

CMj Ministries presents...

Zion City International Church Ministries, Inc.



**Zion Heard and
Was Glad.**

Bi-Annual Solemn Assembly FAST Guide

FAST & Study Guide plus 7 FAST Plans:

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Public OR Private

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Schedule: January and June Annually

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Zion City SOLEMN ASSEMBLY Fast Study & Plan

The Proclamation! - Joel 2:15 (12-29)

The Disclaimer! - Isaiah 58

Public OR Private?

*Most are public (see Corporate below)
Matthew 6:16-18; 9:14, 15; Luke 18:9-14*

What is Fasting?

Fasting is abstaining from food or others for a period of time. When Jesus spoke about fasting, he didn't say if you fast, but *"when you fast"* (Matthew 6:16). Our Lord assumes that Christians will fast. Fasting is also expression of wholeheartedness. This is clear from Joel's call to the nation of Israel: *"Yet even now,"* says the Lord, *"return to me with all your heart, with fasting. . ."* (Joel 2:12).

Prayer and Fasting!

Fasting is a combination BETTER rendered with Praying. We cannot fast without praying. In (Matthew 17: 21) Jesus said, "However, this kind does not go out except by prayer and fasting." Prayer and fasting demonstrate that we are seeking God *"with all our heart."* God said, *"When you seek me with all your heart, I will be found by you"* (Jeremiah 29:13, 14). When we are willing to set aside the legitimate appetites to concentrate on the work of praying God will be with us as we seek him with all our heart.

Knowing When to Fast?

Fasting chooses YOU; when you feel the Spirit of God leading you to fast! The occasion for fasting is a totally voluntary decision. But basically we can say a Christian may decide to fast whenever there is a spiritual concern or struggle in our lives. Of course, there may be times when those in authority over us proclaim a fast, as was done by King Saul (1 Samuel 14:24) or Jehoshaphat (2 Chronicles 20:3). But normally and ultimately that decision is solely between us and the Lord.

Demonstration of Proper Focus!

Fasting is a way to demonstrate that we are seeking God *"with all our heart."* Fasting puts things in proper focus. It is a physical way of saying, "Food and the things of this life are not as important to me."

Of course, denying oneself food to focus on God and His program shows humility. We are told, *"to humble oneself before the Lord"* (Psalm 35:13; 1 Kings 21:29; Ezra 8:21). When we are really concerned about the things of God, we will humble ourselves. There *will* be times when we will abstain from the enjoyment of food to continue concentration and focus on that which is important to God.

Fasting Helps US Find God's will!

If we expect God to reveal his direction for our lives, we must put Him first. Often this means putting aside the fulfillment of our physical appetites, so that we can focus our attention on Him.

Get the SIN Out!

We cannot fast and pray expecting God to bless when there is known sin in our lives. Fasting does not impress God with our spirituality to the point that he ignores our disobedience. On the contrary, genuine fasting will always cause us to examine our hearts to make sure everything is right with Him.

The people of Isaiah's day thought that they could fast in disobedience and God would hear them. But God said, *"on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high"*. (Isaiah 58: 3, 4)

Other Scripture References for Fasting:

Relation to Reading the Word or Humble Admission of Need: forgiveness of sin, comfort over grief, sorrow or loss, concern over circumstances or situation of an individual, a city, nation, or the need for guidance and direction from the Lord: 1 Samuel 1:6-8, 17-18; 7:6; 31:13; 1 Kings 21:27-29; Nehemiah 1:4-11; Esther 4:1-3; Psalm 35:13; 69:10; 109:24; Daniel 9:3, 20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2

Humble Request for Help (closely linked to the first reason): Decision - Judges 20:26; Healing - 2 Samuel 12:16-23; Safety & Protection - Ezra 8:21-23; Deliverance - Esther 4:16; Jonah 3:3-10; 2 Chronicles 20:3, 4; Jeremiah 36:1-9

Corporate Fasting: 1 Samuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-3

Sexual Fast: 1 Corinthians 7:3-6

Sacrificial Fast: Give up something other than food that would be a sacrifice for you personally and/or your normal daily routine and way of living. Remember to replace that time with as much prayer, devotion, reading, meditation and study as possible.

