

Lighthouse Fast

January 3rd – 24th, 2022

The Kneeling Warriors Ministry with instruction from our Pastor want to take a moment to thank you for joining us for our annual 21 day fast. This is a time for us to focus on what God is saying to us as a body of believers. We believe God has some awesome things in store for us as we begin a new year.

WHY FAST? Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God and cry out to the LORD. – Joel 1:4
Fasting helps us.

Jesus fasted. Before he began His ministry, Jesus fasted forty days. He knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us physically weak but spiritually strong and prepared us to do God's work.

This Fasting packet has been provided to assist you in your fast. Included are prayer instructions, Scripture readings, and shopping lists. There will also be menus and recipes for meal prep on our website. www.lhcchog.org. This year we will be following a reading plan on the You Version Bible App, (All Things New). If you do not have the You Version Bible App you can read the devotional on our website as well.

If you need further assistance, please let us know.

Daniel Fast

Though there are different types of fast, we are asking as a family that we follow the Daniel Fast. **Consider your health, if you have serious medical conditions, please consult your physician.**

We do ask that you prepare yourself for this fast. Look over the shopping list and make sure you have what you need to begin. Please do not stress over what you can't get. The purpose of the fast is to sacrifice and focus on the Lord. Take this fast one day at a time.

The 21-day fast will be broken into four sections. They are as follows:

1. January 3-6 fasting for self, spiritual growth, renewal, boldness in Christ...
2. January 7-10 fasting for family, unity amongst family, salvation for family members, healing...
3. January 11-14 fasting for the land for peace amongst people, those that Govern....
4. January 15-24 fasting for Lighthouse, strengthening of the Body, Unity, Lost Souls would come and be saved, Baptism would take place, that Lighthouse would be a hospital for the sick, those that are lost, wisdom for the leadership, pray for our Pastor and staff...

***Fasting is an act of humility and consecration.
....I put on sackcloth and humbled myself with fasting....Psalm 35:13***

During the fast you should set aside specific times for Bible reading and prayer. It doesn't matter what age you are, anyone can fast. As was stated previously, if you can't go without food, give up something else you love such as: candy, junk food, coffee, pop, television, movies, talking on the phone (except for emergencies), **Tic Tok, Facebook** etc. Keep in mind that fasting requires sacrifice. That is the purpose of it. It is not supposed to be easy. But God will reward your

sacrifice.

Please keep in mind that a fast without prayer is just being hungry for nothing. You must make an effort to devote yourself to prayer. Many pray during the time of meals they have given up. You decide the time but please pray much. Also, we are asking that you join with our Lighthouse family and pray each day from 12N – 1P. If you are working and cannot devote an hour, please pray for however long you can during this time period.

God bless you as you begin this “spiritual journey. “Remember to take it one day at a time, be prayerful as you go, read the recommended scripture that has been provided for each day and keep a journal to write down prayer requests, answers and changes you see both in yourself and those for whom you will be praying. Please feel free to share what God is doing on our GroupMe page as well and on our Kneeling Warriors Prayer Line on Wednesday evenings. The dial in # is 1-218-632-3789, passcode# 5444846873.

Pastor Dale & The Kneeling Warriors Prayer Ministry

Christian Fasting - What is it?

Biblically, fasting is abstaining from food, drink, sleep or sex to focus on a period of spiritual growth. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life.

Christian Fasting - Focus Deeper on God

Christian fasting isn't some kind of a "work" that's commanded by Christ or required by Scripture. However, that doesn't mean that fasting isn't recommended as a part of our spiritual growth. The Book of Acts records believers fasting before they made important decisions ([Acts 13:4](#); [14:23](#)). Fasting and prayer are often linked together ([Luke 2:37](#); [5:33](#)). Too often, the focus of fasting is on the lack of food. However, the purpose of fasting is to take our eyes off the things of this world and instead focus on God. Fasting is a way to demonstrate to God and to ourselves that we are serious about our relationship with Him. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything you can temporarily give up in order to better focus on God can be considered a fast ([1 Corinthians 7:1-5](#)). Fasting should be limited to a set time, especially when the fasting is from food. Extended periods of time without eating are harmful to the body. Fasting is not intended to punish our flesh, but to focus on God.

Fasting should not be considered a "dieting method" either. We shouldn't fast to lose weight, but rather to gain deeper fellowship with God. Yes, anyone can fast. Some may not be able to fast from food (diabetics, for example), but everyone can temporarily give up something in order to focus on God. Even unplugging the television for a period of time can be an effective fast.

Yes, it's a good idea for believers to fast from time to time. The only Biblical reason to fast is to develop a closer walk with God. By taking our eyes off the things of this world, we can focus better on Christ. "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you" ([Matthew 6:16-18](#)).

