



Global Teen Challenge is praying for God's transformative power to be multiplied at every Teen Challenge center during the upcoming **2021 Days of Prayer and Fasting**.

WHY Fast & Pray?

Doctrinally, fasting (eliminating certain foods and/or liquids for a particular period of time) is considered an important part of a Christian's life. Like all spiritual disciplines, it strengthens your relationship with Christ. It's a spirit-led separation from our normal daily lives and is intended to demonstrate our repentance, help us listen to His voice, gain control over our flesh and will, and/or receive an answer to prayer for a need that is aligned with His heart. Whether your center has practiced times of fasting for years or you're embarking on this journey at the center level for the first time, we hope you find this information helpful.

We fast to **CONFESS** to Him.

Times of fasting begin with repentance. Confronting our weakness and our sin is part of our relationship with God and essential to our spiritual wellbeing. As we recognize the destruction of our sin, He exchanges it for an encounter with grace.

"He who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy." - Proverbs 28:13

We fast to **HEAR** Him.

Through fasting, our senses are sharpened and we become sensitive to hearing God speak to us. It can be through a "still, small voice," (1 Kings 19:12) a verse or passage in the Word, or another person. It brings clarity of mind and may be why the disciples, while worshipping and fasting, heard the Holy Spirit tell them to "Set apart for me Barnabas and Saul for the work to which I have called them" (Acts 13:2-3).

"Call to me and I will answer you, and will tell you great and hidden things that you have not known." - Jeremiah 33:3

We fast to be **FREE** in Him.

Jesus practiced fasting while He was on the earth so that He would have the power to do the Father's will. Self-control, or the ability to discipline our appetites and urges, was fully realized in Him. When we fast, we subdue the flesh and bring it into alignment with our spirit, so that we can walk in greater freedom and submit our own wills to His. Fasting reveals the things that control us and keep us from doing the Father's will to the full.

"I have food to eat that you do not know about. . . My food is to do the will of Him who sent me." - John 4:32,34



We fast to **RECEIVE** from Him.

Combining fasting with your prayer for a specific need attracts the Father. He takes great pleasure in giving us the desires of our heart as we delight in Him (Psalm 37:4). Like any good father, God wants us to ask and receive to grow the relationship and your faith. In Matthew 9:21, while Jesus is referring to a specific situation, the principle of coupling fasting to prayer to receive an answer in a serious matter, or when no answer has come, is reiterated.

"We fasted and entreated our God for this, and He answered our prayer." - Ezra 8:23

BEFORE Starting A Fast

In preparation for this special time with God, keep in mind that, as leaders, we are to ask God to examine our own hearts first. Model humility and fully participate, giving yourself permission to be vulnerable. To prepare, consider the following:

- Prayerfully decide the type of fast (see next page for examples). After explaining the chosen fast, invite but never force others to volunteer as a sacrifice unto the Lord, and plan accordingly for those who will be fasting and those who will not. Be sure to follow any accreditation standards or regulations that pertain to fasting & nutrition for the students.
- Decide how to incorporate the theme and the daily devotionals. Use the opportunity to expand the world view of the staff and students, explaining that there is global participation.
- Make room for the Holy Spirit to change your center's daily schedule. Decide what physical or social activities will be changed during the fast. For example, will the devotional and prayer time be during chapel in the morning or in place of a meal?
- Decide the amount of time in each day that will be devoted to corporate and personal prayer and God's Word. The time that is made available by not eating is to be spent in time with the Lord, prayer, and worship.
- During corporate prayer & worship, lead the staff and students into the presence of God and expect them to have an encounter with the Holy Spirit. Invite others to share as God speaks to individuals.



TRANSFORMATION happens with fasting and prayer!

"If you do these things, God will shed his own glorious light upon you. He will heal you; your godliness will lead you forward, goodness will be a shield before you, and the glory of the Lord will protect you from behind" (Isaiah 58:7 TLB).

TYPES of Fasts

Daniel Fast

Found in Daniel 10, this 21 day fast fits perfectly into the official time frame and is about health and healing. It eliminates meat, bread, and sugar, with water as the only beverage for the full 21 days.

Intermittent Fast

Intermittent fasting options include:

- A 16-hour fast (eating only from 9am – 5pm daily)
- Alternating days between fasting and eating
- A once-a-week 24-hour water-only fast
- Skipping a single meal each day

Full Fast

Liquids only, usually water, for a specified period of time, a full fast may include juice when necessary for energy and to stave off dizziness.

Partial Fast

Like a Daniel fast, a partial fast eliminates one or more categories of food: sugar, meat, caffeine, etc. and also varies from part of a day to weeks.

For questions about fasting that involve a medical matter (diabetes, certain medical conditions, medications, etc.) consult a professional healthcare provider.

Resources: <https://jentezenfranklin.org/fastingt看tips>

What the Word says about fasting (non-exhaustive): 1 Samuel 7:5-6; Ezra 8:21; Nehemiah 9:1-3; Esther 4:1-3,15-17; Isaiah 58; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-36



Center IDEAS for Fasting

There are numerous ways to implement a period of prayer and fasting. We invite you to share how you personally or your center is choosing to participate on the Global Teen Challenge Facebook page during the 2021 Days.

- Make the prayer focus for the day the **2021 Days of Prayer and Fasting** daily devotional (Sign up for the daily devotionals by emailing your request to: info@globaltc.org prior to January 19th).
- In a Daniel fast, introduce new fruits or vegetables, bring in a farmer to share a lesson about farming, or visit a vegetable farm or farmer's market as an outing. During prayer times, allow students to share what God is doing/saying in their lives.
- Fast breakfast and lunch, spending the day in chapel in worship, prayer, sharing, and ministry to each other, then have a "breakfast" light dinner together.
- Offer students who opt out of a food fast a way to still participate by choosing something other than food to fast. For example, a student may choose to fast his/her personal/recreational time and pray instead. In this way you can still introduce the principle of self-denial for a greater purpose into a student's life.
- Help the students to understand that they are participating in a worldwide fast. Invite participants to research a country to share with the group each day of fasting and pray for that country. Share your center's testimonies of what God is doing on the FB page and share testimonies from other countries with your students.

Stand Up | Stand Out