Notes:

Three (3) Types of Fasting in the Bible

RADICAL FAST (also called Complete, Full or Total Fast)

This type of fast is one in which the person refrains from both food and water OR simply food (but not water) for an extended period of time. A radical fast can be harmful to your health and in most cases should not exceed three days (A radical fast lasts for three days). An example of a radical fast can be found with Esther and her household. Esther decided to fast for three days abstaining from both "food and water" both "day and night". Esther 4:15-16

The rabbi Ezra and the apostle Paul also went without food and water for three days (Ezra 10:6-9; Acts 9:9).

David is another example of a radical fast. He went seven days without food (but probably with liquid) as a plea to God to save the life of his child (2 Samuel 12:15-20).

Fasts that extend beyond three or seven days can be found in the Bible, but these exceptions were based upon direct guidance from God or a supernatural ability given by God to complete the fast. Examples of these extreme fasts are: Moses (Deuteronomy 9:9-18 and Exodus 34:28); Elijah (1 Kings 19:8); and Jesus (Matthew 4:1-11).

NORMAL FAST

There are very few rules when it comes to fasting. What you do is really between you and the Lord. There is only one fast command in the Bible and that was the fast on the Day of Atonement. This fast was from sunset of one day to sunset of the next (Leviticus 16:29; 23:32). So in this type of fast the person abstained from food and liquid for a period of one day (from sunset to sunset). This is a normal fast.

PARTIAL FAST

In this type of fast, the emphasis is placed on restriction of food, rather than abstaining completely from eating. Examples are: Daniel, Shadrack, Meshach and Abednego eating only vegetables and drinking only water (Daniel 1:12) and later on when Daniel alone practiced a limited food for three weeks (Daniel 10:3). Some people would argue that this isn't really a fast at all, but (Daniel 10:2) does use the word "mourned" which is a Biblical occasion for fasting.

Heart to Heart Focus!

Scriptures on Effective Fasting

Isaiah 58

Jeremiah 14:12

1 Corinthians 8:8

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing.

Luke 4:2 (Didn't say He was Thirsty)

Good & Hungry (1-2)

The Real Bread (3-4) - Flesh

Nothing but a Facade (5-8) - Eye

Catching On (9-12) - Pride of Life

Tempted for a Season (13)

Power & Fame (14-15)

Pass the Test at Home Pass Anywhere

Clean Focus & Mission (16-21)

Surrounded by Haters (22-29)

Demonstration of Power (30-42)

On a Mission (43-44)

Reference: Daniel 10:2-3; 1:12

Zion City 5 Focuses of Fasting:

- 1. Fast of Thanksgiving & Worship*
- 2. Fast of Repentance & Forgiveness*
- 3. Fast of Salvation* & Miracles*
- 4. Fast of Healing & Deliverance***
- 5. Fast of Power & Anointing*

Spiritual Deliverance*

All other forms of Deliverance**

Breaking Down Isaiah 58 - Spiritual Specifics^

- 1, 2 - Loose the bands of wickedness
- 1, 3 - Undo heavy burdens
- 1, 4 - Let the oppressed go free (Release!)
- 1, 5 - Break every yoke

Physical Specifics^

Feed the hungry
Shelter the homeless
Clothe the naked
Self examine

Combined Results:

Morning Light
Speedy Health
Righteous Reputation
Glory of the Lord
Answered Prayers
Presence of God

If you fast to address the above (no yokes, finger pointing, vain speech, feed the hungry, satisfy the afflicted)

Immediately:

Light rise in obscurity
Darkness as noon day
Continuous guidance
Food in famine or lack; growth
Fresh daily renew
Resurrected dreams and plans
Restoration of found future generations

VISION POINTER: The Repairer of the Breach and Restorer of Habitable Paths! 2010 Year Four (4)

Sabbatical Reference~ (God's Ways • Pleasures • Words)

Opposed to:

Doing YOUR own ways
Finding YOUR own pleasures
Speaking YOUR own words

Final Promises!

