

*LIFESTYLE CHRISTIAN  
MINISTRIES  
2020*



*PRAYER & FAST*

*6:00 AM-6:00 PM*

*SUNDAY, JANUARY 12<sup>TH</sup>-SATURDAY, FEBRUARY 01<sup>ST</sup>, 2020*

## *What is Prayer And Fasting?*

### *A Definition*

Prayer and fasting is defined as voluntarily going without food in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting, and fast without prayer. It is when these two activities are combined and dedicated to God's glory that they reach their full effectiveness. Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.

### *Prayer and Fasting - What the Bible Says*

The Old Testament law specifically *required* prayer and fasting for only one occasion, which was the Day of Atonement. This custom became known as "the day of fasting" ([Jeremiah 36:6](#)) or "the Fast" ([Acts 27:9](#)). Moses fasted during the 40 days and 40 nights he was on Mount Sinai receiving the law from God ([Exodus 34:28](#)). King Jehoshaphat called for a fast in all Israel when they were about to be attacked by the Moabites and Ammonites ([2 Chronicles 20:3](#)). In response to Jonah's preaching, the men of Nineveh fasted and put on sackcloth ([Jonah 3:5](#)). Prayer and fasting was often done in times of distress or trouble. David fasted when he learned that Saul and Jonathan had been killed ([2 Samuel 1:12](#)). Nehemiah had a time of prayer and fasting upon learning that Jerusalem was still in ruins ([Nehemiah 1:4](#)). Darius, the king of Persia, fasted all night after he was forced to put Daniel in the den of lions ([Daniel 6:18](#)).

Prayer and fasting also occurs in the New Testament. Anna "worshipped night and day, fasting and praying" at the Temple ([Luke 2:37](#)). John the Baptist taught his disciples to fast ([Mark 2:18](#)). Jesus fasted for 40 days and 40 nights before His temptation by Satan ([Matthew 4:2](#)). The church of Antioch fasted ([Acts 13:2](#)) and sent Paul and Barnabas off on their first missionary journey ([Acts 13:3](#)). Paul and Barnabas spent time in prayer and fasting for the appointment of elders in the churches ([Acts 14:23](#)).<sup>1</sup>

## *What Are Benefits of A Fast?*

The Bible says a lot about fasting and it does not discourage a believer from adding fasting to his/her faith. Biblical fasting is going without food for a specified length of time. There are those who chose a fast that consist of going without food or water. Other fast consists of giving up only solid food while drinking water or other liquids. The prophet Daniel chose a fast that consisted of giving of certain kinds of foods and drinks and partaking of others.

When the believer fast according to the Bible (Isaiah 58) The following results can be expected.

- Heavy burdens are lifted
- Wickedness is broken
- Deliverance for the oppressed
- Healthy
- Become sensitive to the voice of God
- Crucifies the flesh
- Yield your will to God's will.

When one thinks about the benefits of fasting it is quite evident why Satan would try and oppose this very important area in the life of the believer.

---

<sup>1</sup> [www.allaboutprayer.org](http://www.allaboutprayer.org)

In St. Matthew 17:21 Jesus told his disciples when they were confronted with demonic activities that certain deliverances only come by prayer and fasting. Daniel needed to hear from God and made a decision to fast until he heard from God.

The believer cannot underestimate the power of fasting. It is important to note that reading and meditating on God's Word is essential while fasting as well.

*Hebrews 4:12* **"<sup>12</sup>For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."**

Those who are knowledgeable of the story of Queen Esther where she called the people to a three-day prayer and fast with no food and water as she was preparing to go before the King. It is evident that they prayed for favor as well as God's protection as well as the lives of the Jews. The results of this fast can be found in scripture.

Fasting should be a part of every believer's life. The Word of God says when the believer fast health springs forth speedily. (*Isaiah 58:8*)

**PRAYER SCHEDULE FROM SUNDAY, JANUARY 12<sup>th</sup>-SATURDAY, FEBRUARY 01<sup>st</sup>, 2020**

**WEEK ONE-NO MEATS/NO COFFEE/FROM 6:00 AM-6:00 PM**

**SUNDAY-1/12/2020- Day 1: Pray For Wisdom (Proverbs 3:5-6)** Pray that God would give you an abundance of wisdom, insight and discernment, knowledge, obedience and understanding in 2020 to make right choices and decisions.

**MONDAY-1/13/2020-Day 2: Personal Purpose and Ministry (Daniel 5:12, Romans 8:28)** Pray that God would reveal your specific purpose in life and the area of Christian Ministry He has called you to, and you would align yourself with people who could mentor you into becoming that man or woman.

**TUESDAY-1/14/2020-Day 3: Confront Fear, Forgiveness and Offense (Proverbs 18:9, Proverbs 17:9, 1<sup>st</sup> John 4:18)** Pray that you would release grudges, bitterness and forgive those who have wronged you. Declare you are free from fear and anxiety. **Be willing to make phone calls and send letter(s) saying "I am sorry."**

**WEDNESDAY-1/15/2020-Day 4: Walk In Love (St. John 13:33 & 34)** Pray that God would show you and your family areas to grow in love to God and your fellowmen. Do something today as an expression of love for someone.

**THURSDAY-1/16/2020-Day 5: Hearing The Voice Of God (Acts 13:1-3)** Pray that you would be able to hear God's voice and spend time in his presence. Write down your thoughts, dreams and visions. Be prepared to right down what you hear from God as well.

