

# Shiloh

## FOURTH FRIDAY FAITH FAST

### GUIDE

#### **A BOLD BEGINNING: CALLING SHILOH TO PRAYER AND FASTING**

For the year of 2021, I am calling a **TIME OUT** for Shiloh! A Time for Prayer and Fasting as we begin preparing for a year in **CONNECTING** with God and **CONNECTING** with each other. I am calling every member and attender. I call you for a personal time out and I am calling Shiloh for a corporate time out for us together as one “church”! **WHY?** First, I want a “**BOLD BEGINNING and ENDING**” for you this year in your personal life; and I know that in 2021 Shiloh is **GOING HARD AFTER A HOLY GOD! We need to get ready . . . We need to prepare! We need to learn how to minimize our fleshly desires and heighten our desire for God! Prayer and Fasting with consistent times of reading the Word of God will draw us closer and closer to God—and we will be ready to PURSUE GOD with everything we have!**

#### **WHAT AM I ASKING YOU TO DO?**

1. **Fourth Fridays of the month is our PRAYER AND FAST DAY.** The following Prayer and Fasting Guide provides information to help you. I’m asking you to join your Shiloh family every **FOURTH FRIDAY** of the month for a **FAITH FAST**. **FOURTH FRIDAY FAITH FAST is from 6:00am until 6:00 PM.** You choose a plan that suits your health and lifestyle. Remember, it’s not about what you give up; it is about what you do with the time you want to spend time in prayer and meditation with God. This can be challenging with your work and especially challenging if you have children to care for, however remember this is a time for allowing God to work in your life. Set yourself a goal to know more of the Word of God, to grasp more of the will of God, to love more of the wonder of God; and then make a plan of prayer and study and worship and go for it with all your might.

For the year of 2021, I am minimizing the activities at Shiloh on Fourth Friday evening to just those things that are essential. The church will be quiet also during this time of corporate fasting and prayer. I will provide continuous directions for us this year on Sundays, Wednesdays and other times — so don’t worry, if you are not fully understanding what I am asking of you. Begin praying now and make a commitment to join me and all of Shiloh as we begin this journey together!

*Pastor Undra Parker*

## *Why Pray?*

Prayer is our greatest weapon. Not only does it draw us closer to God, it unleashes his power into our world. Through prayer we learn the heart of the Father in all the matters of our world and through spending time in his presence we begin to be conformed more and more into his image. Through discipline, prayer changes from being a duty to a delight. Simply said, the more you pray, the more you want to pray and the greater its impact.

Our Heavenly Father desires our love, our attention, our fellowship, and our worship and each of these begins in an attitude of prayer. When Jesus was asked by the disciples to teach them how to pray he taught them what we now call, "The Lord's Prayer." In that prayer Jesus acknowledges the sovereignty of God then prays that God's will and kingdom would come to earth as it is in heaven. Through prayer we literally bring God's desires and kingdom from the heavenly realm into our earthly realm.

## *Why Fast?*

Fasting is an act of willing abstinence from something for a period of time for spiritual purposes. It is a spiritual discipline that allows one to reset and refocus on God by removing something that we normally enjoy. The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepare our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge. It is very important to know your body and your options, but most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Use this guide to direct you in your prayer and fast focus. You may also want to fast and pray for your family, friends, someone else or even a particular circumstance or situation.

God rewards fasting because when done with the right heart, in confesses that we are helpless without Him, and we require Him to give us the hope we need to press on in the things He has planned. This brings Glory to God!

# Types of Fasts and What They Require

*Using wisdom is always important in fasting*

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat eaten.
2. **Half-Day:** This is a 12-hour fast where you pick the same time to start and end. When breaking this fast you do so with a light meal (see Acts 10:30-31).
3. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry." This verse does not mention Jesus being thirsty (see Luke 4:1-2).
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.
6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are used. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach's sake.

## Other Activities to Fast

Although not mentioned in the Bible, we as Disciples of Jesus today can also commit to fasting from other activities:

- a. Electronics
- b. Computers
- c. TV
- d. Video games
- e. Limited cell phone use if possible
- f. Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.

# You Choose Your Fast

*James 4:8 says, "Draw near to God, and He will draw near to you."* Drawing closer to God is the goal of our fasting and prayer! He has amazing things in store for us, and I am encouraged and excited about this New Year.

## **PRAYER FOCUSES** *[Add To This List as the Lord Leads You]*

- Leaders & Ministries
- Godly Love For People
- Pray against the Scheme of the Enemy
- Families to Reflect God's Image
- Physical healing of yourself, family, friend
- Relationship restoration
- Spiritual growth
- To quite bad habits
- Wisdom and direction for critical decision

## **Method of Devotional Time**

Setting Prayer  
Read Devotion Scripture  
Meditate On Passage  
Journal Thoughts  
Closing Prayer