

## Will you join us?

**Paul said he was** “in weariness and painfulness, in watchings often [prayer], in hunger and thirst, in fastings often.” 2 Cor. 11:27 kjv. Is that why he was so effective for God?

**Paul and Barnabas** appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.” Acts 14:23

**When Daniel feared for the future of Jerusalem, he “turned to the Lord God and pleaded with Him in prayer and petition, in fasting....”** He confessed the sins of their people and petitioned God to save Jerusalem. And God sent an angel to answer him. (Dan. 4)

### PRAYER REQUESTS:

*Pray for our nation, communities and families to turn back to God and to love Him with all our heart, mind and soul.*

*Go to [cordof3.net](http://cordof3.net) for more info.*

*If you have **Medical Conditions** that limit your ability to fast, consider and pray about a partial fast. Ask your medical provider if needed. Can you abstain from food for a meal or two or eat small amounts of something?*



*A physical benefit of fasting regularly is easier weight loss.*

### Our Vision

*To see revival come in the midst of unprecedented prayer and fasting.*

### Who We Are

*We are a nonprofit interdenominational organization committed to growing Christians in repentance, prayer, fasting and evangelism.*

### What We Do

*Our purpose is to exhort and encourage Christians to join together in prayer and fasting for the glory of God and for the sake of our children and nation.*

*If you ask anything according to my will, I will do it.*

*1 Jn. 5:14*



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## Fasting & the Power of God Why & When



*Prayer w/ fasting is one of the most powerful disciplines to bring change in our lives and in our nation.*

**Light the Fire of Revival In Our Nation and Regions**

## Fasting & The Power of God 2: *Why & When*

**Greater obedience results in greater blessing.**



### Why Fast?

**Because our families, communities and nation need it. We need the mighty hand of God upon our nation, God's fingerprint upon our nation.**

We want the heart of the nation changed and our families and communities turned around for Christ! Fasting brings revival in our hearts as well. We tend to sense the Presence of the Lord more and draw more near to God when we fast.

Fasting tears down destructive strongholds in our lives. It brings healing and freedom and a decisive victory as we continue. We tend to hear God's voice better while we are fasting and praying.

### When Do We Fast?

**Weekly.** Make it a regular habit to fast. The power of fasting is increased by

doing it often. It tends to become easier as we do it regularly, or once a week. In fact, many people begin to enjoy fasting.

- Pray and select a day of the week to fast. Start with it. If you need to change the day you can. If you have never fasted and are afraid to, you can start with two separate meals during the first week and then increase to two meals in a row. Then, increase to a full day.
- Once a week is an important time. As you fast and pray regularly it becomes easier and our spiritual strength grows. Our faith increases and we become more aware of God's Presence on a daily basis.
- Take the normal time for your meal and use that to pray and seek God and His Word. Minister to the Lord as well by praising Him as you pray and ask requests for the nation, families and communities. Make the commitment to do it. It becomes easier as we do it regularly.
- Fasting is a discipline. It is something that we have to discipline ourselves to do, to abstain from food for a decided period of time.

**When facing temptations and when we want to be more effective for God.** Jesus fasted forty days and forty nights in the wilderness before He was tempted. He overcame the temptations and after this His public ministry began. And people were amazed. (Luke 4)

*Unite in prayer and fasting for the sake of our nation, our children and families!*

***When do we discern the voice of God better than when we are fasting?*** Acts 13:2

**When we want revival in our lives, in our families, and in our nation.** History reveals that it often results in personal revival and, in unity, can be powerful for our families and nation. (Deut. 9) It tends to soften our hearts, increase our ability to hear God's voice and make us more aware of spiritual things.

**When we need to petition God for something.** (Ezra 8, Esther 4-8, Deut. 9, Jonah 3)

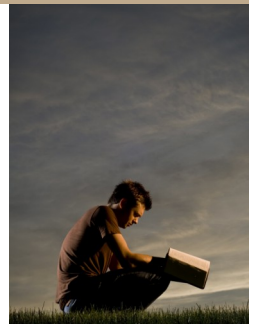
*Every Christian can pray 1/2 hour a day.*

***It will change your life to fast and pray regularly. A day a week becomes easier as you continue to do it. Make it a regular discipline. It changes many people's lives, marriages and families for good.***

*For longer or extended fasts, it is often prudent to seek the Lord and pray concerning it.*

**Fasting with prayer is an effective tool for changing our communities and nation.**

The early church fasted a day a week. Is that why the church grew so quickly and so many people came to Christ? Fasting with prayer brings breakthrough that prayer by itself has not always done.



*For more prayer requests, visit [Cordof3.net](http://Cordof3.net)*