

PILGRIM REST BAPTIST CHURCH

40-DAY FAST

JANUARY 1, 2022 – FEBRUARY 9, 2022

We are inviting and encouraging the family of Pilgrim Rest and the friends of Pilgrim Rest to participate in a 40-day fast. The fast will begin on January 1, 2022 and will continue through February 9, 2022. God is leading me to call the family and friends of Pilgrim Rest to begin 2022 with a refocusing of and a recommitting to three disciplines:

1. Being sincere in our faithfulness and obedience to God
2. Being enthusiastic in fulfilling God's call upon our lives
3. Being intentional in our ministry with the 'least of these'

To accomplish these goals, it is imperative that we decrease our love for the flesh as we increase our love for God. Through fasting, we create the spiritual environment for refocusing and recommitting to occur as our priorities are shifted from fulfilling our will to fulfilling God's will.

WHAT IS FASTING?

Fasting is reducing or eliminating our intake of food or certain foods and drinks for a specific time to accomplish a specific spiritual purpose. Additionally, fasting can be expanded to include reducing or eliminating anything that is a habit or harmful and distracts us away from God. For example, one can fast cigarettes, social media, TV, social activities, etc.

WHY FAST?

1. Fasting creates an intentional opportunity for prayer. The time we would normally spend eating or eating certain foods and drinks will be spent praying. For example, if we are fasting coffee, we will replace every cup of coffee we would normally drink with time in prayer with God.
2. Fasting reveals how sincere we are regarding the specific spiritual purpose for which we are fasting. Fasting acknowledges that receiving the specific spiritual purpose for which we are fasting is more important than food or certain foods and drinks we would normally consume.
3. Fasting prepares and positions us to personally receive God's presence, participation and power to ensure our victory over the specific spiritual purpose for which we are fasting.

5 SPECIFIC CATEGORIES TO TARGET YOUR FAST

1. You need God's intervention to give you the victory over a situation that you cannot solve or resolve.
² Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi). ³ And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. (2 Chronicles 20:2, 3)
2. You need God's revelation of who and/or what should be involved in the assignment God has given to you.
² As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." ³ Then, having fasted and prayed, and laid hands on them, they sent them away. (Acts 13:2, 3)
3. You need God's deliverance from something and/or someone keeping you in bondage and denying you the liberty by which Christ has made you free.
⁶ Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? (Isaiah 58:6)
4. You need God's wisdom and understanding regarding what God is doing and how you should respond.
³ Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. (Daniel 9:3)
5. You need God's reconciliation and restoration because your sins have separated you from God, and the Spirit has revealed you need to repent (turn away from your sins) and turn to God.
¹² "Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning." ¹³ So rend your heart, and not your garments; Return to the Lord your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm. (Joel 2:12-13)