

Spiritual Preparation LE 2020

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, I am convinced that when God's people fast with a proper Biblical motive-seeking God's face not His hand-with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival—a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission.

The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

The weekly “Fasting” will begin Monday September 16, 2019 at 6:00 P.M., and will end, each Tuesday, at 6:00 P.M., Should the fasting time not fit your schedule, please feel free to change your mealtime, to suit your situation.

The weekly “Prayer” Conference Call will be conducted each Tuesday evening at 9:00 P.M., beginning September 17, 2019 concluding Tuesday, January 15, 2020.

The Conference call number is **515-604-9094**, Access code **892-544-305#**. As you join the call please announce yourself **IN ORDER TO BE GREETED**.

Suggested - begin the fast with prayer by doing the following:

- Praise God – For His mighty acts toward His people
- Worship God – For His excellent greatness
- Thank God – For life, provision, health, what He’s done in your life and in the lives of our **MISSIONARY SISTERS**.
- Petition God – For a demonstration of His Holy Ghost Power over this Missionary Learning Experience, to bless and anoint each presenter, to bring healing, health and hope. Pray that those attending will receive breakthroughs, revival, renewal, refreshment, restoration, and choice rich blessings for the first family of First Episcopal District.

- Thank God in advance for answering these petitions – **Believe** God for a Mighty move!
- With respect to fasting, everyone is at a different level. However, there must be integrity. This is an individual journey. Be mindful of your medical restrictions! However, do not use medical restrictions as an excuse to do nothing. Each person can do something. See suggested list below.

- A. Juice and Water throughout
- B. Juice and water until noon, 3:00, or 6:00 P.M.
- C. Fruits, vegetables, juice, water
- D. Vegetarian diets (many eating options available, i.e. meat and dairy substitutes, etc.)
- E. Choose to eat nothing until noon, 3:00, or 6:00 P.M. Again, see (B.) above
- F. Make a sacrifice for this time of something you normally have (coffee in morning, doughnuts, etc.)
- G. No television, face book, phone, cell phone, etc. for one hour that day
- H. Give up your favorite show. (Soap Operas, Law and Order etc.)

Please use **Isaiah 58:1-14 weekly**. In addition, the following is a list of scriptures concerned with prayer and fasting:

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Reference: The Holy Bible, (King James Version)