

## CHRISTIAN STRONGHOLD CHURCH

Reach the Lost, Restore the Backslider and Revitalize the Faithful Through Prayer

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# DEEPER SPIRITUAL LIFE *Conference*

*Weeping, Intercessory Prayer and Fasting*

## THREE-DAY FAST - INSTRUCTIONS

Thursday, September 21<sup>st</sup>, Friday, September 22<sup>nd</sup> and Saturday, September 23<sup>rd</sup>

**(Fasting will conclude on Sunday, September 24<sup>th</sup> at 9:00 a.m.)**

**Dates:** Our fast will begin at 9 a.m. Thursday, September 21<sup>st</sup>, (no eating after 8:59 a.m. on Thursday, September 21<sup>st</sup>)

We will end our fast at 8:59 a.m. on Sunday, September 24<sup>th</sup>. You can begin eating at 9:00 a.m. on Sunday, September 24<sup>th</sup>.

**Purpose:** Praying for the needs of our families, friends and neighbor (hoods) represented within Christian Stronghold and throughout the City of Philadelphia.

Allow the Lord to speak to the hearts of His people individually regarding the issues plaguing their family, friends and neighbor (hoods) and lead them into an intimate time of mourning and weeping followed by prayer and fasting.

**Goal:** To fast and pray together as a church. God's power will be released, many will be saved, lives will be changed and involved saints will be edified.

**Definition of Fasting:** A fast is a voluntary abstinence from food in order to accomplish a specific, God-directed purpose.

### 1. Pray and Read Isaiah 58:6-12 and Matthew 6:16-18

Ask God to strengthen you as you prepare to fast. Pray for steadfastness and endurance for yourself as well as others. Pray that the church will be able to fast together for three days. Pray without Ceasing.

### 2. What is to be accomplished:

To be heard on high, God's power released to the believers. Strongholds broken, a renewed commitment to Christ and answered prayers according to God's Will.

**Note:** Fasting is to be done in confidence and in secret between you and the Lord. Do not share with others that you are fasting, unless it is those in your household. Fasting is a private matter between you and God.

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."* Matthew 6:16-18 NIV

### 3. Type of fast:

Water, 100% juices, (non-citrus), and clear broth. No caffeine.

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## **THREE-DAY FAST - INSTRUCTIONS CONT.**

### **4. Spiritual rewards from fasting:**

- a. God's Power
- b. Direction
- c. Discernment
- d. Answered Prayers

### **5. How to physically begin a fast:**

Eat healthy meals — build up your body with good nutrition. (High fiber foods)

### **6. How to break the fast:**

Eat light — applesauce, multi-grain bread, soups, fresh salads (no dressing), cooked vegetables, fruit, Jell-O, etc. No solid foods. Gradually work your way up to your normal eating habits.

### **7. Examples of some people who fasted in the Bible and God's deliverance:**

- a. Jesus was led by the Holy Spirit to fast for forty days and forty nights. (Matthew 4:2)
- b. Nehemiah fasted for the restoration of Jerusalem. This was an individual fast. The Lord restored Jerusalem. (Nehemiah 1:4)
- c. Esther fasted for deliverance of the Jews from Haman's decree. This was a collective fast — all the Jews in Susa collectively fasted. (Esther 4:16)
- d. Jehoshaphat fasted before they went into battle. This was a collective fast. He proclaimed a fast throughout all of Judah. The Lord answered their prayers and they won the battle without even fighting. (2 Chronicles 20:3-4)

### **8. At regular mealtimes, we should read the Bible and pray for the items listed on the prayer list. (The list will be provided).**

### **9. People with medical problems should be cautious not to fast. Please check with your medical physician before fasting. If you are not able to fast, you can participate and partner with us in prayer. Also, if you have a medical condition and you would like to know other ways to participate in the fast, contact Anita Patterson at 215-877-1530 ext. 1159 or [apatterson@christianstronghold.com](mailto:apatterson@christianstronghold.com).**

### **As a Church we will:**

- Experience the Power of God through Fasting and Prayer.
- Petition God to break Strongholds in our lives, families and communities.
- Have a Renewed commitment to Christ.
- Expect Answered Prayers according to God's Will.
- If you have questions, please contact Anita Patterson at (215) 877-1530, ext. 1159 or email [apatterson@christianstronghold.com](mailto:apatterson@christianstronghold.com).

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