

## **Firm Foundation CF – Corporate Church Prayer and Fasting Mar 18 – Mar 31, 2025**

**2 Chron 20:1-4**.... And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

**Joel 2:12-17**... Now, therefore,” says the LORD, “Turn to Me with all your heart, with fasting, with weeping, and with mourning.

**Dan 1:12** ... and let them give us vegetables to eat and water to drink.

**Dan 9:3** ... Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.

**James 4: 8** ... Draw near to me and I will draw near to you.

**Luk 18:1** ... Then He spoke a parable to them, that men always ought to pray and not lose heart.

**1Th 5:17**... Pray without ceasing.

**Firm Foundation’s corporate church fast will be from Mar 18, 6am – Mar 31, 6am. The time period will be as follows: 14 days. This is a corporate church fast which means everyone should participate!**

**We are praying and fasting for breakthrough, blessing, unity, healing, favor and complete victory for our church, families and personal lives as we spring into the year 2025!**

**\*\*We are doing a consecrated Daniel fast and will be reading the daily bread devotional for scripture and prayer. I will also send out devotional and prayer requests as the LORD leads me.**

**\*\*Day 1 –14: water and 100% fruit juices of any kind. Fruits, vegetables, potatoes, beans and brown rice. No meats or sweets!**

**Those who are mature in fasting or have medical conditions can switch it up or one meal a day as desired for greater fasting power results!**

**\*\*We will read the daily bread devotional for the specific day with a devotional from church or online at <https://www.odbm.org/devotionals/devotional-category/making-peace-in-jesus> and other personal devotionals as you desire.**

**–Remember we are all at different levels and maturity in our walk with the LORD, the greater the sacrifice in fasting, the greater the anointing and power that the LORD bestows upon you!**

**–Remember the goal of the fast is denial and not consumption of food. Remember although it is vegetables and fruit, do no overeat. No meats, sweets, chips, coffee or tea. If you eat these items, you are just dieting and there is no spiritual value or significance!**

–**We are asking that everyone fast.** We are believing God for breakthrough and blessing in the church and in our lives! Remember this is a time to draw closer to the Lord, to spend time in prayer, to study the Word, and read Christian books or devotionals.

**IF you have a medical condition, (BE WISE) eat as required and partake of fruits and vegetables. If you cannot fast from food, Turn off the television, social media and movies. Tune out the worldly things that appeal to the flesh, and meditate on Jesus and the Word.**

–**This is not a time to eat more food! This is a time to crucify your flesh for spiritual edification.**

**-The object of fasting is to deny your flesh so that your spirit grows stronger.**

**-You will draw closer to God and hear God’s voice more clearly as you pray and fast for direction, and study the Word of God. This will enable you to become stronger! **Man shall not live by bread alone by every Word of God...Matt 4: 4****

**Jesus said there are some things that will only come out by fasting and prayer! Matt 17: 14-21. We are believing God for breakthrough and blessing for all things spiritual, physical, financial, personal and church related!!!!!!**

### **How to Pray**

Although prayer cannot be reduced to a formula, certain basic elements should be included in our prayers to the LORD. **It’s called the ACTS of Prayer. Adoration, Confession, Thanksgiving, and Supplication (ACTS).** As you pray, release your faith and enter into the presence of God!

**As we pray begin with:**

**A-Adoration** –To adore God is to praise and worship Him, to honor and exalt Him first, as we come into his presence and begin to pray to the LORD~.

**C-Confession** -When we begin to pray and give adoration to the LORD, we are humbled, and we confess our sins and allow the Holy Spirit to reveal any sin or forgiveness in our life that needs to be confessed and repented of.

**T-Thanksgiving** – The Bible says in all things give thanks! We should always have an attitude of thanksgiving when we come to God. We thank him for who He is, and for the benefits and blessings we enjoy because it all came from Him. We give thanks to the LORD because He owns all things, controls all things and every good and perfect gift comes from him!

**S-Supplication** -Supplication includes petitions, prayers and requests for our own needs, desires and intercession for others. Pray for your family, spouse, your children, your parents, neighbors, friends, our nation and those in authority over us. Pray for the salvation of souls, pray for a daily opportunity to share Christ, as we are led by the Holy Spirit, and for the fulfillment of the Great Commission in our church and lives!

**God Bless! Pastor Quinn**