

IN-PERSON SERVICE TIMES

SUNDAY | ENGLISH WORSHIP SERVICE | 10:00 AM

Activities for Children

DOMINGO | ESPAÑOL SERVICIO DE ALABANZA | 12:00 PM

Actividades para los Niños

WEDNESDAYS | YOUTH MIDDLE & HIGH SCHOOL

6:30 PM Fellowship | 7:00 PM Service

All services are livestreamed. Go to www.elsinorefirst.com for more information and links to our social media pages and YouTube channel.

ADDITIONAL BROADCAST TIMES

TUESDAY | ZOOM STUDIES | 7:00 PM

Men's Meeting ID: 290 874 0622 & Passcode: EFAMENS

Ladies Meeting ID: 874 5617 9840 & Passcode 826739

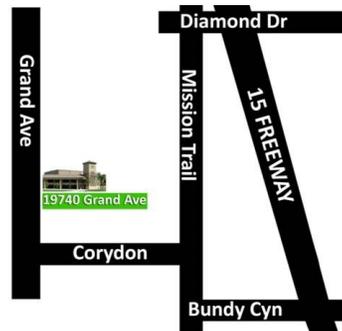
WEDNESDAY | YOUTUBE

Adult Study | 7:00 PM | @ElsinoreFirst

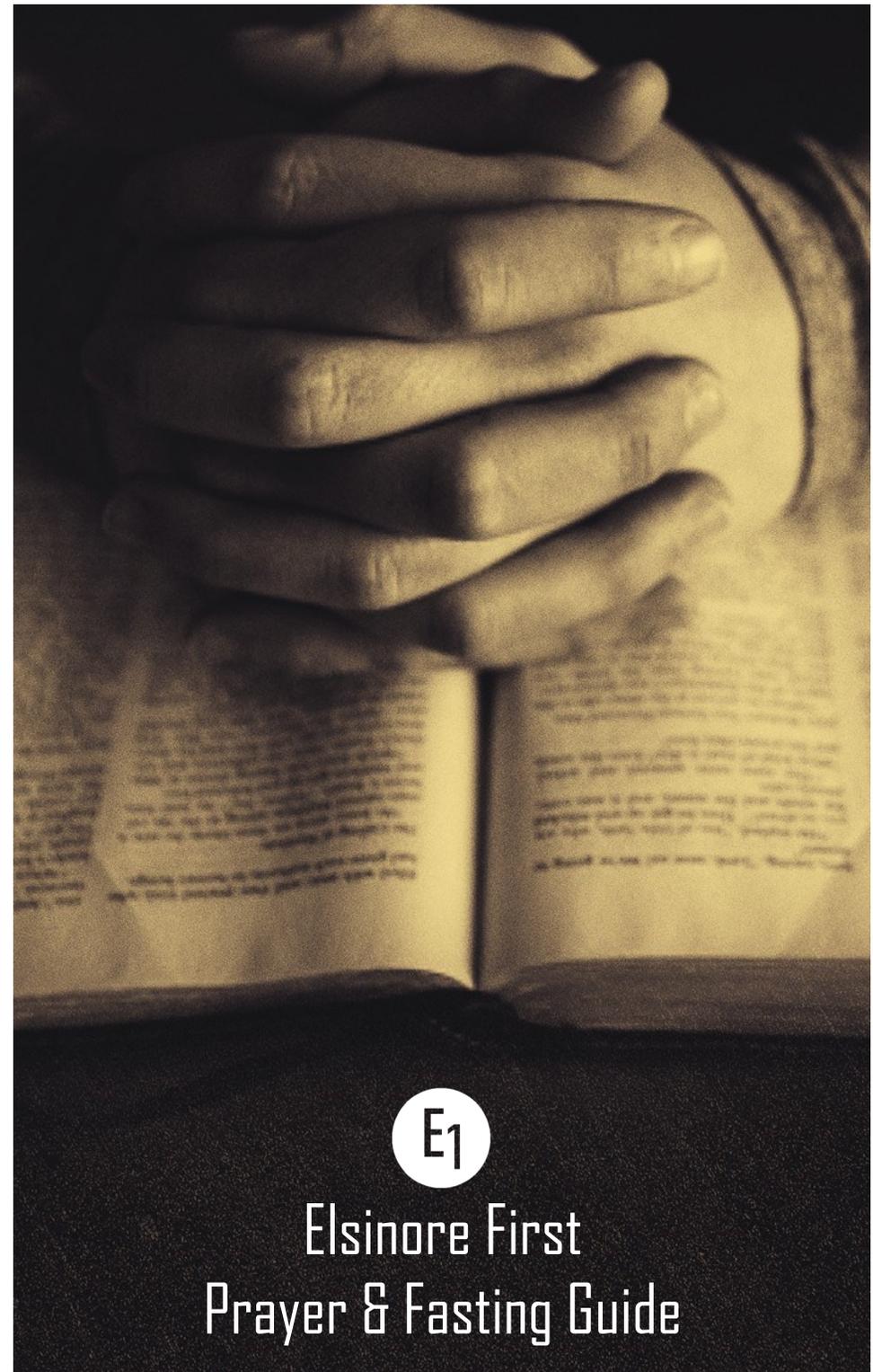
JUEVES | FACEBOOK

Servicio Familiar | 7:00 PM | @ElsinoreFirstMinisterioHispano

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Worship ♥ Connect ♥ Grow ♥ Serve ♥ Go