Christian Fasting - A Lifestyle of Servant Living

Christian fasting is more than denying ourselves food or something else of the flesh - it's a sacrificial lifestyle before God. In [Isaiah 58](#), we learn what a "true fast" is. It's not just a one-time act of humility and denial before God, it's a lifestyle of servant ministry to others. As Isaiah tells us, fasting encourages humility, loosens the chains of injustice, unties the chords of the yoke, frees the oppressed, feeds the hungry, provides for the poor, and clothes the naked. This concept of fasting isn't a one-day thing - it's a lifestyle of servant living for God and others.

"Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am' ([Isaiah 58:8-9](#)).

FASTING FOR SELF January 3 - 6

Fasting for self was chosen first because we must be o.k. ourselves before we can assist someone else.

The Word of God says: "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." (Matthew 7:3-5, NIV) In other words, fix you before you try to fix someone else.

During these 4 days please read the scriptures provided and ask God to show you the real you. Ask Him to speak to you through His word. To allow the Light of the Holy Spirit to show you areas that need changing. Don't be afraid to be real. Authentic. Being authentic means I am real, and I am not afraid to know the real me. I can't change what needs to be changed until I see it. During this time concentrate on you, no one else, that will come later. Remember to keep notes in your journal.

Scriptures

1. Philippians 2:1-11, 1 Peter 5:5-6 (humility)
2. Proverbs 16:5, 16:18-19, Luke 18:9-14 (pride)
3. Ephesians 1:3-14, 1 Peter 2:9, (Spiritual Identity)
4. Colossians 3:1-17, 1 Peter 1:13-16 (Holy living)
5. Romans 8:5-8, Galatians 5:16-26 (live by the Spirit)
6. Romans 12:1-2, Philippians 4:8 (renewed mind)
7. 1 Samuel 15:22-23, Deuteronomy 28 (obedience)
8. 2 Corinthians 10:4-5, Ephesians 6:10-18 (spiritual warfare)
9. Psalm 119:9-11, 1 Thessalonians 4:3-8 (purity)
10. Matthew 6:14-15, 18:21-35, (forgiveness)

Prayer:

Father, during the next 4 days please help me to see me the way you see me. I want to be real, not fake. I want to grow closer to you. I want to know what makes you happy so I can do it. Lord, forgive me, change me, help me, renew my mind and help me to see things and people the way you do. Help me Lord to be a Better Me.

Your child_____.

FASTING FOR FAMILY January 7-10

During these 4 days please meditate on the scriptures provided as you pray for your family members. Ask God to reveal areas of needed prayer. Remember to be patient with your family as you pray for them. Write requests and answers as well as what God reveals to you in your daily journal.

Scriptures

1. Ephesians 5:25-33, Colossians 3:19, 1 Peter 3:7 (husbands)
2. Ephesians 5:22-24, Colossians 3:18, 1 Peter 3:1-6 (wives)
3. Titus 2:1- 8, Colossians 3:21(fathers/mothers)
4. Colossians 3:20, Ephesians 6:1-3, (children)
5. Deuteronomy 6:1-9, 11:19-21 (Teach your children)
6. Genesis 2:20-24, 1 Corinthians 7:1-5, Ephesians 5:21, Hebrews 13:4, (marriage)
7. Ephesians 4:22-32, Colossians 3:1-17 (family unity)
8. Proverbs 23:13-14, 1 Samuel 3:11-18, Hebrews 12:5-11 (discipline)
9. 1 Corinthians 13:4-8a, Ephesians 4:1-3 (family support)
10. 1 Kings 17:7-16, Matthew 6:25-34, Philippians 4:19 (provision)

Prayer:

Father, I am asking your help for my family. (Spouse, children, parents, extended family members) You know their needs (spiritual, emotional, relational, financial, etc.). Please God, help my family. For any family members that don't know you God help them to be saved and set free.

Your Child _____.

FASTING FOR THE LAND January 11 -14

We are told in the Word of God to pray for the Land, the government, those in leadership. If we want to see change in our neighborhoods, communities, city, state, country and even our world,

the church must be willing to pray and fast. As you pray and meditate over these next 4 days, ask God to show you the needs. Remember to write in your daily journal.

Scriptures

1. 2 Chronicles 7:14 (healing)
2. Luke 10:25—37 (neighbors)
3. Romans 13:1-7, 1 Peter 2:13-17 (government)
4. 1 Timothy 6:3-19, (economy)
5. Matthew 5:13-16, (Godly examples)
6. Ezekiel 37:1-14 (revival)
7. Psalm 122:6 (peace)
8. Matthew 21:18-22 (fruit)

Prayer:

Lord, we seek your help for our land. We want better conditions for people both spiritual and economical and so we pray for your direction and help. Lord Deliver us from this deadly virus and all the gun violence. We ask you to show us what we can do to fight against injustices, unfairness, discrimination, racism. Give us the boldness to speak out and to take action whenever necessary and not fold in fear.

