



January 2023

Steadfast and Immovable in Prayer – 1 Cor. 15:58

“We decree and declare we are a House of Prayer”

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 <i>New Year's Day</i>	2	3	4	5	6	7
8	9 STEADFAST I Corinthians 15:58 (NKJV)	10 STEADFAST Psalms 51:10 (NKJV)	11 STEADFAST Psalms 112:7 (NKJV)	12 WATCHMAN Ezekiel 3:17 (NKJV)	13 FAITH Romans 4: 16-17 (KJV)	14 PRAYER James 5:16 (NKJV)
15 PRAYER Philippians 4:6 (NKJV)	16 STEADFAST Romans 12:12 (NKJV)	17 STAND FIRM Ephesians 6:11 (NLT)	18 STEADFAST 1 Thessalonians 5:17 (NKJV)	19 ALWAYS PRAY Luke 18:1 (NKJV)	20 PRAY I Timothy 2:8 (NKJV)	21 VIGILANT Colossians 4:2 (NKJV)
22 HOLY ROMANS 12:1	23 HOUSE of PRAYER Isaiah 56:7 (NIV)	24 INTERCESSION 1 Timothy 2:1 (NIV)	25 NOT MOVED Psalm 62:2 (NKJV)	26 PRAYERS Ephesians 6:18 (NIV)	27 PRAYERS Revelation 8:3-4 (NIV)	28 PRAYERS Revelation 5:8 (NIV)
29 PRAYER 2 Chronicles 30:27 (NIV)	30	31				

Holy Father,

Thank you for being ever-present in my life. Thank you for guiding me and bringing me closer to you. Lord, I believe you are calling me to spend time fasting. Help me to decide how to fast for these 21 days so that I will be drawn closer to you. Reveal to me a greater understanding of what Your will is for my life during this period of fasting and prayer. May Your Will be done in my life and the lives of everyone at Spirit of Life (SLM).

In Jesus' name I pray,

Amen.

FROM THE PASTORS:

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Father to show you areas to target during your time of fasting and prayer. We believe that, as you pray and seek Him and give Him your best at the first of the year, He will bless your ENTIRE year (Matthew 6:33)!

Apostle Jerome and Pastor Betty Nelson, Sr.

Spirit of Life Ministries

Fasting Basics

SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Fasting Types

THERE ARE SEVERAL TYPES OF FASTING. THE ONE YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

<https://www.daniel-fast.com/daniel-fast-food-list/>

<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

<https://ultimatedanielfast.com/recipes/>

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

Fasting Tips

How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long

SLM fast is for 21 days. You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.