

A close-up photograph of a human hand, palm facing up, holding a small, glowing white orb between the thumb and index finger. The hand is illuminated from below, creating a strong contrast with the dark background. The skin texture is clearly visible, and the lighting highlights the contours of the fingers and the palm. The overall mood is one of mystery and divine light.

A CALL TO  
**CONSECRATION**  
FASTING GUIDE

## Dear Church Family,

I INVITE YOU TO JOIN YOUR PRC FAMILY IN THE FASTING MOVEMENT!

We begin each year by fasting for 21 days. Fasting in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our church, in our finances, and in everything, I believe that He will bless and multiply those areas. If we will pray, seek God, and give Him our first as well as our best at the beginning of the year, He will honor that sacrifice and bless our ENTIRE year!

John 3:16 is probably the most remembered verse in the entire Bible. *“For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him should not perish but have eternal life.”*

(NKJV) When we reflect on these powerful words, most of our minds move towards the direction of the forgiving love of God upon humanity. Today I want you to ponder those words in a different ethos. The words, “above and beyond,” continue to manifest themselves in my mind when I read that Scripture. For generations before Christ’s death, God had been willing to accept a spotless lamb as atonement for His people’s sin. When God sent Jesus Christ to become our sacrificial lamb, He went “above and beyond” by sending His only begotten Son to be the needed sacrifice once and for all. If you have never fasted before and you are making the decision to join us now, you are already going above and beyond, and I commend you! If you have fasted before, I urge you to go above and beyond your previous commitments during this time, in order that we may experience God in ways that we never have before!

This is a crucial time for us as the people of God, and as a local church body. I believe the second coming of Christ is imminent, and we must consecrate ourselves so that we are ready to meet Him in the air during the rapture. It is during this time of fasting that we will seek the face of God with all of our heart. When we do this, a promise is attached to it. Jeremiah 29:12-14a reminds us that we will find God when we search for him with all of our heart because we are earnestly seeking Him. I am so excited that you have made a personal choice to fast with us today. Your individual choice is going to impact our church corporately!

Together we will consecrate ourselves so that we may see the wonders of God tomorrow and beyond. As you journey through this fast, remember that you are not alone and that we are praying with you! We love you and welcome to this journey!

From our heart to yours,  
*Adam and Jill Jones*  
**Lead Pastor**



**But when you fast,  
put oil on your head  
and wash your face,  
so that it will not be  
obvious to men  
that you are fasting,  
but only to your  
Father, who is unseen**

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Matthew 6:16-18

**FASTING BASICS**



**FASTING TYPES**



**FASTING TIPS**

## **FASTING BASICS**

### **Q: What is fasting?**

*A: Simply stated, biblical fasting is refraining from food for a spiritual purpose.*

According to the Bible, there are three duties of every Christian: give, pray, and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can receive only from God. Your private discipline will bring you rewards in heaven, says Matthew 6. The concern is not whether we fast, but when. Jesus assumes His followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (see Matthew 6:16). And He doesn't say His followers might fast, but "they will" (see Matthew 9:15).

When you give God your firstfruits through fasting, prayer, and giving at the beginning of the year, you set the course for the entire year.

### **Why should I fast?**

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs salvation?
9. Do you desire to know God's will for your life?

### **BIBLICAL FASTING FOCUS 1 TIMOTHY 2:1-2**

*"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty" (KJV).*

ROMANS 12:1

*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service” (KJV).*

MATTHEW 6:33

*“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (KJV).*

ISAIAH 58:6

*“[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?” (KJV).*

We want to encourage you to target your prayers during the fast. We will focus together on two specific areas—leadership and vision. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders in the United States and around the world, we can expect God’s peace in our lives and in our nation.

Proverbs 29:18 declares, *“Where there is no vision, the people perish: but he that keepeth the law, happy is he”* (KJV). The New International Version states it differently: “Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom’s instruction.” It is our desire at Peerless Road Church to fulfill the mission that God has given us to **REACH, CONNECT, GROW, and SERVE**. But what does that look like for Peerless Road Church? What does that look like for your life personally? As you make an individual decision to partner together corporately with others from PRC in this season of fasting, God will release vision into your life and into this local body of believers. God knows where He is leading us! Fasting helps us to be sensitive to hear His voice through the Holy Spirit and to identify His vision for us and our church.



## **FASTING TYPES**

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice. Please understand that the types of fasting listed below are pertaining to food only. Other types of fasting will be listed at the end.

### **Occasional Short Fasts**

This is where most people start. Whether denying yourself food or some other pleasure, an occasional fast that lasts six, twelve, or twenty-four hours is the most manageable. Nevertheless, you must treat it with the same sincerity as a longer fast. It is not insignificant just because it is short. But it does allow you to move gently into the discipline and to let the Lord instruct you. You are not necessarily making a commitment to do this type of fast again, as it is a one-time fast for a specific purpose.

### **Full Fast**

Drink only liquids (you establish the number of days).

### **The Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

### **3-Day Fast**

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

### **Partial Fast**

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

### **Non-Food Fasting**

There are some at PRC that would like to participate in the corporate fast, but because of dietary restrictions or such, they will choose to participate in a different fast. They could fast social media, television, sleep, or something else that is significant in their life.

The important thing to remember is that you are pushing these things aside to draw closer to God during this time.

Scripture References for Fasting: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

THANK YOU FOR **JOINING US DURING  
THIS SEASON OF PRAYER AND  
FASTING!**” – *Pastor Adam Jones*



“Fasting isn’t easy, but its worth it! **Now that your mind is made up, these tips will help you succeed!**”

*-Pastor Adam Jones*



## **FASTING TIPS**

### **How to Begin**

Start with a clear goal. Be specific. Why are you fasting? Write down what areas you are fasting about. Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. The best time to do this is during the times you would normally be eating.

### **Preparing Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

### **Deciding What to Fast**

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

### **Deciding How Long**

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

### **What to Expect**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **How to End a Fast**

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



## **Finally**

Your motive for fasting should ultimately be to glorify God, not to have an emotional experience or attain personal happiness. God will honor your seeking to know Him more. As you spend time in fasting and prayer, God will shape your heart and draw you closer to Christ.

“Even now,” declares the LORD, **“return to me with all your heart, with fasting and weeping and mourning.”**

*-Joel 2:12*



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