Your Child _____.

FASTING FOR LIGHTHOUSE January 15 - 24

For the final 10 days of the fast we will be fasting and praying for our church. We are grateful to God for the many blessings and miracles He has given the Lighthouse family. With great blessings come great responsibility. As a church, God has positioned us in a place of harvest. There are souls all around us just waiting to be rescued. We have an obligation as God's church to be much more than a *social club*. We are to be a place of refuge. A people of God, able to be used by Him as He saves the lost. We are told to go into the highways and byways and compel people to come to Jesus. We are to tell our story. Let people know of the goodness of our God. Let them know how He has blessed us both as a church and as individuals. We are to be disciple makers. Not to fill up Lighthouse, but to expand God's Kingdom.

During this final phase of the fast there are some very specific needs I am asking you to fast and pray for.

Pastoral/ministerial staff: Pastor Dale, Pastor Mark, Minister Bobbie, Min. Deverett:

Pray for our spiritual, financial, and physical health. Pray for our families. In addition, pray that our heavenly Father would give us vision and purpose and provisions to do His great work. That He would blanket us with His protection and anointing as we boldly minister to those in need and obediently equip the saints for the work of ministry.

All Ministry leaders:

Those who are currently serving and those who are preparing to serve. Pray for their spiritual and physical health, their finances, and their families. Pray that God would direct the ministries

they have been asked to lead. Give them wisdom and boldness, that they would be effective leaders. Willing to sacrifice where needed.

Church Council:

Pray for their spiritual and physical health. Ask God to give wisdom and direction to each member. Give them a clear vision for the future of the church.

Finances:

Pray that all financial needs of the church be met. That tithes and offerings be given cheerfully and consistently. That wisdom be given to those in charge of handling the finances of the church.

Church ministries:

Pray that each ministry of Lighthouse be effective. That necessary changes be made without murmur or complaint. That new ministries be birthed as need arises.

Lighthouse family members:

Pray for their spiritual, physical and financial health. That they would be open to the leading of the Holy Spirit. That they would seek God, and His will. Pray that God would help each disciple of Christ understand that we are all called to be disciples who make disciples. And to use our God given gifts for His glory.

Unity in the body:

The desire of Jesus is that we would be one even as He and His Father are one. I for one, am in complete agreement with Jesus. Join me in prayer for unity in the body of believers at Lighthouse. That we would be on one accord. That we would bear one another burdens, praying for one another. Understanding that together, we can do more for the kingdom. Seek to be a repairer of the breeches (the broken places). Remembering that we have been given the ministry of reconciliation and that anyone who sows seeds of discord among the family is displeasing to God.

Ministry Needs:

At this time, We need a youth leader and children's ministry leader. Again, I believe God has just the right persons for these ministries, but we must seek Him. (I believe these persons may already be in our church.)

We need a Media Ministry leader and again I believe them to be in our midst. Please join together in prayer seeking the will of God.

Lost Souls:

The Word of God tells us to pray for those who are lost. During this time ask God to give us a deep burden for lost souls. A desire to go after those who do not know Christ. Matthew says: The harvest is ripe, but the laborers are few. Pray that the Lord of the harvest would send workers into His vineyard.

Scriptures

1. 1 Timothy 2:1-4, 1 Timothy 5:17-22, 2 Timothy 3:10-4:5, Hebrews 13:17-18, 1 Peter 5:1-4

(Pastor & staff)

2. Ephesians 4:1-16, Colossians 1:9-14, (Spiritual growth)
3. Luke 9:57-62, Luke 14:25-35, (commitment)
4. Matthew 5:33-37, 1 Chronicles 29:17, (integrity)
5. Romans 12:6-8, 1 Corinthians 12 (spiritual gifts)
6. 1 Kings 3:1-15, James 3:13-18 (wisdom)
7. 1 Corinthians 3:15-18, Acts 16:22-40, 1 Peter 3:15-16, (Godly witness)
8. Acts 4:32-37, John 17:20-23, Philippians 2:1-11(unity)
9. Malachi 3:6-12, Proverbs 3:9-10, (finances)
10. Isaiah 6;1-8, Psalm 96:1-13, Psalm 63:1-11(worship)
11. Matthew 9:36 – 38, 2 Corinthians 4:4, (Lost souls)

Prayer:

Father, thank you for allowing me to be a part of your family. Lord, help Lighthouse to be a church that makes you happy. Help us to be a place of refuge. A safe haven for those who are hurting and who need healing. To be disciples who make disciples. Help us to be a people who seek your face in all matters. To be a place of unity. A place where the presence of God is. Lord help us to be willing to go and find the lost and help us as a body to show them love and to be an example that they may experience the Love of Christ and be saved and set free.

Your Child _____.