Elsinore First
Prayer & Fasting Guide

UNDERSTANDING BIBLICAL FASTING

What Fasting “IS”:

- A spiritual discipline that Jesus, the disciples, and all the prophets participated in.
- An expression of spiritual worship to God.
- A way to “make room” in your life to seek God when you would normally partake in other activities such as eating, social media, television, etc.
- A means of repentance (turning from sin).
- A means to see the power and plans of the devil destroyed.

What Fasting is “NOT”:

- Fasting is not a manipulation of God.
- It is not self-abuse or punishment.
- It is not a magic formula to be more like God.

FASTING FOUND IN SCRIPTURE

Why Fast: Romans 12:1; Matthew 6:33; Mark 9:29; Isa. 58:6; Luke 4:1-13

Preparing to Fast: Mark 11:25; Luke 11:4; Romans 12:1-2

When to Fast: Matthew 9:14-15

Blessings of Fasting: Deuteronomy 28:2; 28:13-14; 2 Chronicles 7:14; Isaiah 58:8

Corporate Fasting: 1 Samuel 7: 5-6; 2 Chronicles 20-34; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-37

Daniel Fast: Daniel 10:2-3

Esther Fast: Esther 4:16

Fasting Do’s: Matthew 6:16-17

Fasting Don’ts: Matthew 6:16-18; Luke 18:9-14

Prayer & Scripture to go with Fasting:

Luke 2:37; Nehemiah 1:4; 1 Samuel 1:6-8,17-18 Daniel 9:3,20; Joel 2:12; Acts 13:2; 1 Corinthians 7:5

Fasting For Guidance

Are you faced with a major life decision and don’t know what to do? Maybe you have a job opportunity, a broken relationship, or an unfulfilled dream. Fasting can help you clear away the clutter of life and discern God’s voice. Saul was going the wrong direction in life: he was hunting down followers of Christ and persecuting them when the light of God’s truth knocked him off his path (Acts 9:3-6). Saul headed to Damascus and “was three days without sight, and neither ate nor drank” (Acts 9:9). He didn’t know what to do, but he fasted for God’s divine direction. Then God sent the disciple Ananias to him with guidance (Acts 9:17). Through this process Saul became Paul, one of God’s chosen apostles. Through his fast, Paul received the direction he needed and so can you. When you don’t know what to do or when you face a daunting decision, that’s when you need to fast and pray fervently for God’s direction.

Fasting For Health and Healing

If you have a physical problem, you fast for healing. According to Isaiah 58 when you fast “...your health will spring forth speedily.” The Bible gives us a perfect example of how denying ourselves physically can bring good health in the story of Daniel and his peers: Daniel and three others refused to eat the king’s meat that had been sacrificed to idols and they “appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies” (Daniel 1:15). The “Daniel Fast” is a partial and a prolonged fast from meats, sweets, breads and any drink but water for 21 days (Daniel 1:12; 10:2-3).

Fasting For Our Nation

Our society desperately needs believers who will fast and pray for national revival. When Samuel took over as priest and judge over the nation of Israel, he declared a fast for revival. Samuel told the people to fast and seek God to return His presence to the nation (1 Samuel 7:3). “If My [God’s] people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from Heaven, and will forgive their sin and heal their land” (2 Chronicles 7:14). When we fast we can return God’s presence and glory to our personal lives and to our nation... will you do your part?

Fasting For The Lost

According to Matthew 9 John the Baptist and his disciples fasted often. He was on the Nazarite diet which fasted alcohol all the time and he ate locusts and wild honey (Matthew 3:1-4). Because of John the Baptist’s constant fasting, he seemed to have had a greater testimony and influence on the lives of the people in his generation than anyone (Matthew 11:1, John 1:6-7). If we want to win the lost in our communities, in our nation and around the world, we must do spiritual warfare through fasting and prayer. When you deny yourself and focus on God’s will through prayer and fasting, He will begin to open doors of evangelism in your life.

FASTING: INDIVIDUAL & CORPORATE NEEDS

Fasting For Your Family

Fasting can open your eyes to the needs of your family by allowing the Lord to point out the needs of family members such as encouragement for your spouse or special prayer and attention for a child. You can fast and pray specifically for a protective covering of safety around your family. It's also important to fast and pray for your spouse, your parents, siblings, and other relatives, plus for your children's and grandchildren's futures. Scripture tells how Esther's people were in danger: Her uncle Mordecai discovered a plot by Haman, one of the king's advisors, to destroy her family (the Jews). Before she approached the king, Esther declared a three-day fast for God's protection (Esther 4:16). Haman wanted to hang Mordecai on gallows he built in his courtyard, but God turned it around and the evil Haman was hung instead on his own gallows!

