

Abundant Life Christian Ministries
2019 Church-wide New Year's Fast

21 Days of Fasting & Prayer

January 2 – 22, 2019

“Man does not live on bread alone, but from every word that proceeds out of the mouth of God.” Deut. 8:3 & Matt. 4:4

Church
Purpose:

We are a great church, serving a great God, committed to His great commandment, to carry-out His great commission.

Church
Theme
for 2019:

Faith in Action

Church
Prayer
Points:

- 1. Spiritual growth for all members (more Word, less world)*
- 2. Love and unity in ALCM*
- 3. Discipleship development, evangelism and outreach*
- 4. Healing for all members and their families*
- 5. Wisdom and direction for the God's Able Building Campaign*
- 6. Finances of ALCM*
- 7. Commit to live by faith and be faithful to God*
- 8. Faith in Action*

Make a list of your personal prayer goals.

Prepare to join us in this time of seeking the Lord.

ALCM 2019 Church-wide New Year's Fast

Types of Fasts:

There isn't an official list of the different types of fasts and terminology varies. Here are some common types:

- **Total Fast:** This is a rarely practiced in the bible and is not advisable.
- **Water-only:** This is not recommended for long periods of time.
- **Liquid-only:** Abstaining from solid foods by drinking only water, juices, broths, etc.
- **Partial Fast:** Is abstaining from specific foods and drinks or limiting eating for portions of the day. Examples: the "*Daniel Fast*" or fasting from sunrise to sunset.

Beginning Steps:

1. Read and meditate on Isaiah 58, 2 Chr.7:14-15, 2 Chr. 20:1-25
2. Familiarize yourself with the ALCM Purpose, 2019 Theme, and Prayer Points
3. Write down your personal goals to focus on.
4. Choose the type of fast you will commit to.
5. Prepare for the fast.

Daily Steps:

1. Pray, praise, and worship.
2. Read and meditate on scripture.
3. Review ALCM Purpose, Theme, and Prayer Points.
4. Review your personal goals.

Weekly Steps:

1. Attend Monday Night Prayer and/or Prayer Conference Call.
2. Attend Bible Study and/or Sunday School.

Fasting Resources:

There are many books, articles, videos, etc. on the subject of fasting. Here are a few:

- "*Fasting for Spiritual Breakthrough*" by Elmer L. Towns
- Daniel Diet for Fasting (flyer on ALCM website)
- JentezenFranklin.org/fastingbasics
- Bob Rodgers Ministries
- Campus Crusade for Christ – Fasting guides on www.cru.org