SACRED WHISPERS

VOLUME 5

31-DAY CORPORATE FAST January 1 - 31, 2024

PREPARATION GUIDE
- TYPES OF FASTS -

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A TIME OF CONSECRATION

REGULAR FAST

Eat no food of any kind. Drink only liquids... The Holy Spirit establishes the number of days. (This fast should be done with extreme caution, and medical consultation.)

▶ Biblical Insight → Matthew 4:1;2

THE 3-DAY FAST

This fast can be a Regular Fast, the Daniel Fast, or a fast of one or more food items.

▶ Biblical Insight → Acts 9:9, Ezra 10:6-9

THE DANIEL FAST

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

▶ Biblical Insight → Daniel 10:2,3

A PARTIAL FAST

A partial fast is typically from morning to evening, or from sun-up to sundown. This fast can be a Full Fast, the Daniel Fast, or a fast of one or more food items

The New Life Church family announces the commencement of our Church-Wide "31-Day Corporate Fast" for the entire month of January.

Join us as we Re-Consecrate our lives to God and Re-Discover the glory of our Relationship with the KING.

FAST OF COMPASSION AND SERVICE

Involves intentionally giving and extending compassion to anyone in need in a tangible way that is particularly uncharacteristic to your normal habits of showing compassion, or doing acts of service.

▶ Biblical Insight → Isaiah 58:6,7

ENTERTAINMENT FAST

Abstaining from all, or particular, forms of secular entertainment for a particular period of time, in order to "feed" your spirit and not the flesh, or carnal nature. Normally includes: television, movies, secular music, secular magazines/readings, sporting events, etc.

▶ Biblical Insight → Colossians 3:1-2

FULL FAST

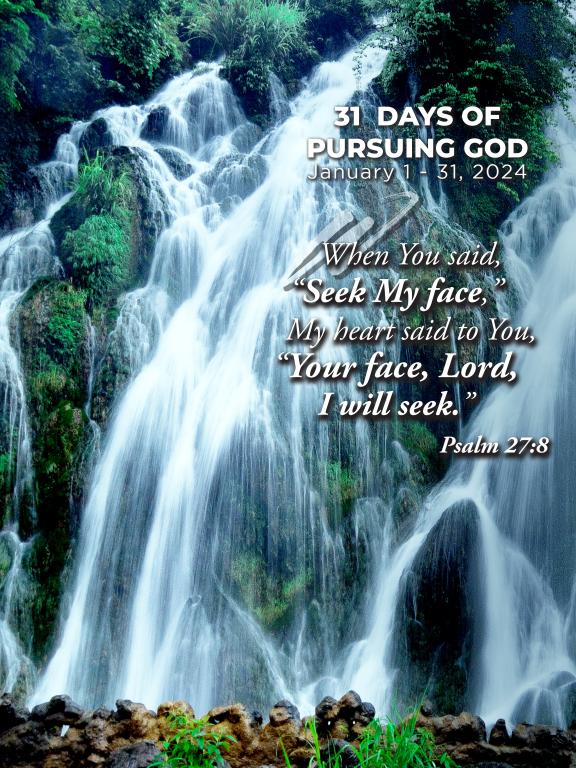
Eat no food, or water for a particular length of time. (This fast should be done with extreme caution, and medical consultation. New Life Church does not encourage this fast without direction from your physician.)

▶ Biblical Insight → Esther, Moses & Elijah Esther 4:15,16; Exodus 34:28; 1Kings 19:8

MARITAL INTIMACY FAST

Abstaining from sexual relationship with one's spouse for a <u>mutually agreeable</u> length of time. The scriptures do not support undergoing this fast unless <u>both spouses</u> whole-heartedly agree to its practice and/or to a particular length of time.

▶ Biblical Insight → 1Corinthians 7:1-3





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