

HOW TO FAST

You are free to fast however the Spirit leads you. Here are some options:

Total Fast

- Abstain from solid food and beverages for 24 hours. Take only water.

Partial Fast

- Abstain from solid food for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.

1-Meal Fast

- Sacrifice one full meal a day.

Beverage Fast

- Abstain from solid food for 24 hours. Take only water and liquids such as milk, milo or other health beverages.

Daniel Fast

- Abstain from meats and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices.

Esther Fast

- Abstain from solid food for 24 hours for 3 days. [ESTHER 4:16]

[Adapted from *40 Day 2014: Jubilee Moment*. Published by Love Singapore]

WHAT DO YOU DO DURING FASTING

- Set aside the specific mealtime that you are fasting to seek God. It may be half an hour or one hour or more. You may spend this period of time in worship, in prayer, listening to God and reading His Word.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school.
- Be alert! Besides fasting from food, fast from things that distract, such as TV, Facebook, cybergames; or things that destroy such as coarse jesting or careless words.
- Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chilli or acidic foods as much as possible.

Each day, pray with desire and expectation for a fresh Pentecostal Encounter... You are free to pray through the various segments as the Spirit would lead you. Our recommendation is to focus on one segment, let God minister to you until you feel you've received a breakthrough before moving to the next. Take time to linger in His presence. We believe it would be a time of renewal of your intimacy with Him.

Prayer Focuses:

3 May – 21 June

Focus 1: Your own life

John 7:37-38, *"On the last and the greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."*

Come to God with such longing and thirst, *"As the deer pants for streams of water, so my soul pants for you, my God!"* (Psalm 42:1)

- Prepare your heart: What do you expect from this time of Fast & Prayer? What is God saying that He will do in and through you?
- Ask God to reveal His heart for you
- Ask Him to meet you in a very real way in this season as you commit yourself to this private and personal discipline of this fast.
- Let God refresh you as you spend time in His presence
- Are there steps or actions that He is challenging you to take in Faith?
- Is He prompting you about things/areas in your life that are hindering you from getting closer to Him?

Focus 2: Your Family

Acts 2:38-39, *"Peter replied, 'Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off – for all whom the Lord our God will call.'"*

- Claim God's promise of Salvation and the Holy Spirit for your family.
- What are other promises that God has/is giving you for your family?
- Pray for your faith in the Lord Jesus Christ to continue steadfastly in your children and in all the generations to come until Christ returns.

Focus 3: Our Church

Acts 4:31, *"After they (the Church) prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."* We need a fresh Pentecostal encounter in Bethel – the House of God.

- Ask God to reveal to you His Heart for Bethel
- Pray for God's mighty presence and power to be experienced in His House!
- Let this be our desire and prayer: Spirit touch your Church, Stir the hearts of men, Revival us Lord with Your Passion once again, I want to care for others, Like Jesus cares for me, Let Your rain fall upon me, Let Your rain fall upon me.
- Ask God which area(s) you can partner with Him in faith to Build This House.

Focus 4: Your oikos

Acts 10, Cornelius invited his relatives and close friends to his home to hear Peter (v.24). *"While Peter was still speaking these words, the Holy Spirit came on all who heard the message"* (v.44).

- Ask God to bring a fresh Pentecostal Encounter and Salvation for your oikos.

- Claim God's promise, "Believe in the Lord Jesus, and you will be saved – you and your household" (Acts 16:31)
- Ask God specifically to put on your heart at least 2 people with whom He is preparing for you to share His salvation with.
- For your friends in need, ask God for His promise over their lives and declare it over them in prayer.
- Ask God for the name of a family member / friend and what it is that He would like you to pray for them.

Focus 5: Our Community

Acts 2:43, After the Pentecostal Encounter, *"Everyone was filled with awe at the many wonders and signs by the apostles." "And the Lord added to their numbers daily those who were being saved"* (v.47b). After the believers in Ephesus received the Pentecostal encounter (Acts 19:6) they witnessed the mighty power of God and, *"...the name of the Lord Jesus was held in high honor. Many of those who believed now came forward and openly confessed what they had done. A number who had practiced sorcery brought their scrolls together and burned them publicly...In this way the word of the Lord spread widely and grew in power"* (19:17-20).

2Chronicles 7:14, *"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."*

As Christians we are responsible to pray for the transformation of our Community. When our lives are right and we pray, God will turn the Community aright!

- Ask God to let you feel how He feels for our community
- Is there an area in which God is prompting you to pray for our community?
- Ask Him for one thing you can do this week to bring His love to the community and DO IT!

Focus 6: Events

- Our Pentecost Sunday Service (24 May) – Pray for a mighty outpouring of God's Spirit in our Services.
- Family Camp (7-10 June) – Pray for members to be sensitive to the Holy Spirit and willing to obey and be led by Him.
- Jubilee Day Of Prayer in Sports Hub (5 July) – Pray for blessings of Psalm 133 upon Christians in the Sports Hub. "How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, every life forevermore."
- Surrender your expectations as you prepare to attend the events to the Lord, believing that He is the God that can and will do great and mighty things!

21 June - 9 August

Focus 7: Singapore

Follow Love Singapore 50-day prayer and fast guide: "For Future Generations."