Delight in the Lord
Ride upon the high places of the earth
Receive the heritage of Jacob

Spoken by the mouth of the Lord!

Solemn Assembly Fast Plans-

"REMEMBER" VICTORY COMES AFTER FASTING AND PRAYING!

1. Complete or Radical Fast (Full- No Food or Liquids)

-24 Hours or Longer

-2 to 3 Days Maximum

(Water is encouraged if desired or necessary)

2. Regular Fast (Water or Juice Only)

Choose Your Plan:

-0 Hour Intervals if on Retreat

-6 Hour Intervals (4 to 7 Days)

-3 Hour Intervals (7 Days or More)

(New Day begins at Midnight)

3. Partial Fast 1 (Only Natural Liquids NOT EXCLUDING Soups (Meat in soup OK, limit Pork when/if possible) or Broths; Fruits & Vegetables Allowable, Ensure, Instant Breakfast & Bread)

Choose Your Plan:

-6 Hour Intervals (4 to 7 Days UNLESS OTHERWISE SPECIFIED)

-3 Hour Intervals (7 Days or More UNLESS OTHERWISE SPECIFIED)

4. Partial Fast 2 (One Meal A Day)

Choose Your Meal:

-Breakfast, Lunch or Dinner (Complete or Full Meals)

-No Fried Foods, Beef or Pork (1 Desert Serving or Snack)

-Water and/or Natural Juice Only (Recommended: Naked Juice or Equivalent, Splash, Tomato Juice, Welches, 100% Real Orange, Organic Juices)

5. Partial Fast 3 (HD - No Food or Liquids)

Choose Your Time:

-12 Hours (6 am to 6 p.m.) or

-12 Hours (6 p.m. to Midnight)

-12 Hours (Midnight to 6 am)^ plus

-No Fried Foods, Beef, Pork or Desert/Snack

-Water or Juice (Grape, Apple, Orange, Cranberry or Tomato) Only

6. Partial Fast 4 (Skip a Meal)

Choose Your Type:

-Skip Breakfast (6 am to 12 p.m.)*

-Skip Lunch (12 am to 6 p.m.)

-Skip Dinner (6 p.m. to 6 am)**

-No Fried Foods, Beef or Pork (1 Desert Serving or Snack)

-Water or Juice (Grape, Apple, Orange, Cranberry or Tomato) Only

(Dinner ends at 9 p.m.)^

(Breakfast begins at 6 am, ends at 11 am)^

^3rd Shift Workers

***Includes Limited Lunch and Dinner Time Periods - L12AM - 2PM and D6PM - 8PM**

****Breakfast and Lunch may be continuous. Lunch ends at 4PM**

7. Combination Fast 5 (Choose any combination of the above programs)

Fasting HELP Tips:

During Fasting please refrain from non-spiritual entertainment and activities.

These are guidelines, not law. Fasting is given for us to grow, not to crush us.

Please consult your doctor, especially if you have health problems or you are taking special medications. Limit physical exercise when going on any type of fast. If this is your first fast, please consider combining the Fasts or starting off slow with a Partial Fast.

Suggestions For Ending Fast - End your fast slowly. Start back slowly on your regular eating schedule. Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks until your body is re-accustomed to eating solid foods.

If yours was a Total or Complete Full Fast:

The first 2 days begin with juice or broth. On the 3rd and 4th days you may add fruits and vegetables. After 4th day, slowly add meats, fish, breads and sweets and add dairy products last - and slowly. If discomfort takes place, back down to 4th day again and slowly add in your suggested food groupings.

"In 2012: Just SHOUT!"

When to Fast Events:

- January (all month)
- 24/1:One Day Solemn Assembly
- Annual J.U.U.N.E.
- As Your Are Lead
- Under the guidance or call of he Pastor

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