



JUNE 10, - JULY 1, 2024

Peace and blessings! Thank you for your willingness to join us in this sacred time of fasting, prayer, and consecration.

Scriptural References on Fasting

Isaiah 58:6-7: Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them and not to turn away from your own flesh and blood?

Matthew 6:16-18: "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Matthew 17: 14-21: And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, 15 Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to Your disciples, but they could not cure him.

17 Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." 18 And Jesus rebuked the demon, and it came out of him, and the child was cured from that very hour.

19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?"

20 So Jesus said to them, “Because of your [e]unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. 21 **However, this kind does not go out except by prayer and fasting.**

Specific Details of Our Fast

1. What are the dates of the Fast?

The fast will continue for 21 days — June 10, thru July 1, 2024

2. How many hours are we fasting each day?

Although the primary purpose of these 21 days of fasting and prayer is spiritual, we will employ an intermittent fasting technique called 16/8. Intermittent fasting (IF) is a dietary strategy where you cycle between periods of eating and fasting. The 16/8 method specifically involves fasting for 16 hours and eating all your meals within an 8-hour window each day.

Here's a brief breakdown of how it works:

- **Fasting Period (16 hours):** During this time, you abstain from eating. Most people choose to include the hours they are asleep as part of their fasting period.
- **Eating Window (8 hours):** You consume all of your daily calories within this timeframe, eating two or three meals or small snacks.

During this fast, we ask that you eat your last meal before 8 pm and abstain from eating or drinking anything except water until 12 noon the next day.

Note: Black Coffee without cream or sugar is also acceptable.

Disclaimer

We believe this fast is guided by the Spirit of God, yet it is essential for each participant to consider their own health and physical condition. If you have any health conditions, are taking medications, or are under the care of a healthcare professional, please consult your doctor to determine if fasting is safe for you.

Please note that Love City Church and Bishop Derrick Traylor are not responsible for any negative impacts or effects that may result from your participation in this fast.

Fasting window: 8pm – 12noon (next day) — 16 hours

Eating window: 12noon – 8 pm (each day) — 8 hours

3. How to start a Holy Spirit-led fast?

Matthew 6: 16-21, KJV

¹⁶ Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward.

¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face;

¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Steps to start your fast:

Step 1: Anoint your head with blessed oil (traditional extra-virgin olive oil that has been blessed by you or your spiritual leader).

Step 2: Pray—Ask for God’s blessing during your fast. Make the request known to God during this time. Establish your expected outcomes from the fast. Listen to God’s specific instructions for you during your fast.

Step 3: Wash your face to remove the oil residue from your head. This step is important if you will be in public during your fasting hours. If you will be at home or in your private space, you can allow the oil to remain.

4. How to maintain a fast.

To maintain a Holy Spirit-led fast, it is essential to consistently engage with God throughout your waking hours. Additionally, it is crucial to disengage from anything that does not align with the Spirit of God, or that does not empower and uplift your spirit. A general rule is to decrease all self-pleasure activities that do not support the purpose of your fast.

For example, if you are scheduled to work during your fasting hours, you should honor your commitment; however, identify ways you can build your spirit and engage the Holy Spirit intermittently while you work and during your breaks.

You can do the following:

- Listen to worship music or the preached word of God while you're working (if allowed).
- Pray in the spirit while you're working.
- Sing to the Lord in your heart.
- Pray in your car or other private places on your lunch break.
- Minimize mindless doom scrolling on social media.
- Minimize casual social media engagement — negative content, videos with profanity, sexually provocative, violent content etc.
- Basically, any task you can do after your fast should wait until your fast has ended for the day.

5. How to break or end a fast.

It's good practice to end your fasting time with prayer and thanksgiving.

Guidance on ways to safely transition into your eating window.

When breaking an intermittent fast, it's important to do so thoughtfully to avoid overwhelming your digestive system. Here are some best practices to safely transition into your eating window:

1. **Start with Hydration:** Drink a glass of water or herbal tea to rehydrate your body. Adding a splash of lemon can also aid digestion.
2. **Eat Small Portions:** Begin with a small, easy-to-digest meal. Think of foods like bone broth, yogurt, or a small serving of fruit.
3. **Choose Nutrient-Dense Foods:** Opt for foods that are rich in vitamins, minerals, and protein. Some examples include leafy greens, eggs, lean meats, fish, nuts, and seeds.
4. **Avoid High Sugar and Processed Foods:** Breaking your fast with sugary or highly processed foods can spike your blood sugar levels and lead to energy crashes.
5. **Include Healthy Fats:** Avocados, coconut oil, or a small serving of nuts can provide sustained energy and help you feel full.
6. **Chew Thoroughly:** Take your time to chew your food well; this aids in digestion and nutrient absorption.
7. **Listen to Your Body:** Pay attention to how you feel after eating. If you feel overly full or uncomfortable, you may need to adjust the portion sizes or types of foods you break your fast with next time.
8. **Gradually Introduce More Complex Foods:** After the initial small meal, you can gradually reintroduce more complex foods into your diet as your digestive system adjusts.

7 Most Notable Fast in the Bible and its Purpose

The instances below reflect various purposes behind fasting, such as seeking divine guidance, expressing repentance, preparing for significant spiritual tasks, and seeking protection or intervention from God. Fasting, combined with prayer, is shown to be a powerful spiritual practice in the biblical narrative.

1. Moses on Mount Sinai (Exodus 34:28)

- Purpose: Moses fasted for 40 days and 40 nights when he went up to Mount Sinai to receive the Ten Commandments from God. This fast was an act of devotion and preparation for receiving divine revelation.

2. The Day of Atonement (Leviticus 16:29-31)

- Purpose: This is a commanded fast, known as Yom Kippur. It is a day of repentance, reflection, and seeking atonement for sins.

3. Ezra's Fast (Ezra 8:21-23)

- Purpose: Ezra proclaimed a fast to seek a safe journey for themselves and their children, as well as all their possessions, while traveling back to Jerusalem from Babylon.

4. Esther's Fast (Esther 4:16)

- Purpose: Queen Esther called for a three-day fast among the Jews before she approached King Xerxes uninvited to plead for the lives of her people. It was an act of seeking God's favor and intervention.

5. Jesus' Fast in the Wilderness (Matthew 4:1-2)

- Purpose: Jesus fasted for 40 days and 40 nights in the wilderness before beginning His public ministry. This fast was a time of preparation, spiritual strength, and resistance against temptation.

6. The Fast of Nineveh (Jonah 3:5-10)

- Purpose: The people of Nineveh, including their king, proclaimed a fast and wore sackcloth when Jonah warned them of God's impending judgment. This fast was an act of repentance and seeking God's mercy.

7. Daniel's Fast (Daniel 10:2-3)

- Purpose: Daniel mourned, fasted, and prayed for three weeks, seeking understanding and direction from God due to a troubling vision he had received.