

## 2017 FASTING AND PRAYER

### Oasis City Church

We are excited to bring in another year with our Times of Refreshing (TOR), a sanctified season of fasting and prayer as a church body. Use this document as a tool to help you understand more about fasting and its benefits.

"Fasting is the only discipline that meets all the conditions of 2 Chronicles 7:14. When one fasts, he humbles himself; he has more time to pray, more time to seek God's face, and certainly he would turn from all known sin.

One could read the Bible, pray, or witness for Christ without repenting of his sins. But one cannot enter into a genuine fast with a pure heart and pure motive and not meet the conditions of this passage." ~ Bill Bright, *The Coming Revival*

#### **Ecclesiastes 3:1 NASB**

There is an appointed time for everything. And there is a time for every event under heaven—

#### **Hosea 10:12 NASB**

12 Sow with a view to righteousness, reap in accordance with kindness; Break up your fallow ground, For it is time to seek the Lord Until He comes to rain righteousness on you.

#### **Definitions:**

"Deliberate and sustained abstinence from all food for a specific period of time. A fast may be associated with private acts of piety, the acknowledgment of disaster, emotional disturbance, mourning, or repentance, or it can form part of public devotion. The biblical writers accepted the social and religious concepts of fasts without discussing the origin of the custom." *The International Standard Bible Encyclopedia*, p. 284

"The act of total or partial abstinence from food for a limited period of time, usually undertaken for moral or religious reasons." *Evangelical Dictionary of Theology*, Walter A. Elwell, Editor, p. 406

"Fasting is an effective and safe method of detoxifying the body. The body needs a periodic rest from the chemicals and toxins that are in the environment...Fasting is not starvation! It is a technique that wise men have used for centuries to heal the sick. To understand the principles of fasting is to understand one's own body." *Prescription for Nutritional Healing*, James F. Balch, M.D. and Phyllis A. Balch, C.N.C.; Avery Publishing Group, Inc., p. 324.

#### **There are three kinds of fasts mentioned in Scripture.**

1. **Partial:** Certain kinds of foods eliminated (vegetable)  
Daniel 10:3
2. **Absolute:** No food, solids or liquids, no water or juices  
a) Queen Esther; Esther 4:16; b) Apostle Paul; Acts 9:9
3. **Supernatural Absolute**  
a) Moses; Deuteronomy 9:9, 18  
b) Elijah; 1 Kings 19:5-8  
c) Jesus; Matthew 4:2; Luke 4:1-2

“Fasting intensifies prayer” Derek Prince

On two different occasions, Jesus addressed the matter of fasting as a given, He uses the adverb of time, *when*. The *first* occasion is in Matthew 6:2 and 3, Jesus says, "...**when you give** to the poor..."; in verses 5,6, and 7, He says, "...**when you pray**"; in verses 16 and 17, He says, "...**whenever you fast**...."

The *other* occasion is his response to John Baptist's disciples question: 14 Then the disciples of John \*came to Him, asking, “*Why do we and the Pharisees fast, but Your disciples do not fast?*” 15 And Jesus said to them, “*The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast (Matthew 9:14-15).*”

Fasting in Jesus' day was a discipline, though religious and ostentatious, He did not discourage it but gave His guidelines for it.  
Take note of two scriptures.

The first is in Matthew 5:20,

*“For I say to you that unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.”*

The second is in Luke 18:11

*“The Pharisee stood and was praying this to himself: ‘God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector.  
12 ‘I fast twice a week; I pay tithes of all that I get.’*”

The modern church must understand what the Apostle Paul means when he says, 1 Corinthians 9:26 “*Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;  
27 but I discipline my body and make it my slave, so that, after I have preached*”

### **People In Scripture Who Fasted**

- A. Moses fasted forty days and nights.
  - 1. Exodus 34:28
  - 2. Deuteronomy 9:9 and 9:18
  
- B. Children of Israel three days.
  - 1. Exodus 19:10-15
    - a. Personal cleanliness; Separation; Celibacy
  
- C. David fasted seven days.
  - 1. The ill-fated son of Bathsheba: 2 Samuel 12:16, 22
  - 2. For his enemies: Psalm 35:13
  
- D. Elijah fasted forty days.
  - Kings 19:7, 8

- E. Esther fasted three days.  
Esther 4:15, 16
- F. Daniel fasted twenty-one days.  
Daniel 9:1-3; 10:2, 3
- G. King Ahab fasted and avoided divine calamity  
1 Kings 21:27
- H. Ezra fasted for divine protection for their journey  
Ezra 8:23
- I. Nehemiah for a divine intervention for Jerusalem  
Nehemiah 1:4
- J. Jesus fasted forty days in preparation for earthly ministry  
Matthew 4:1, 2
- K. Disciples of John the Baptist  
Luke 5:33
- L. Paul fasted often (2 Corinthians 11:27)
  - 1. At his conversion: Acts 9:9
  - 2. During the storm at sea: Acts 27:33

