



What is Fasting?

Fasting is voluntarily abstaining from something (usually food) for spiritual purposes.

What is the Purpose of Fasting?

- The primary purpose of fasting is to focus on God and to center our attention on Him. In doing so, we honor God (**Zechariah 7:5**).
- **Outer fasting is to lead to inner prayer, worship, and devotion.**
- Fasting is not for personal glory or any other selfish motives (**Matthew 6:16-18**).
- Fasting can reveal non-essential things that control us and take precedence over God in our lives (**1 Corinthians 6:12**).
- Fasting can bring wisdom and revelation (**Acts 13:2**).
- Fasting can help our physical well-being (**Daniel 1:12**).
- Fasting can aid in concentration.
- Fasting can help bring freedom for those who are in addiction or bondage.

What Are Some Reasons for Fasting?

- To be obedient to the Word of God (**Mark 9:29**)
- To put you in the best possible position for a breakthrough.
- To seek God for more of Himself in our lives.
- To be restored and refreshed with our first love for God.
- To ask God to cleanse and purify us and our church.
- For the outpouring of the Holy Spirit on our church, community and country and our region.
- For God to restore a hunger for souls and to give us fresh evangelistic fire.
- For healing, salvation, and blessing on our family and friends.

What Will Our Corporate Fasting and Praying at Greater Destiny Involve?

- 21 Days of abstaining from food from 6am to 6pm (please consider 12pm or 3pm or shorter if there are medical issues/needs)
 - Post Fast Diet (No Chips or Fries; No Soda or No Sugary Drinks, No Sweets, No White Bread, No Fast Food, No Fried Foods)
- 21 Days of abstaining from Social Media from 6am to 6pm
- 21 Days of Holy Living
- 21 Days of Consecrated prayer, Worship and Devotion (see recommended Bible Reading & Prayer Plan) →

GDCM Prayer & Fasting Bible Reading & Prayer Plan

Daily Prayers During The Fast

- ▶ Pastor & Sister Postell, Morgan & Keturah (Protection, Peace, Prosperity and Power)
- ▶ GDCM (Finances, New Building, Increase in Discipleship, Fellowship and Stewardship)
- ▶ Sick & Shut In, Seasoned Saints (Senior Citizens), Youth/Young Adults (Mocha Ministry)
- ▶ All Ministries of the Church and Respective Leaders

| March/April 2020 | | | | | | |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 15 | 16 | 17 | 18 | 19 Proverbs 1 Pray for Personal Strength to Complete Fast & Personal Confession of Sin | 20 Psalm 1 Pray for the Favor of God to be Released In Your Life & He Will Give You A Desire to Read & Mediate on His Word Daily | 21 Proverbs 3 Pray for Your Children, Grands, Nephews Nieces for Salvation, Healing, Protection and Prosperity, |
| 22 Psalm 2 Pray for God to expose your enemies while placing a fence around you and your family from the enemy | 23 Acts 2:42-47 Pray that the Lord will Save, Sanctify and Set Free a Soul today and add them to body of Christ at GDCM | 24 Proverbs 6:6-11 Pray for the discipline to save 10% of your money, tithe 10% and live on the 80% as a good steward | 25 Psalm 14 Pray for the atheist / non believers and that their hearts will be soften to receive God's Word | 26 Proverbs 6:20-35 Pray for marriages (reconciliation & sanctity) and that any pending divorce or separation is cancelled by the blood of Jesus. | 27 Psalm 20 Pray for the Lord to answer your specific prayers that has kept you up at night and give you peace that surpasses all understanding | 28 Proverbs 15 Pray for the Lord to deal with your anger issues and put a guard over your mouth so you speak wisdom and love |
| 29 Psalm 23 & 24 Pray for the Lord's provision, protection and presence in your life and that we remember everything belongs to God | 30 1 Corinthians 12 Pray that every Partner would know their spiritual gift and join a ministry to help ease the burden on others and grow the kingdom | 31 Proverbs 17:5 Pray for the homeless in our community, city and country and the provisions needed to continue our Homeless Ministry | 1 Psalm 32 Pray that the spirit of forgiveness will overwhelm you and you will let go of the past hurts | 2 Proverbs 20:1 Pray for yourself or those who struggle with addictions (alcohol, drugs, sex, porn, food, etc) | 3 Psalm 34 Pray for Holy Ghost boldness to witness about the goodness of the Lord to someone today and going forward | 4 Proverbs 21 Pray for the President and Congress and for their spiritual and moral compass to be awaken |
| 5 Psalm 42 Pray for those battling the spirit of depression and that they will learn that the joy of the Lord is their strength | 6 Malachi 3:8-12 Pray that more partners will give at least 10% of their income so they can receive a blessing that will overwhelm them | 7 Proverbs 27 Pray that God will put people in your circle to encourage and correct you in love and remove those who currently don't | 8 Psalm 47 Praise God for the victory in this 21 day Fast and that your breakthrough is already here in Jesus Name! | 9 | 10 Good Friday | 11 |