



WEEK 3 (Oct 2nd- Oct. 8th) Daily Prayer Guide Memory Verse Jer. 29:10-14

*"For members and guests to flood the church as Christ fills
FBF with his presence and power Oct 9th for Friends & Family
Day"*

FOCUS: Raise our expectation and anticipation for miracles, signs and wonders

1. Spend time daily in worship & praise (at least 15-30 min)
2. Find a place where you can cry out in worship without interruption each day)
3. Pray fervently for God to stretch forth His hand to heal and deliver Acts 4:30-31 during our Corporate In Person Prayer Friday Oct 7 (7:00pm - 9:00pm)

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 at least twice weekly (live or replay)
- Join Weekly Corporate Prayer Call Wed. at 6pm via ZOOM link at 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.