### **Paradigms Of Fasting In Scripture**

#### **A. Preparation in Consecration**

- 1. Israel's encounter with Jehovah  
Exodus 19:10-11
- 2. Moses' encounter with Jehovah  
Exodus 34:28 & Deut 9:9, 18
- 3. The conversion of Saul  
Acts 9:9
- 4. The commissioning of Barnabas and Saul  
Acts 13:2-3

#### **B. Preparation in Personal & Corporate Cleansing: i.e., Confession of Sin**

- 1. Samuel for the nation  
1 Samuel 7:2-5
- 2. Ezra's confession of sin  
Ezra 10:1, 5-6
- 3. Nehemiah's confession of sin  
Nehemiah 1:4-7; 9:1-4
- 4. Daniel's confession on behalf of the nation  
Daniel 9:1-6

**C. Preparation in Facing Personal Tragedy**

1. David over the impending loss of his son.  
2 Samuel 12:16, 22
2. Esther's need to have an audience with the king.  
Esther 4:13-16
3. Paul's life spared but the ship wrecked  
Acts 27:23-24, 33-34

**D. Seeking God's Protection in a National Emergency**

1. Israel's battle with the Benjamites  
Judges 20:24-28
2. Jehoshaphat's prayer for deliverance from the Moabites  
2 Chronicles 20:1-4
3. The Ninevite king's proclamation of a fast for the city of Nineveh  
Jonah 3:6-9
4. Ezra asking for protection for the returning exiles  
Ezra 8:21-23

**E. Seeking God's Purpose**

1. Judah's inquiry of God's ways and His decisions  
Isaiah 58:2
2. The early church in Antioch  
Acts 13:2,3
3. The determination of God's will for elders  
Acts 14:23

**F. Seeking God's Purpose in Prophecy**

1. Jeremiah's prophecy concerning seventy years desolation of Jerusalem  
Daniel 9:1-3
2. Daniel's revelation concerning "a great war."  
Daniel 10:1-3

**G. Seeking Ungodly Purposes**

1. King Saul's Imposed Fast Using the Threat of a Curse  
1 Samuel 14:24-30
2. Jezebel and King Ahab Steal Naboth's Vineyard  
1 Kings 21:4, 9, 12
3. Religious fasting in Judah  
Isaiah 58:3a-4
4. Judah's futile fasts  
Jeremiah 14:11-12 and 36:8-10
5. Jewish extremists Satanic conspiracy to kill Apostle Paul  
Acts 23:12-16

## DEVELOP A PERSONAL SCHEDULE

The leadership of Oasis City Church want to respond to the call of God to fast and pray. We are setting aside twenty one days beginning **12am January 9<sup>th</sup> through 12pm January 29<sup>th</sup>, 2017**. We believe it is foundational to our spiritual life as a congregation and more clearly essential as we open our hearts to God.

The most essential thing you can do at this time is to pray. Open your heart to the Father and begin to seek His face through fasting, worship, reading and meditating on His word. During these next three weeks, you can be a part of a *corporate strength* and actually enjoy some wonderful times of fellowship with the Lord and His church.

### GUIDELINES FOR FASTING

1. **Plan** to use the twenty one days to read through the Bible. Try reading the entire Old or New Testaments.
2. **Plan** your personal times of prayer; make an appointment with yourself to meet the Father. Call these times *prior commitments* and if someone asks you to do something different, decline and keep the appointment.
3. **Plan** to have a daily Bible reading with your entire family, 15-30 minutes. Seasons of fasting are for children too, although we don't recommend children going without meals. You can have children fast things like media, sugar and certain foods.
4. **Plan** your personal schedule for how you will fast, and when you will fast.
5. **Plan** to keep a journal of what you hear from the Father during these days. Write down your thoughts, dreams, visions or impressions that come to you as you pray.
6. **Plan** to *break through* to God and on behalf of a friend or loved one.
7. **Plan** to attend *Times of Refreshing* at the church. Schedule is below.

### SUGGESTIONS FOR FASTING

#### **A schedule to consider for our 21 Day Fast:**

Entire time do a Daniel Fast  
(see below). *Daniel 10:3*

OR

Week 1 (5 Days)

Fast one meal per day. Take that meal time and pray.  
*Turn down your plate.*  
Day 6 & 7 Complete fast. Water or juice only.

Weeks 2-3 (14 Days)

Daniel Fast.

#### **A suggested liquid fast formula (Pastor Bill's favorite):**

1. One gallon of distilled water
2. 1 ½ cups of lemon juice
3. ½ cup of maple syrup
4. ¼ teaspoon of cayenne pepper

1. **Fast** in segments, if you wish:
  - a. Two meals per day
  - b. Select several days in the week
  - c. Three consecutive days a week
  - d. Seven days, water and fresh juices
  - e. Ten days, water and fresh juices
  - f. Twenty one-days (sometimes called a Daniel fast)
  - g. Twenty one days with liquids and fresh juices
2. **Fast** from media and entertainment (in addition to something food related)
3. **Fast** so that you don't appear to be fasting. Don't draw attention to yourself.
4. **Fast** in a sane and safe way. If you have any questions, please speak with one of the pastors.
5. **Fast** with the intention of intensifying your prayers.

