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TM JAN 9-30 TWENTY TWENTY-TWO

# Days of Prayer

mega prayer nights  
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# Fasting Guide

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## HAPPY NEW YEAR, HILLSONG KC!

As individuals and as a church family, we are stepping into a New Frontier this year! Our best year will always be our best God-year. We believe and know that God has great things in store for all of us in 2022. We want to invite you to join us in this time of prayer and fasting as we kick off the year together so we can raise our expectation and faith for all that He has in store!

The purpose of Biblical fasting is to eliminate distractions in order to experience more of God. It is not about just eating less or spending less time on social media. Instead, fasting provides us an opportunity for a reset and refocus on what matters the most. Fasting is ultimately not about what we take away but rather what we add to our lives. The goal of fasting is to grow closer to God, and that will happen as we spend more time in prayer and reading the Bible to hear from Him.

Fasting should present a level of challenge and sacrifice, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Biblical fasting was always related to food, and we believe this is a great opportunity to connect with God if you are able to. If you do not feel comfortable with a food fast we encourage you to fast something that takes your attention away from God.

## **FASTING IS NOT**

A way to impress God or earn His favor, love, or acceptance. We already have all of this because of Jesus' sacrifice on the Cross.

A way to get God to do what we want Him to do. Ultimately God will answer prayers how He sees best. Fasting provides the opportunity for us to align with God's will.

# Reasons to Fast

1. To seek God's wisdom and guidance. See Acts 14:23
2. To seek God's healing, deliverance or protection. Bible heroes such as Ezra, Esther and King Jehoshaphat fasted and God intervened. We can fast for ourselves or others to be delivered from sickness, fear, anxiety, depression, addiction, poverty, you name it.
3. To overcome our flesh and draw closer to Jesus. See Matthew 4:4
4. To strengthen your prayers. When Ezra, Daniel, Esther, Nehemiah and the apostles in the New Testament fasted, they always prayed for God to move miraculously. Fasting and praying always go hand in hand. Fasting without praying is just dieting. Fasting reminds us of how much we need God to do what only He can do in our lives.

# Types of Fasting:

## **COMPLETE FAST**

In this type of fast, you drink only liquids, typically water with light juices as an option.

## **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.

## **SOUL FAST**

This fast is a great option if you do not have much experience fasting food, 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.

*If you have any questions about fasting or any prayer requests to submit this month please contact us at [kc.connect@hillsong.com](mailto:kc.connect@hillsong.com). We are praying with you and believing for God's best in your life throughout this year!*