**A sign on a beach

Description automatically generatedCalvary Lighthouse Annual Fast: January 17 – January 30, 2021**

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, January 18-22 & 25-29 from 7 pm – 8pm.

**After Prayer & Fasting Celebration**

Join us Sunday, January 31 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**

**Prayer Focus January 17 - 23:**

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.” (1 John 5:14)

SUNDAY – FROM LOST TO FOUND

Pray unbelieving family and friends will come to faith in Jesus.

MONDAY – FROM HATE TO HOPE

Pray that God will drive away prejudices in our own hearts and transform us into agents of hope to all around us.

TUESDAY – FROM SICKNESS TO HEALTH

Pray for the Lord’s provision of healing for those in need — spiritually, physically, or emotionally.

WEDNESDAY – FROM BROKENNESS TO RESTORATION

Pray that hurting people will experience God’s grace and presence even in the most difficult circumstances.

THURSDAY – FROM APATHY TO ACTION

Pray that our hearts will be turned to heaven to discern God’s direction and to submit to His calling.

FRIDAY – FROM EMPTY TO FILLED

Pray for a fresh empowerment of the Holy Spirit for holy living and boldness to share God’s love with the hurting and lost.

SATURDAY – FROM DOUBT TO FAITH

Pray for boldness to approach God with persistence in prayer.

**Prayer Focus January 24 - 30:**

Isaiah 40:31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

SUNDAY – the united states and revival

Pray for our country and that the Spirit of God will draw people back to a deeper relationship with Him.

Monday – From Hopelessness to Hope

Pray for hope to be restored in the one who brings hope.

Tuesday – FROM weak to strong

Pray that God renew the strength of those who love Him.

Wednesday – FROM the valley to new heights

Pray for the Lord give new vision and dreams for 2021.

Thursday – FROM stuck to moving forward

Pray the cycles and habits that keep people in bondage will be broken.

Friday – FROM exhuastion to vitality

Pray that burnout and despair will fall aside, and energy will be restored.

Saturday – FROM fear to boldness

Pray that those worries and doubts that have gripped us will fall aside and we will boldly declare Jesus’s love for this world.