



GRACE™
CHURCH
INTERNATIONAL

2019 Lenten Season

Joel 2: 15-19

40 DAY CORPORATE FAST

(March 6, 2019 – April 18, 2019)

Disclaimer:

Grace Church International strongly encourages individuals with health concerns to consult their physician prior to beginning a fast. This is especially important if you take prescription medications or have a chronic condition. Some people should never fast without professional supervision.

Also available online at: gracechurchintl.org

BEFORE THE FAST (BODY & SPIRIT)

Physical & Basic Preparation: (Consult your physician. Use wisdom)

- Begin to reduce your food portions prior to the fast.
- Flush the body by drinking plenty of water.
- Begin to eliminate caffeinated and sweet beverages.
- **Be strategic. Plan your meal ahead of time. Preparation is Key.**
- Before the fast, remove temptations (snacks, candy, sodas, etc.) that will distract you during the fast. Begin limiting fast foods.

Spiritual Preparation:

- Read and meditate on Psalm 51 daily.
- Reduce distractions and designate your quiet time and place to be with the Lord.
- Schedule time for reading the word each day.

SUGGESTIONS DURING THE FAST

• **Get A Journal of Renewed Strength:**

Get a journal/notebook. Write down what your prayer requests & answers. Journal what the Lord says to you. (Psalm 77:11-12, Deu. 17:18, Deu. 6:4-7, 2Timothy 1:5). THIS IS THE YEAR OF ANSWERED PRAYERS!!!

• **Be Accountable:**

Pair with a person or persons. Pray, share, and commit to the Fast with each other. (Matthew 18:20, Ecclesiastes 4:9-10, Psalm 133:1-3)

• **Pray in Silence & Solitude**

Spend some time in silence and solitude (noise-free) to allow God to speak to you. It is important to limit social networking, texting, tweeting, and unnecessary cell phone use. Also limit secular television/radio.

(Matthew 4:1, Matthew 14:23, Mark 1:35, Luke 4:42, Psalm 46:10)

SUGGESTIONS AFTER THE FAST

- *Gradually return to implementing meats into your diet.* Be careful. Continue to drink plenty of water. Begin with eating soups. Continue to eat healthy.

SCRIPTURES

- **1 Peter 4:7-10**
- **Acts 4:32-33**
- **Joel 2:15-17**
- **Psalm 51 (Psalm of Repentance)**
- **Psalm 27:14**
- **Philippians 4:13**
- **Daniel 10:2, 3**

CORPORATE FAST & PRAYER GUIDELINES

March 6– March 19, 2019 (REPENTANCE & FORGIVENESS; SPIRITUAL EMOTIONAL & PHYSICAL HEALING, BREAKING STRONGHOLDS)

SCRIPTURE FOCUS: Joel 2:15-17, Psalm 51, Psalm 139, 1 John 8-9, Matthew 6:12
Isaiah 58:6, Isa. 61:1-4, Jer. 33:6, 17:14, Isaiah 53:5, 57:19 Exodus 15:26, Rev. 21:4

- **Eliminate sugar, sweets, caffeine, and snack foods (candy, cake, chips, coffee, soda, etc.)**
- Eat fruit and vegetables during the Fast.
- Drink plenty of water and 100% juice
- **Pray for :**
Healing of broken spirits,
Healing of damaged emotions from past hurts, negative thoughts,
hopelessness/depression,
Healing of every manner of physical sicknesses; Loss & Grief
Breaking of strongholds that keep us in bondage. Bad habits, evil cycles.
Every force of darkness, witchcraft, deception, schemes of the enemy
Great Power!

March 20– April 3, 2019 (PROVISION, PROTECTION, DIRECTION & UNITY)

SCRIPTURE FOCUS: Phil 4:19, Isa.31:5, Isa. 60:1-3, Isa. 61:1-4
Psalm 91, Proverbs 3: 1-8; Matthew 6:25-34; Psalms 27:11, Prov. 3:5-6, Psa. 25:4-5, Psa. 37:23, John 16:13, Psalm 23:3, Psalm 31:3, Peter 4:8-10.

- **Eliminate sugar, sweets, caffeine, and snack foods (candy, cake, chips, coffee, soda, etc.)**
- **Eliminate bread, pasta and rice.**
- **Limit meat intake to 1 serving of chicken, turkey or fish per day**
- Eat fruit and vegetables during the Fast.
- Drink plenty of water and 100% juice
- **Pray for:**
God's will and plan for our church(es) and for our individual lives
Obedience and wisdom for the journey.
Discern the times and know what to do in each situation.
Make Godly decisions.
That God will meet the needs of GCI, GFOCI Fellowship churches, our families,
our nation.
Financial breakthroughs (new jobs, raises, bonuses, business opportunities,
divine favor)
Protection for our Bishop & Co-Pastor, our President & family, law enforcement,
governments

Protection for our children, communities, churches, our country (Deliver us from evil)
To have all things in common.
Great sharing.
Genuine Hospitality.
Demonstration of the love of God to one another.
That the great grace of God will be upon us all.
Great favor!
Great Unity!

April 4-April 18, 2019 (INCREASED FAITH, REVIVAL IN THE CHURCH & LAND, MISSIONS AND EVANGELISM)

SCRIPTURE FOCUS: Isa. 60:1-3; Isa. 61:1-4; Hebrews 6: 9-10; Hebrews 10: 35-39; Hebrews 11: 1-40.

*****THE REMAINING OF THE FAST WILL CONSIST OF FRUITS AND VEGETABLES ONLY. (Please see next page for the suggested list of vegetables and fruits)**

- **Eliminate sugar, sweets, caffeine, and snack foods (candy, cake, chips, coffee, soda, etc.)**
- **Eliminate bread, pasta and rice.**
- **Eliminate All Meats**
- Eat fruit and vegetables during the Fast.
- Drink plenty of water and 100% juice

- **Pray for:**
Increase in our ability to believe in the purpose of God for our lives.
Increase in our faith for the vision of our local church and pastors.
Faith for healing in bodies and communities of faith.
The Lost (opportunity to acknowledge Christ)
Pray unsaved loved ones (opportunity to accept Christ)
Pray for our world leaders, missionaries
People will sincerely desire to commit their lives wholly to Christ.
Hunger and thirst for holiness.
Identification with the Sacrifice, Suffering, and Resurrection of Christ.
Pray for a desire for the word of God and the demonstration of miracles, signs and the wonders of God!
Declare God's greatness in the entire earth! Great Power!!!

HERE IS A LIST OF FOOD ITEMS THAT CAN BE INCLUDED IN THIS FAST.

- **All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- **All vegetables.** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.
- **All whole grains,** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- **All nuts and seeds,** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.
- **All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- **All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.
- **Beverages:** spring water, distilled water or other pure waters. Soy milk, almond milk.