



3 DAYS FAVOR FAST

November 14-16

In the book of Daniel 9:3, Daniel declared, "And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes." Devoting time to fasting and prayer allows us to concentrate entirely on God, eliminating distractions.

As we fast these next 3 days, set aside time to pray, positioning your spirit to hear from God – something we all need in this new season as we launch RIG DFW. By doing so, God will reveal Himself to you in new and profound ways.

Studying the Word is equally important during this fast, as it nourishes you in the same way that food does. Jeremiah 15:16 reminds us, "Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O Lord, God of hosts."

Remember, we can pray without fasting, but we cannot fast without praying. To fast without prayer is to engage in a religious hunger strike. A renowned man of God once said, "Fasting on its own has no spiritual value; it is prayer that gives value to fasting."

So, schedule your personal prayer and study times, define your goals, and determine what you are fasting for [Be Specific]. Take advantage of this fasting period.

Corporate Prayer

We will be meeting daily by 6:30 pm CST to pray cooperately.

Bible Verses to Study

- Esther 4&5
- Nehemiah 1& 2
- Exodus 3
- Exodus 12

Type of Fast

We will be engaging in partial fasting, which involves omitting one or two meals per day. This means abstaining from any kind of food during the morning and afternoon, between 6:00 am to 3:00 pm or 6:00 am to 6:00 pm. Alternatively, consuming only fresh vegetables for a few days is also a beneficial partial fast. Only Water Fast is also encouraged, only if you are able to.

NOTES

Health Issues

If you have health issues, while we trust God for your healing, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Pregnant or Nursing Mothers

It is not advisable to fast strictly while pregnant or nursing. However, if you're in this miraculous phase of life and still interested in the seven-day fasting, there are some excellent options for you to explore – with your physician's approval, of course:

- *Refrain from consuming sweets and desserts*
- *Avoid red meat*
- *Limit certain distractions like television shows and movies*

Remember, as a pregnant or nursing mother, your primary concern should be the health and wellbeing of your child. Keep this in mind as you make your decisions.

Drink Plenty Of Water While You Fast

- *Your body can go a long time without food, but it can only go a few days without adequate liquids. Since you will not be getting the liquids normally contained in most foods, drink a lot of water while you fast. Start drinking more, even before you start. It helps you to flush the poisons out of your system.*
- *A fast is a good time to get free from your craving for sugar. Too many of us are addicted to sweets. And drinking plenty of water will help you get over this craving. Putting a little lemon or lime in the water may help.*



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