



Calvary Lighthouse Annual Fast: January 5 – January 18

Thank you for joining the Calvary Lighthouse staff and leadership for our annual time of Prayer and Fasting. This occasion can set the pace for a great year for you and for us as a church family. To help you get the most out of this time of prayer and fasting, we've prepared this guide for you.

Why Prayer and Fasting?

There are many reasons not to fast. Don't fast to: Get God to do something, gain favor with God, punish yourself for something you did, earn an answer to prayer, or make yourself feel better about your spiritual walk. So, why do we fast?

First, we fast to focus our minds and spirits on the Lord. While we pray all year long, this time of prayer and fasting focuses us as a congregation on seeking the Lord. Fasting is simply a way to focus by taking the time that we would normally spend eating a meal and giving that time to prayer.

Second, we fast to prioritize the Lord. As the year starts, we focus on what really matters -- our relationship with Jesus. Fasting at the first of the year sets the year apart for the Lord and devotes it to Him as holy.

Third, we fast to bring our bodies into alignment with our spirits. Most of us overindulge, and while fasting is not a diet; it does allow us to bring our bodies into alignment with our spirits. The body is not evil—in fact, the Bible tells us that the body can be either an instrument of righteousness or unrighteousness. Fasting brings the body into alignment as an instrument of righteousness by overcoming the hunger for food with the hunger for the Spirit.

Fourth, we fast to develop self-discipline. In an age when anything goes, we fast to remind ourselves that we need to discipline our minds, spirits, and bodies for the race that God has set out for us. By fasting, we remind ourselves that our bodies are not in charge of us.

Fifth, we fast to bless others. By giving up some amount of food during this time, we save money and can give that money to the poor who don't have food. In that way, our fast honors God and serves the needy.

Types of Fasting and Prayer

Remember, fasting without prayer is simply a diet, which might be helpful, but will produce no spiritual results! Here are some types of fasts to choose from:

Full Fast: Go the entire time with nothing but water. This fast is only recommended under the supervision of a medical doctor.

Liquid Only Fast: Sometimes called the "Anything Through a Straw" fast involves only liquids. You decide what liquids are allowed: smoothies, juices, dairy, etc.

The Daniel Fast: No "rich foods" so eliminate meats, dairy, desserts, and any other similar foods. Primarily, it includes fruits, vegetables, and nuts.

The Wesley Fast: Named after evangelist John Wesley, this fast involves refraining from breakfast and lunch, while eating a sensible and small meal after sundown.

One Meal Per Day Fast: Opposite of the Wesley fast, you fast one meal a day while eating other two meals. The key is to devote that mealtime to prayer and the Word.

Prayer During the Fast

Please pray on your own during the fast, but know that you are invited to pray with your Calvary Lighthouse family during the fast in the Sanctuary Monday through Friday at 7 pm – 8pm.

After Prayer & Fasting Celebration

Join us Sunday, January 19 at 6 pm in the Sanctuary as we celebrate the conclusion of this time of prayer and fasting with a worship night!

Prayer and Fasting Focus Points

Week 1

Sunday, January 5

Strengthen in me, O Lord, the commitment to regularly talk with You and hear from You through prayer.

Monday, January 6

As I present needs and concerns to You, O Lord, may I be content to leave the results to You.

Tuesday, January 7

Help me understand, O Lord, that the power of prayer is not so much in what I pray about, but to whom I pray.

Wednesday, January 8

O Lord, may I hunger after, receive, and use the powerful prayer language available through the baptism in the Holy Spirit.

Thursday, January 9

Help me, O Lord, to understand that prayer is my personal responsibility, not something someone else can do for me.

Friday, January 10

O Lord, increase my sensitivity to divine appointments to pray for others, conveying to them Your love, grace, and power.

Saturday, January 11

May my present and eternal relationship with You, O Lord, be strengthened by continually keeping the line open with You day by day.

Week 2

Sunday, January 12 - Your Walk with God

- Pray for God's wisdom and guidance in the coming year.
- Pray that you would personally grow in your devotional walk with God.
- Pray for God's blessing on your life.

Monday, January 13 – Your Family

- Pray God's blessing upon your family as you commit to give time to Him in prayer and in the Word.
- Pray that God will strengthen mothers and fathers to be godly examples of Christlike character.
- Pray that God will protect the family from the enemy's desire to confuse and destroy.

Tuesday, January 14 – Your Community

- Pray for unity in your community.
- Pray for local government, schoolteachers and administrators, first responders, and civil servants.
- Pray that God would use you to reach your neighbors with the message of Jesus.

Wednesday, January 15 — Your Workplace

- Pray for your co-workers and your employer.
- Pray that you would be a light to those who do not know Christ.
- Pray that you would be a godly example.

Thursday January 16 — Our World

- Pray for the unreached.
- Pray for missionaries throughout the world.
- Pray that more people would hear God's call to missions.

Friday, January 17 — Our Youth and Children

- Pray for this generation's protection from Satan's scheme against them
- Pray for a heart of discipleship, mentorship, and investment to rise up in mature Christians
- Pray that revival will touch the hearts of children and teenagers

Saturday, January 18 — Our Church

- Pray for our pastors.
- Pray for increased effectiveness as our church reaches the community.
- Pray for spiritual growth, biblical literacy, and church health.