

**Wednesday** Drink only water and or natural fruit juices. **PRAY!**

**Thursday** Drink only water and or natural fruit juices. **PRAY!**

**Friday** Begin breaking Fast. Eat only natural fruit and drink water and or natural fruit juices. **PRAY!**

**Saturday** Resume normal eating. (Eat lightly as your digestive system is not up to heavy meals yet.) Praise and thank God for His love, mercy and grace. **PRAY!**

**Sunday** Celebrate the Glorious Resurrection of our Lord Jesus Christ!

(Disclaimer: Please consult your physician before beginning any fast. Please use wisdom while on this fast.)

## Five Questions to Ask Before You Start?

1. Is the fast God led?
2. What are the needs you are fasting for?
3. What are your motives for the fast?
4. Are you determined to *minister* to the Lord during your fast? (*Ministering* to the Lord in this reference means adoring, praising, worshipping, praying, seeking and generally spending time with God in fellowship.)
5. What results are you looking for?

## Different Kinds of Fasts in the Bible.

### 1. 3 day \*Corporate Fast for CRISIS

\*Esther 4:16 ♦ (The Apostle Paul) Acts 9:9

### 4. 3 day Fast for Healing

I Samuel 30:11-14

### 2. 1 day Fast for Consecration and Spiritual Re-examination

Psalms 35:13 ♦ Lev. 23:27 ♦ Jeremiah 36:6

### 5. 21 day Partial Fast for Revelation

Daniel 10:2-3 ♦ Daniel 10:14

### 3. 1 day Fast for Deliverance

Ezra 8:23 ♦ Judges 20:24-27

(Never go into battle without fasting)



### 6. 40 day Fast for Dominion

Jesus (Luke 4:1-2), Elijah, Moses  
*Supernatural Fast for Power and Dominion*

