

Stories of people fasting:

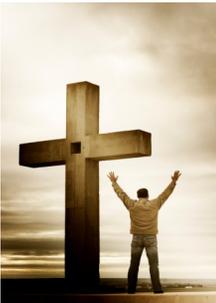
Jesus said “when you fast” not “if you fast”. Matt. 6:17 He assumed we would fast. He also said God will reward you.

Esther & the people fasted and prayed and petitioned God for help .

The second man in command over the land gave a decree to destroy all the Jews in the land which would have put an end to the entire Jewish nation. Jews all over began to fast and cry out to God. Queen Esther asked that all the Jews in Susa would fast for her. Then, after 3 days, she would appeal unannounced to the King to petition him to retract the decree from his second in command. It could cost her life to go unannounced to the King. After 3 days, she appeared before the King and appealed to Him. Her life was saved along with the entire nation of Jews. (Esther 4-8)

Fasting with prayer is a powerful tool for changing our families, communities and nation.

What will God do if we will unite in fasting, confession of sin and prayer on behalf of this nation, our families and our communities?



Join us in petitioning God in one accord!

For more prayer requests, and info. visit cordof3.net

One physical benefit of fasting is that cholesterol levels can lower with it.

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.



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**Fasting & the Power of God
How to start Fasting**



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

Lighting the Fire of Revival

Cordof3.net

Fasting & the Power of God 3: *How to Start Fasting*

Greater obedience results in greater blessing.



When the Day of Pentecost had fully come, they were all with one accord in one place. Acts 2:1

FASTING & THE POWER OF GOD:

Nearly every spiritual awakening that has occurred throughout history began with united prayer and fasting. It is believed by commentators that when the Day of Pentecost came in Acts 2, that the early disciples were united in prayer and fasting. Fasting seems to bring God's blessings and victory into our lives as we do it.

Why fast? Because God said to do it and out of our love for God. Mt. 6:17

HOW TO FAST:

1. Decide to do it. Make the decision or commitment and begin. Start where you are and grow into it.
2. Schedule it. Decide which day you will fast. If you forget at first, do not quit. Find a different time and keep going. You can fast and go through your

regular activities and work. Set aside time to pray during your usual meal time. A biblical fast is a restraint from food. Liquids help you to not be dehydrated.

LIQUID FAST: You can do a liquid fast which allows you to have liquids of any sort including water, juice, tea or coffee. This is one of the easier ways to fast. If you feel compelled to use only water, you may. Some people feel better if they use juice lightly. Others feel better without it. You can try it for yourself. Drink plenty of liquids.

Heal us that we may be truly healed; Save us that we may be truly saved. From Jer. 17:14

If you have never fasted before, and are afraid to start with three meals or a whole day, you can start with one or two meals at a time. Start with one or two meals for the first few weeks. It is common for people who are not used to fasting to feel afraid of it.

Decide on a determined length for the fast. You can fast from 3:00pm Monday to 3:00pm the next day. This is one example. Or you can start



United in prayer with God, we can change a nation!

your fast in the morning before breakfast. Some people like to start their 24 hour fast by fasting supper first.

Pray and spend time with God during your normal meal time. Passages to pray for our communities, families and nation are: Eph. 1:15-20; Eph. 3:16-21; Ps. 143:8-12

Our nation, our families and communities need the mighty hand of God!



Prayer Requests:

Ask God to work in your heart during the fasting and open the eyes of your understanding. Eph. 1:15-20

Pray for our nation: for the Love of God to increase in believers, that we will see as God sees and love as God loves and win the lost to salvation.

Pray for the Spirit of God to be poured out upon many and open eyes to salvation and draw people to Christ.

Pray for healing to come quickly to the body of Christ, to our families and nation.

Fasting is placing ourselves in a position of obedience that can result in a greater measure of God's grace in our lives. It also softens our hearts to God.