Just A Reminder Ministry

Fasting with Purpose: Renew, Refresh and Restore

Starting: Friday, January 22 – Thursday, February 11, 2021

**Introduction**

Jesus said in Matthew 6:16 when you fast not if you chose to or feel like fasting. Therefore, we must realize how important fasting is in our life. When we deliberately not eat food for a specific time to bring our flesh under submission, we are placing God, his will, and his direction as everything in our life.

I believe God has instructed the ministry to engage in this 21 day fast to restore our faith, renew our relationship with Him and refresh our mind to service Him and love others. Hereafter we will also choose a Friday from each month fast though out this year.

This fast is simple as always, we should focus mostly on time with God through praying, reading, and medicating on His Word. Not on the food we cannot eat. Fasting is spiritual disciplining your flesh to hear from God and if done from a sincere heart, your personal relationship with God will increase and He will speak direction in your life to serve Him.

During ever fast I engage in I like to read and meditate on Isaiah 58 just to make sure my perspective of fasting is in tune with God’s idea. This chapter gives us various reason to engage in spiritual discipling.

* To lose the bonds of wickedness.
* To undo the heavy burden.
* To let the oppressed, go free.
* To break every yoke.

These things are so important for spiritual growth. When we realize that evil can lay hold on us (or a love one) and we need Holy Spirit to release us. Heavy burdens can weigh us done and cause confusion in our life, we all need deliverance from everything that is not the will of God for our life, and breaking the yoke gives us total freedom. This is when we know how important it is to fast and pray. God did not leave us to figure this out or live without His help, but we must be willing to obey Him. Even if it does not happen during the fast, know that you are on the right track, so keep your faith at work.

**Fasting**

We will sustain for food completely from 6:00 a.m. to 12 noon. (water only).

Thereafter, eat something very light and continue your prayer and meditation.

**We will NOT eat,**

Sweets of any kind, chips, or junk food

Drinks or juice with added sugar

Bread/ dairy

Process food/ fried food

Coffee or caffeine beverages

You may eat light just enough to keep your mind from focusing on food.

Vegetables (preferably raw), small green salad

Peanuts, or nuts of all kinds

Fruits

Can add fruit to water, no added sugar.

 Remember we are fasting with purpose and maturing in Christ therefore we should be prepared to accept the fact that we are discipling our flesh and standing on God’s Word.

**Keep in Mind.**

* It is very important to know, even joining the ministry in fasting, still pray and seek God for direction.
* When fasting with a group or ministry, stay connected for encouragement.
* Never broadcast that you are fasting.
* Know that praying and time with God is more important than fasting, so stay focus on the true purpose.
* Prepare ahead of time, get the things you need so you will not be distracted. Including your study lessons.
* If you are on medication. Please talk with your doctor if necessary.
* No idle time, always praying, reading, or mediating, so have your bible and journal at hand.
* Fasting increase our spiritual strength, cleanses our heart, and give us clarity to serve God.
* TV, social medial, idle phone time should be limited to less as possible, the more committed you are, the more clarity and better result you will receive.

May God lead you into all spiritual truth, and answer the prayers you are seek Him for.