Fasting For Financial Needs

If you face a financial struggle that seems insurmountable, you are not alone. Ezra faced a big problem with the silver and gold he was responsible for in Ezra 7 and 8. He had been given silver and gold from King Artaxerxes to return to Jerusalem (Ezra 7:14-17), but thieves threatened his financial security. When Ezra faced an uncertain financial journey, he declared a fast (Ezra 8:21) and God answered his prayer! The widow in 1 Kings 17:10-16 also faced an uncertain future. Although the woman had very little, she gave up her own food to help Elijah, the man of God, then God multiplied the meal in her barrel to last for three and a half years! The book of Isaiah says we are called, ". . . to share your bread with the hungry, And that you bring to your house the poor who are cast out . . ." (Isaiah 58:6-7). You can add a new dimension to your fasting if you set aside the money you would normally use for food to give to our "World Changer Missions" program or another ministry that is helping the needy.

Fasting For Deliverance

In Mark chapter 9, Christ's disciples were frustrated because they could not cast out an evil spirit. Jesus said, "This kind can come out by nothing but prayer and fasting" (Mark 9:29). Through fasting we can break free from addictions and habits that are not pleasing to God. Christ said the key to deliverance from sin is fasting and prayer. Maybe you struggle with the emotional bondage of depression or anxiety. Elijah also battled negative emotional feelings. When Jezebel sent word that she wanted to kill Elijah, he became distraught (1 Kings 19:4). He was depressed and even suicidal. That's when an angel came to Elijah and instructed him to journey back into the presence of God. The Bible says that Elijah fasted for 40 days and 40 nights as he returned to Horeb, the mountain of God. God delivered Elijah from feelings of suicide and fear. He gave Him hope, courage and direction. "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)

SOME DIFFERENT TYPES OF FASTS:

Full Fast:

Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

Daniel Fast:

The most frequently used example of a partial fast, found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is that you should eat vegetables, fruits, and drink only water. Be sure to consult your doctor, especially if you have any medical condition.

Corporate Fast:

A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results (like this fast we are doing as a church). Although this fast involves others, it is also very much a "private and personal experience." Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).

Partial Fast:

There are many options for partial fasts, below are a few to select from:

- Give up one item of food or drink such as caffeine, coffee, soft drinks, meat, sweets, junk food, etc., or give up one meal per day.
- Eat only healthy, or organic, or raw food. No fried food or desserts.
- Fast for a specific number of days . . . one day, three days, so on.
- Choose to fast a part of the day (ie: from 6 a.m. to 3 p.m. or from sun-up to sundown). When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary.

****NOTE:**

Make sure to seek God on what type of fast is appropriate for you. One type of fasting is not better than the other. It is the "spirit" of the fast, not the "rules" that are of premiere importance. If you have health conditions we recommend that you only do the type of fast that would **NOT** put your health at risk. We are not health professionals, and therefore cannot give you advice on what type of fast would be safe and/or appropriate for you, please contact your physician if you have questions.

FASTING Q&A

COMMONLY ASKED QUESTIONS ABOUT FASTING:

CAN I HAVE SALT, PEPPER, SEASONINGS, MILK, WHOLE GRAINS, SOY PRODUCTS, EGGS, PROTEIN DRINKS, VITAMINS OR BUTTER?

The general guidelines for each fast can be found in the “Types Of Fasts” section (Pg. 3). However, fasting is a private discipline. It is not something that is meant to be unobtainable or uniform. Pray and ask God for what He wants you to do and decide what is feasible for you.

CAN CHILDREN FAST?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you can give up television as a family and spend that time praying, reading and discussing Bible stories, or working on a devotional together.

WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any fast if you have medical conditions. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else such as desserts and junk food and concentrate on prayer and Bible study.

WHAT IF I START AND CAN'T FINISH OUT THE FAST... DID I FAST FOR NOTHING?

Seeking God through prayer and fasting is never a waste of your time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort the next time, or try finishing up with a partial fast.

FASTING Q&A CONTINUED...

I FORGOT AND ATE SOMETHING THAT WASN'T ON MY FAST... DO I NEED TO START OVER?

No, think of fasting as a marathon rather than a sprint. Don't give up! If you fall down, get back up and keep trying. Conquering “king stomach” is difficult, but you will make it.

CAN I KEEP EXERCISING WHILE FASTING?

Moderate exercise is good, however it is always best to consult your doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

WHAT IF I HAVE A MANUAL LABOR JOB?

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

CAN MY SPOUSE AND I BE INTIMATE DURING OUR FAST?

Read 1 Corinthians 7:2-5, especially verse 5 which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time... that you may give yourselves to fasting and prayer. So the answer is yes unless you and your spouse MUTUALLY AGREE to abstain for the purpose of prayer and fasting.

I STILL HAVE A QUESTION, WHERE CAN I GET AN ANSWER?

If you have more questions that this booklet does not answer, feel free to reach out to our staff:

By phone: 951-678-1757

By email: contact@elsinorefirst.com