**FRIDAY-1/17/2020-Day 6: Unwavering Faith (Daniel 6:20-28)** Pray that you and your family's faith would grow and expect victory in every trial in your life. Write down areas that your faith wavers and take it to God in prayer today.

**SATURDAY-1/18/2020-Day 7: Pray For God's Deliverance (St. Matthew 18:18)** Pray for deliverance from infirmities, drug or substance abuse, unforgiveness, pride, lust, poverty, negative cycles.

## **WEEK TWO NO MEATS/NO COFFEE/NO SWEETS FROM 6:00 AM-6:00 PM**

**SUNDAY-1/19/2020-Day 8: Infilling of the Holy Spirit (Matthew 3:11-17)** Pray for you and your family to be filled with the Holy Spirit and that God would manifest Himself in every area of your life. **(Speak to Pastor Knight or Prophetess Patricia Pittman) If You Need Assistance in This Area)**

**MONDAY-1/20/2020-Day 9: Following the Leadership of The Holy Spirit (St. John 16:13-15)** Pray that you would submit your will to God's will and you would release the driver's seat to Him as He shows you things to come.

**TUESDAY-1/21/2020-Day 10: Fruits of the Spirit in Operation in your life (Galatians 5:22)** Pray that the fruits of the Spirit is demonstrated in every area of your life

**WEDNESDAY-1/22/2020-Day 11: Pray For God's Protection (Psalm 91:10-11)** Pray for protection internally for your children, marriage, neighborhood, schools, workplace and church.

**THURSDAY-1/23/2020-Day 12: Provision and Blessing (2<sup>nd</sup> Kings 4:1-7)** Proclaim and write down supernatural provisions and blessings over your life. Seek God's guidance as to what kind of seeds to sow (time, prayer, financial, words of encouragement).

**FRIDAY-1/24/2020-Day 13: Pray For Healing of the Mind Body & Soul (Isaiah 53:5)** Pray that healing would come in every area of your life and for our family and friends.

**SATURDAY-1/25/2020-Day 14: Healthy Relationships (Genesis 13:1-9)** Declare that strife, material things, pride will not come between those individuals who God has placed in your life.  
**Action: Call someone and let them know how much they mean to you.**

## **WEEK THREE NO MEATS/NO COFFEE/NO SOCIAL MEDIA/TV FROM 6:00 AM-6:00 PM**

**SUNDAY-1/26/2020-Day 15: Pray for Enlightenment (Ephesians 3:19-21)** Pray that God would open your spiritual eyes as you study His Word and you would resolve to be a doer of His Word.

**MONDAY-1/27/2020-Day 16: Pray For Restoration (Isaiah 35:6, Numbers 23:19-20)** Decree and declare that the things that you lost in the past will be returned to you in 2020.

**TUESDAY-1/28/2020-Day 17: Pray For Prosperity (Malachi 3:11, Isaiah 55:11)** Pray for favor, supernatural increase, wealth, insight, spiritual and economic empowerment, entrepreneurship and God given success.

**WEDNESDAY-1/29/2020-Day 18: Pray For Peace (Isaiah 26:3)** Pray that God would give you perfect peace and an ability to function properly in life regardless of the trials that you might face daily.

**THURSDAY-1/30/2020-Day 19: Pray For Unity In The Body Of Christ & Spiritual Leaders (Romans 12:9-10)** Pray that the Spirit of Unity will be at Lifestyle Christian Ministries, (Pastor George Knight & Family) Temple of Restoration (Apostle Diane Simpson & Family) and Renewed Mind Ministry (Bishop Abram Dixon & Family) and among the Body Of Christ so that we may have powerful witness and do exploits for the cause of Christ.

**FRIDAY-1/31/2020-Day 20: Pray For Our Elected Leaders (1<sup>st</sup> Timothy 2:1-2)** Pray For Our Leaders who have been elected and appointment to serve us locally and nationally. **Pray for President Donald**

Trump his family, and his cabinet. Governor Gregory Abbot and Mayor Sylvester Turner and their families.

**SATURDAY-2/01/2020-Day 21: Salvation of your Entire Household (Acts 16:31)** Pray that your family and friends and coworkers will experience eternal life through faith in Jesus Christ. **Ask God for Boldness to share you Christian Experience.**

### *Breaking A Fast*

One of the most important aspects of fasting is breaking it properly and safely. Your body needs time to adjust as you re-introduce foods you had abstained from. Start with small portions, eating every few hours and gradually increasing the amount every day. Your digestive system has gone without some food and you may experience adverse reactions like nausea or stomachache if you immediately eat a full meal after breaking your fast.

### *Foods to Eat After the Fast*

After breaking the Fast, you may eat all the restricted foods again such as meats, breads, sugary and processed foods. First introduce foods that are easier to digest, such as bread and soup. Eat fish and poultry first and gradually add beef and other hard-to-digest meats. Later, you may re-introduce richer foods such as dairy, creams and fried foods into your diet. Have more fruits, vegetables and whole grains, and cut back on sugary and processed foods

### *Considerations*

Consult your primary care doctor before and after a fast especially if you are pregnant, have health problems, or need medications. Break the Fast carefully to avoid any health complications. Also, ask your doctor about foods you should or should not eat immediately after a Fast.