

SHEKINAH REVIVAL MINISTRIES CORPORATE FAST

Statement by Jentezen Franklin, “If you seek a closer walk with God, consider fasting. If you are in desperate need of a breakthrough, fast. If you desire an access and an intimacy with God like you have never known, fast.”

Fasting has been an important part of the teaching and practice of Shekinah Revival Ministries since its beginning. Simply stated, Biblical fasting is refraining from food for a spiritual purpose, to take a spiritual time out, and draw closer to God

CORPORATE PRAYER AND FASTING GUIDE

PURPOSE? – To observe the Biblical principle of first fruits and the Christian discipline of fasting. Romans 11:16, *New Century Version*, “If the first piece of bread is offered to God, then the whole loaf is made holy. If the roots of a tree are holy, then the tree’s branches are holy too.”

Fasting in January is a way to establish the will of God for the entire year. A season of fasting is a season of spiritual and natural cleansing. It causes one’s life to be more vertical and in alignment with God’s desires. As we give God our best at the beginning of 2022, He will honor that sacrifice and bless our ENTIRE year.

GUIDELINES – January 2022 – 12 fasting days over the 31 days of the month

Divide the 12 fasting days into 4 groups of 3. Fast 3 days each of the 4 weeks in January either consecutively or intermittently. Prioritize the four Wednesdays (5, 12, 19, 26) as we will steward these days as corporate Shekinah Revival Ministries fasting days.

Suggestions

1. Let this be a Spirit led, non-legalistic, non-competitive fast
2. Allow Holy Spirit to “stretch” you as you follow His fasting instructions for you
3. Spend extra time in Bible reading, meditation, praise, worship, and prayer, both privately and corporately
4. For encouragement and strength, read the fasting scriptures and books about fasting and prayer
5. Consider keeping a journal
6. Each morning, sanctify the day by washing your face and anointing yourself with oil. Matthew 6:17
7. Parents – coach your children as to their involvement
8. It is recommended that you drink up to one-half of your body weight in ounces of water each day.
9. If you are under a physician’s care and/or are taking medicine, you may consider consulting your physician before fasting