**TIMES OF REFRESHING SCHEDULE**

Jan 9th-29th 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
8	9	10	11	12	13	14
	Fast begins at 12a	Corporate Prayer 7p-8p	Men's Prayer 6:30a  Corporate Prayer 7p-8p	Women's Prayer 10:30a  Prayer 7p-8p w/ Dan & Debbie Ecker	Saturate 7p-9p w/ Dan & Debbie Ecker	
15	16	17	18	19	20	21
		Corporate Prayer 7p-8p	Men's Prayer 6:30a  Corporate Prayer 7p-8p	Women's Prayer 10:30a  Prayer 7p-9p w/ Prophet Joe Ewen	Saturate 7p-9p w/ Prophet Joe Ewen	
22	23	24	25	26	27	28
Sunday Services w/ Prophet Joe Ewen 9a & 11a		Corporate Prayer 7p-8p	Men's Prayer 6:30a  Corporate Prayer 7p-8p	Women's Prayer 10:30a  Corporate Prayer 7p-8p	Saturate 7p-9p	
29	30	31				
End of Fast 12p						

**Great passage of scripture to meditate during our TOR:**

**Joel 2:11-32 (NASB)**

**11** The Lord utters His voice before His army;  
surely His camp is very great,  
for strong is he who carries out His word.

The day of the Lord is indeed great and very awesome,  
and who can endure it?

**12** “Yet even now,” declares the Lord,  
“Return to Me with all your heart,  
and with fasting, weeping and mourning;

**13** And rend your heart and not your garments.”  
Now return to the Lord your God,  
for He is gracious and compassionate,  
slow to anger, abounding in lovingkindness  
and relenting of evil.

**14** Who knows whether He will *not* turn and relent  
and leave a blessing behind Him,  
*even* a grain offering and a drink offering  
for the Lord your God?

**15 Blow a trumpet in Zion,  
consecrate a fast, proclaim a solemn assembly,  
16 Gather the people, sanctify the congregation,  
assemble the elders,  
gather the children and the nursing infants.**

Let the bridegroom come out of his room  
and the bride out of her *bridal* chamber.

**17** Let the priests, the Lord’s ministers,  
weep between the porch and the altar,  
and let them say, “Spare Your people, O Lord,  
and do not make Your inheritance a reproach,  
a byword among the nations.

Why should they among the peoples say,  
‘Where is their God?’”

**18** Then the Lord will be zealous for His land  
and will have pity on His people.

**19** The Lord will answer and say to His people,  
“Behold, I am going to send you grain, new wine and oil,  
and you will be satisfied *in full* with them;  
and I will never again make you a reproach among the nations.

**20** “But I will remove the northern *army* far from you,  
and I will drive it into a parched and desolate land,  
and its vanguard into the eastern sea,  
and its rear guard into the western sea.  
And its stench will arise and its foul smell will come up,  
for it has done great things.

**21** Do not fear, O land, rejoice and be glad,  
for the Lord has done great things.

**22** Do not fear, beasts of the field, for the pastures of the wilderness have turned green, for the tree has borne its fruit, the fig tree and the vine have yielded in full.

**23** So rejoice, O sons of Zion, and be glad in the Lord your God; For He has given you the early rain for *your* vindication. And He has poured down for you the rain, the early and latter rain as before.

**24** The threshing floors will be full of grain, and the vats will overflow with the new wine and oil.

**25** Then I will make up to you for the years that the swarming locust has eaten, the creeping locust, the stripping locust and the gnawing locust, my great army which I sent among you.

**26** You will have plenty to eat and be satisfied and praise the name of the Lord your God, Who has dealt wondrously with you; then My people will never be put to shame.

**27** Thus you will know that I am in the midst of Israel, and that I am the Lord your God, and there is no other; and My people will never be put to shame.

**28** It will come about after this, that I will pour out My Spirit on all mankind; and your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.

**29** Even on the male and female servants I will pour out My Spirit in those days.”

#### **Isaiah 58:6 (NASB)**

Is this not the fast which I choose,  
To loosen the bonds of wickedness,  
To undo the bands of the yoke,  
And to let the oppressed go free  
And break every yoke?

### **THE DANIEL FAST**

The basics of a Daniel Fast found in **Daniel 10:2-3**

**2** *In those days, I, Daniel, had been mourning for three entire weeks. 3 I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.*



## **Foods to include in your diet during the Daniel Fast**

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

## **Foods to avoid on the Daniel Fast**

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, black tea, herbal teas, carbonated beverages, energy drinks, and alcohol.