

Mt. Calvary's Month Long Fast of Sacrifice

(Isaiah 58; Jeremiah 14:12; I Corinthians 8:8)

Prayer and Fasting - A Definition

Prayer and fasting is defined as voluntarily going without food and or other habits that you routinely do in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting, and fast without prayer. It is when these two activities are combined and dedicated to God's glory that they reach their full effectiveness. Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need. Fasting may also be for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

The objective of our fast for the **Last two weeks of January** will concentrate on spiritual growth and ridding ourselves of those habits that are counter productive in our lives, as well as, spiritual renewal as a church family.

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

What shall we sacrifice?

- 1. Only eat meat one meal a day for 5 of the 7 days of the week.**
- 2. No fried foods, sweets, caffeine, carbonated drinks or alcoholic beverages for 5 of the 7 days of the week.**
- 3. For 5 of the 7 days of the week, only one hour a day of the following: tv, ipods, mp3, or other music or video devices, x-boxes and similar devices, telephone, texting, newspapers, computer internet, social networks (facebook, my space, twitter, etc...) {***Christian related materials and sources are the only exceptions}**

Typical foods for fasting:

- Fruit juices, preferably freshly squeezed or blended and diluted in 50 percent distilled water if the fruit is acid. Apple, pear, grapefruit, papaya, watermelon, or other fruit juices are generally preferred. If you cannot do your own juicing, buy juices without sugar or additives.
- Fresh vegetable juice made from lettuce, celery, and carrots in three equal parts.
- Herb tea with a drop of honey. Avoid black tea or any tea with caffeine.
- Broth made from boiling potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it.
- Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
- Eat fruit and vegetables. (veggie burgers are an option as well if you are not allergic to soy) Some people drink Ensure, Instant Breakfast, etc.....
- Mix acidic juices (orange and tomato) with water for your stomach's sake.
- Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.