



Join us as we begin our annual fast. This is a powerful opportunity to seek God, align with His purpose, and invite His blessings into our lives.

Let's start the new year together in faith.

Corporate Prayer & Fasting “Intermittent Food Fast”

Fasting at the beginning of the new year as a corporate body is our intentional worship giving God our first which is our best offering in 2025.

Intermittent food fasting is more about when to eat and less about what you eat.

Our specified times to take a break from eating (fasting) will be 12 midnight till 12 noon each day for 21 consistent days starting January 12-February 1, 2025.

Reminder: a fast is a break from food but not an act of our worship till coupled with prayer.

We have chosen this way of fasting for 21 days to keep our hearts and minds connected to one major goal as a hybrid church and cooperate body.....Hearing from God and receiving vision and clarity for the days to come.

Intermittent fasting gets rid of all the clutter by focusing on prayer and the Word of God and less attention on food and the things in the natural that weighs us down distracting us from hearing from God...Anybody need a Word in 2025

You should always consult with your healthcare team before making any significant changes to your lifestyle or eating habits including a 21 day intermittent food fast.

This is not a dry fast so as we fast be mindful of your body health and hydration is key to our fasting endurance!

Water is your fasting ally!

Staying hydrated during your fasting window will help you boost energy and stay focused in prayer and your daily activities.

Sip your way throughout the day because intentional hydration is the only way.

Now Let's get definitive about what to drink — and not to drink — when fasting.

What Can I Drink?

-Flat and Sparkling Water

-Tea and yes Coffee

-Lemon Water and other hydrating natural whole fruit

-mint water

-coconut water

-milk even in your coffee or tea

-bone broth

-smoothies with natural fruit

Do Not Drink alcohol, sodas, or artificial fruit drinks during the intermittent food fast.

The take away is drink water while fasting this year to stay hydrated and happy to go the distance in Coporate Prayer and Fasting 2025.

ALL In 2025

Flourish Thrive and Come Alive 2025

“Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.”

Acts 13:1-3 NIV

Fasting has two categories, individual or corporate. Individual fasts involve just God and the believer and are often conducted in private (Matthew 6:16-18). Corporate fasts involve God and a group of believers. The group can be a family, church family, or another.

“if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

2 Chronicles 7:14 NIV

Our annual fast is an opportunity for our group of people to be recognized and unified under a specific goal, reflecting our shared allegiance and values.

We are All In!!

Benefits to Corporate Prayer

At Community Life WOC we desire to create a prayer culture so that we can experience the supernatural inside and outside the church as individuals and a cooperate body of Jesus Christ.

Prayer is relevant to our lives so as Believers we must create a prayer regime and you will see how prayer makes a difference in your personal life, church and in your world.

Whenever we pray we must understand that God heard us based on what His Word says and not based on how we feel or how long we have prayed or been a part of the church or the body of Christ.

God hears us when we pray and backdrop music is not the prerequisite. External factors cannot determine results in prayer.

Our effectiveness in prayer is based on our ability to talk to God according to His Will found in His Word...a prayer of faith.

If you will spend time with God in prayer...the first thing He will give you is revelation of who you are and what you have on the inside...then purpose comes.

He will make known who you are and what you must do. It will go from passive to active. It will consume you.

And He came out and went, as was His habit, to the Mount of Olives; and the disciples followed Him. When He arrived at the place [called Gethsemane], He said to them, “Pray continually that you may not fall into temptation.” [Matt 26:36-46; Mark 14:32-42] And He withdrew from them about a stone’s throw, and knelt down and prayed, saying, “Father, if You are willing, remove this cup [of divine wrath] from Me; yet not My will, but [always] Yours be done.” Now an angel appeared to Him from heaven, strengthening Him. And being in agony [deeply distressed and anguished; almost to the point of death], He prayed more intently; and

His sweat became like drops of blood, falling down on the ground. [Heb 5:7] When He rose from prayer, He came to the disciples and found them sleeping from sorrow, and He said to them, "Why are you sleeping? Get up and pray that you may not fall into temptation.""

Luke 22:39-46 AMP

Prayer develops a relationship with God. Jesus had a relationship with God because He spent time with Him. Prayer is spending time with God. God becomes more real in your life when you spend time with Him.

Prayer gives strength and stamina when your natural man would ordinarily succumb to the emotional weight that comes in life.

When You pray (spend time with God) emotions give way to the promises of God's Word.

Example: Potty Training

When you potty train a child you have to set times throughout the day for the child to sit on the potty whether they have to go to the pot or not.

After a while the child will learn their body and go to the potty on their own when they need to produce results.

We must set time for prayer and put yourself in a position until we are able to go on our own producing results.

Benefits to Prayer

Revelation Relationship Refreshing

Rescue Rejoicing Reassurance Resting

With all prayer and petition pray [with specific requests] at all times [on every occasion and in every season] in the Spirit, and with this in view, stay alert with all perseverance and petition [interceding in prayer] for all God's people. And pray for me, that words may be given to me when I open my mouth, to proclaim boldly the mystery of the good news [of salvation], for which I am an ambassador in chains. And pray that in proclaiming it I may speak boldly and courageously, as I should."

Ephesians 6:18-20 AMP

Father we bless Your name as we enter Your gates with Thanksgiving and Your courts with praise. We are thankful to You and we bless your Holy Name. Father we declare Your Lordship today over our lives. Father all of Heaven declares Your glory today in Jesus Name. Thank You for Your faithfulness and truth that endures to all generations.

You Are:

El-Elyon-the most high God

Jehovah-Sabaoth-the Lord of Host

El-Shaddai-the God of more than enough

Jehovah-Jireh-the Lord Who provides

Jehovah-M'Kaddesh-the Lord our sanctifier

Jehovah-Nissi-the Lord our banner

Jehovah-Rohi-the Lord or Shephard

Jehovah -Rapha- the Lord our healer

Jehovah-Shalom-the Lord our peace

Jehovah-Shammah-the Lord who is always there

Jehovah-Tsidkenu-the Lord our righteousness.

Father through our consistent spiritual growth in the the reading of your Word, fasting and prayer; by the power of the Holy Spirit...help us to carry out our God given assignment. We have through faithfulness trusting in Your Word spiritual strength moral fortitude and personal integrity. You are faithful and reward us for our faithfulness knowing that whatever good thing any man doeth the same shall he receive from the Lord. Father Your Word declares that we shall have whatever we say and when we make a vow and pay a vow we can decree a thing and it is established so today we decree:

- Faithful families to You first that are committed to the vision at CLWOC
- Faithful Givers to You first that serve and help Your people
- Committed Families first to You that are diligent in the Kingdom work
- Committed Partners to You first that are faithful in their witness at church, home, work and their communities
- And faithful families and partners to You first showing up in prayer to commune with You and in their attendance with the corporate body assuring every seat in the online and on campus services are filled and full to capacity.

In Jesus Name; Amen

When you fast, when you pray and when you give.....

Matthew 6:1-9

These elements are our spiritual oxygen, and just as oxygen is vital to our natural life, these elements are vital to our spiritual life. We need to do them regularly and continually in order to live as God intended.

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:25-34 NIV

Take each day of prayer and fasting one day at a time. Do not worry about what you will eat or what you will drink. Seek first the Kingdom of God. Set your heart towards heaven and turn your ears to hear what God has to say about you, your family and this ministry; to the glory of God.

ALL In 2025

Flourish Thrive and Come Alive 2025