



## WHAT IS FASTING?

Fasting is a spiritual discipline the Bible teaches. According to the Bible, fasting is voluntarily reducing or eliminating your intake of food for a specific time and purpose. When Jesus spoke about fasting in Matthew 6, He said “when you fast,” because He fully expected this would be a normal part of the prayer life of His followers; He even said God rewards fasting. “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” — Matthew 6:6-18

## WHY FAST?

Our time of fasting and prayer is for three primary reasons:

**1. Fasting increases your dependence on God.** The simple act of eliminating food as our sustenance is an act of worship declaring that God is the One who sustains us. In the Bible, fasting and prayer go together, so use the time you’d normally spend eating as more time in prayer.

*“I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my portion of food.” — Job 23:12*

**2. Fasting demonstrates the depth of your desire when praying for something.** It shows you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith.

*“‘Even now,’ declares the Lord, ‘return to Me with all your heart, with fasting and weeping and mourning.’” — Joel 2:12*

**3. Fasting releases God’s supernatural power.** Satan would like nothing better than to cause division, discouragement, defeat, depression and doubt among us. God has always used united fasting and prayer to deal decisive blows to the enemy!

*“So we fasted and pleaded with our God about this, and He granted our request.” — Ezra 8:23*

## THE IMPORTANCE OF FASTING

Often in the Bible, God’s people fasted immediately before a major victory, miracle or answer to prayer. It prepared them for a blessing!

- Moses fasted before he received the Ten Commandments (*Exodus 34:28*).
- The Israelites fasted before a miraculous victory (*2 Chronicles 20:2-3*).
- Nehemiah fasted before beginning a major project (*Nehemiah 1:4*).



- Jesus fasted during His victory over temptation (*Luke 4:2*).
- The first Christians fasted during decision-making (*Acts 13:2-3*).

### CAUTIONS TO CONSIDER

- **Remember that fasting is not earning an answer to prayer.** God cannot be blackmailed by human effort. God wants to answer our prayers, and He answers out of grace. Fasting changes us.
- **Fast only if your health allows at this time.** If you are able to do only a partial fast, do it in faith and God will honor your intentions.

### PRAYER PATTERN

- **6AM MORNING PRAYER-** Prepare the night before by setting your alarm for earlier than usual to begin the day in extra time with God. In the morning, instead of having your meal, spend time in worship and prayer.
  - Call into the Prayer Line **667-930-7389-Access Code: 753835#**
- **NOON DAY PRAYER-** Instead of your midday meal, spend time in worship and prayer.
  - Call into the Prayer Line **667-930-7389 Access Code: 753835#**
- **6PM EVENING PRAYER-** Instead of your evening meal, spend time in worship and prayer.
  - Call into the Prayer Line **667-930-7389- Access Code: 753853#**



## Monday- Prayer for Families

### Scripture Reading

**Joshua 24:14-16: Now fear the Lord and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the Lord. But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.” Then the people answered, “Far be it from us to forsake the Lord to serve other gods!**

- 6:00 am
  - **Leading Prayer: Pastor Eric Remonvil**
  - Unsaved, lost, broken members of our families
- Noon
  - **Leader Praying: Philomene Remonvil**
  - God-honoring marriages and broken marriages
- 6:00 pm
  - **Leader Praying: Max Joseph**
  - Children, Youth, and Young Adults of our church

## Tuesday- Prayer for Our Community

### Scripture Reading

**Acts 1:8: But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.**

**Matthew 28:19: Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...**

- 6:00 am
  - **Leader Praying: Jean Marcus Philippe**
  - Church to be obedient to Matthew 28:19 (The Great Commission)
- Noon
  - **Leader Praying: Pastor Duma Alphonse**
  - Pray for our local leaders and lawmakers
- 6:00 pm



- **Leader Praying: Cindy Pierre**
- Courage to evangelize to everyone in our community and beyond

### **Wednesday- Revelation from the Lord**

#### **Scripture Reading**

**Deuteronomy 31:1-5, “Then Moses went out and spoke these words to all Israel: <sup>2</sup>“I am now a hundred and twenty years old and I am no longer able to lead you. The Lord has said to me, ‘You shall not cross the Jordan.’ <sup>3</sup>The Lord your God himself will cross over ahead of you. He will destroy these nations before you, and you will take possession of their land. Joshua also will cross over ahead of you, as the Lord said. <sup>4</sup>And the Lord will do to them what he did to Sihon and Og, the kings of the Amorites, whom he destroyed along with their land. <sup>5</sup>The Lord will deliver them to you, and you must do to them all that I have commanded you. <sup>6</sup>Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”**

- 6:00 am
  - **Leader Praying: Pastor Ronald Eugene**
  - Sensitivity to the Holy Spirit
- Noon
  - **Leader Praying: Ricardo Diegue**
  - Continued revelation from God for our Pastors
- 6:00 pm
  - **Leader Praying: Irv St. Jean**
  - Continued revelation from God for personal life

### **Thursday- Guidance from the Lord**

#### **Scripture Reading**

***Psalms 32:8: I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.***

***Proverbs 3:5-6: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.***

- 6:00 am
  - **Leader Praying: Rosena Petit-Jeune Laguerre**
  - Wisdom to make decisions that would reflect the heart of God



- Noon
  - **Leader Praying: First Lady Landers Remonvil**
  - Trust in the wisdom and guidance in God's Word.
- 6:00 pm
  - **Leader Praying: Bertine Triche-Eugene**
  - Protection from the plans of Satan against God's children

## **Friday-Spiritual Maturity**

### **Scripture Reading**

*1 Peter 2:2-5: Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good. As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.*

- 6:00 am
  - **Leader Praying: Leger Jean**
  - Deeper desire to grow in the Lord and His Word daily
- Noon
  - **Leader Praying: Wilfrid Pierre**
  - Greater focus on discipleship within our church
- 6:00 pm
  - **Leader Praying: Tracy Joseph**
  - Spiritual immature to become spiritually mature

## **Saturday- Prayer for Vacation Bible School**

### **Scripture Reading**

*Ephesians 2:10, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

- 6:00 am
  - **Leader Praying: First Lady Kernante Jules**
  - Pray for Vacation Bible School
- 9:00 am through 12:00 (In-Person Prayer and Fasting)
  - In-Person Prayer in the Fellowship Hall



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- 6:00 pm
  - **Leader Praying: Margaret Eugene**
  - God would make Emmanuel/New Vision a church that crosses every divide to reach the lost

### Sunday- Prayer of Thanksgiving

Scripture Reading:

*Psalm 150*

*Praise the LORD.*

*Praise God in his sanctuary; praise him in his mighty heavens.*

*Praise him for his acts of power; praise him for his surpassing greatness.*

*Praise him with the sounding of the trumpet, praise him with the harp and lyre,*

*praise him with timbrel and dancing, praise him with the strings and pipe,*

*praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the LORD.*

*Praise the LORD.*

- 6:00 am
  - **Leader Praying:**
  - Thanksgiving to the Lord all He has done
- Noon
  - Pastor Eric Remonvil
  - End of Fast Prayer
- Sunday Worship Service Celebration



*Parts of this guide were adapted from “Day of Fasting and Prayer” by Pastor Rick Warren*