

SOLID ROCK ANNUAL FAST

TYPES OF FAST

1. NAZIRITE “separation” Fast. Number 6.

- 1a) fasting from ALL MEDIA EXCEPT, football OR news OR rented movies OR Facebook
- 1b) fasting from all TV OR all news OR all internet OR secular books/magazines
- 1c) fasting from all email OR all texting OR all Facebook

2. FOOD fast. Daniel 10:2-3.

- 2a) fasting from ALL SOLID FOOD. Only consume soup, smoothies, juice, etc.
- 2b) fasting from sweets. Give up desserts, cookies, sweets snacks, etc.
- 2c) fasting from ALL MEAT. Main consumption is vegetables.
- 2d) fasting from every liquid except water. Only consume water as your source of hydration.
- 2e) fasting from cigarettes OR drugs OR alcohol, etc.

3. TALKING FAST. Psalms 39 Eph 4:29

3a) Complaining fast. Do not complain. Say NOTHING negative unless it is truly a problem-solving situation and you are taking steps to help someone. Every time you mess up, immediately give 3 things for which you are THANKFUL- related to that person or situation. **(Php 2:13-14, 4:12-13)**

3b) Selfish fast. Your goal is to NOT talk about yourself and to AFFIRM and ENCOURAGE others. If someone asks you a question about yourself do not tell them you are fasting. Answer quickly and then turn the conversation back to them using questions and praises. **(Pro 1:5, 10:19, 16:21)**

3c) profanity fast. Your goal is to no longer use profanity. Take the time to think about another word that you can use to describe what you are trying to verbalize, in a more constructive and positive way. **(Colossians 3:8, James 3)**

YOUR PERSONAL GOAL. ISAIAH 58

1. For God to do a great miracle in your life. (Rebuking demons and moving mountains) **Matt 17:21** ...only comes by prayer and fasting... 1a) physical healing, 1b) baptism of the Holy Spirit, 1c) hear God more clearly,
2. For God to help you become secure in HIM and not allow insecurity to rule your life. (“loving” on Jesus) **Luke 2:37** ...worshiping night and day with fasting and prayer.
3. For God to give you wisdom with a present situation or with future situations. (Making wise, Godly decisions) **Act 14:23** And when they had appointed and ordained elders for them in each church with prayer and fasting...
4. For God to help you with certain people in your life. (Dealing with your enemies) **Ps 35:13** ...When they were sick, I fasted and truly prayed for them...
5. For God to help you in your marriage. (concerning marriage) **1st Cor 7:5** Do not deny each other unless you give yourselves to fasting and prayer...

DAILY “JESUS” TIME, for Him to change you. 2nd Cor 3:13-18

- 1. Prayer time in quietness.** Using the series on Prayer, spending time verbally speaking to God and sitting still and listening to His voice. This can be done on the way to work, in the bathroom, while doing yard work or cleaning the house, or even during exercise time. Jesus will give you more confidence in your relationship with Him.
- 2. Worship time.** Using Praise and Worship CD’s, singing, praying, praising, LOUDLY. Also, this involves quiet, intimate time- bowing down, singing, lifting your hands. Jesus will give you more confidence in worshipping Him during private times as well as in corporate worship.
- 3. Reading the Word.** Spend a few minutes, first thing each morning and last thing at night, reading either one scripture in Proverbs or one passage in the Gospels- then asking God to reveal His Word to you. This will give you more passion for Jesus and His Wisdom.
- 4. Journaling.** Spend a few minutes, first thing each morning and last thing at night, writing down what God is saying to you. Whatever God says to you will ALWAYS line up with His Word. This will give you a passion for hearing from the Lord.
- 5. Short Group.** Faithfully committing to a 4-8 week short group in February. This commitment is a way for YOU to BLESS OTHERS around you (the body of Christ), while putting yourself in a position for God to promote you, speak to you, use you, bless you, and CHANGE you more into HIS image.

What type of fast are you going to do?

What do you want God to do? (What is your goal?)

How are you going to spend more time with Jesus?