



## WEEK 1 (September 18th-24th) Daily Prayer Guide Memory Verse Jer. 29:10-11

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*“Creating and cultivating a place for God to rekindle his Plan & Vision For FBF as He fulfills His Promise”*

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**FOCUS: Remember – Asking God to Echo His Voice to Remind FBF Of our calling as a church.**

1. Ask God to reveal any idols in your home, work etc and repent before God and remove them immediately
2. Areas of Idleness in your service, prayer life, witness and time in His Word.
3. Anoint the front door frame of your home - (Ex 12:7,12-13)

### Guidelines:

- Choose a time and day for daily Bible Reading Jer. 29:10-14
- Partial Fast 6:00am – 6:00pm (Sunrise to Sunset)
- Join “Morning Manna” Daily Study via ZOOM link or Facebook 8:00am (M-Thur) @ [www.fbfministries.org](http://www.fbfministries.org) at least twice weekly (live or replay)
- Join Weekly Corporate Prayer Call Wed. at 6pm via ZOOM link at [www.fbfministries.org](http://www.fbfministries.org)
- Pray for the body to join us in this time of prayer and fasting
- Asking God to reveal our next place of ministry (8-10 acres)
- Prayerfully consider what you will sow for your Breakthrough Offering \$21, \$210, \$2,100 or \$21,000

### TYPES OF FASTING:

The Bible describes Three major types of fasts:

**A Regular Fast** - Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

**A Partial Fast** - This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. **Daniel 10:2-3** says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." In **Daniel 1:12**, they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."

**An Absolute Fast** - These fasts are complete - no food and no drink. **Acts 9:9** describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: "*For three days he was blind, and did not eat or drink anything.*" Esther also called for this type of fast in **Esther 4:15-16**: "*Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.*"

**It is recommended that this type of fast be done with extreme caution and not for extended periods of time.**