

**The goal of fasting is to draw near to God.  
It hits the reset button of our soul and renews us from the inside out.**

Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives.

**When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.**

## Types of Fast:

### **Selective Fast**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### **Partial Fast**

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### **Complete Fast**

In this type of fast, you drink only liquids, typically water with light juices as an option. (Make sure your doctor is good with this type of fast before using it.)

### **Soul Fast**

This fast is a great option if you have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

FASTING IS TO RENEW YOURSELF IN THE LORD. FASTING IS TO BREAKTHROUGH TO AN ANSWER FROM GOD YOU’VE BEEN SEEKING. FASTING IS TO BREAK THE STRONGHOLD OF THE ENEMY OFF OF AN AREA OF YOUR LIFE (OR SOMEONE YOU ARE PRAYING FOR). FASTING IS TO HEAR THE VOICE OF THE LORD BETTER AND TO STOP THE FLESH FROM HAVING CONTROL IN YOUR LIFE. IF YOU NEED ANY OF THESE THINGS, IT IS TIME TO FAST!

Church-Wide Things to Pray For ...

1. Open the eyes of our understanding to see & know God better.
2. Revive us, renew us.
3. For Spiritual Breakthroughs / Answers to Prayers.
4. Draw the unsaved to 1Hope to hear the gospel.
5. Increases in salvations, healings, deliverances, & Spirit fillings!
6. Expansion of our understanding of God's plan & purpose for our lives.
7. Bigger influence in our community for God's Kingdom.
8. Financial provision for the church to accomplish all that God desires.
9. Empowerment of our Pastors to speak truth boldly in Jesus' name!
10. To raise up new leaders to share in the ministry of 1Hope.
11. For continued Unity!
12. For leadership to have wisdom for all decisions in 2023.
13. For every Pastor, minister, and ministry at 1Hope to prosper in its purpose.

The timing of your fast is not as important as the strength of your focus on God as you fast.

**Fasting Focus**

Fasting helps us humble ourselves before the Lord and helps us experience spiritual breakthroughs in our lives. Start with a clear personal goal (personal breakthrough that is needed) in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. READ OUR BOOK, 21 DAYS OF BREAKTHROUGH PRAYER. Cultivate a new and fresh closeness with the Lord. Your mental, and spiritual focus should grow more and more Christ centered during the fast. Examine your life and figure out what areas most need breakthrough. We definitely want you to fast for spiritual breakthroughs in our Church family as well as your personal life (SEE PRAYER POINT ON THIS PAGE). You may also want to consider fasting for a family member or on behalf of someone else.

***Matthew 17:21 (NKJV), "But this kind (demonic stronghold; spiritual breakthrough) does not go out except by prayer and fasting".***

