

2023 New Year
Prayer, Study, and Fast
Living in the
Abundance of Life!



Types of Fast

1. Complete Fast

The complete fast is a Christian water-only fast, abstaining from all food. This is a challenging undertaking but very rewarding both physically and spiritually. And there is definitely a biblical basis for this type of fast.

When the Bible mentions someone fasting, in most cases, we assume it's a water-only fast. For example, see the stories of Jehoshaphat, Ezra, and Nehemiah.

Often, the first few days of a water-only fast will be challenging. But after working through the side effects and discomfort, most people report feeling more clearheaded and focused.

When undertaking a complete fast, it is crucial to drink plenty of water, get lots of rest, and spend time in prayer.

If you're brand new to fasting, you may want to start with a liquid or partial fast (two types we'll talk about next) before diving into a complete fast.

Or, you can start with a one-day complete fast and gradually increase the fasting period in subsequent times of fasting. The Bible doesn't always say how long people fasted, but in some cases, like Judges 20:26 or 1 Samuel 7:6, the fasting period appears to last just one day or until the evening.

2. Liquid Fast

Another option is a liquid fast, where you abstain from all food but allow liquids such as smoothies, fresh juices, and pureed soups. And of course, drink lots of water throughout the day!

For many people, a liquid fast is an ideal way to cleanse the body and mind and reset their eating habits. It's an easier place to start than a complete fast for most, provided you aren't consuming sugary beverages which can cause your blood sugar to spike and crash.

The goal isn't to drink constantly throughout the day but to give your body energy through healthy liquid options at regular intervals.

Juice fasts are also included in this category. Although we have lots of readymade options, it's recommended you make your own fresh juices at home.

You may ask, "So...can I drink whatever I want?"

Well, only you can decide if your fast should include a venti Starbucks frappuccino. But do consider the following:

What are the most nourishing drinks for my body? (Soft drinks, energy drinks, coffee drinks, etc. do not qualify!)

Am I fasting to grow closer to God and give up temporary satisfaction, or am I still dependent on worldly substances to pacify my stress, energize me, and get me through my day?

Keep in mind that the Bible doesn't mention juice cleanses or smoothie fasts. Blenders weren't invented, and protein powder wasn't readily available. However, liquid-only fasts are a popular option for spiritual fasting. Again, the spirit of fasting is separating from the world (and food) and drawing closer to God.

3. Partial Fast

A partial fast can involve when you eat or what you eat. In the first case, you restrict the times of day you eat. The more common interpretation of a Christian partial fast, however, is choosing what types of food to eat or abstain from.

The Daniel Fast, for example, is a popular partial fast that has been adopted by many Christians. Based on Daniel's experience in the Bible, it involves abstaining from meats, sweets, and bread while still consuming whole, plant-based foods and water.

Choosing to abstain from certain foods during the season of Lent is another example of partial fasting.

When you're brand new to fasting, a partial fast is an excellent first step, but don't confuse it with a diet or healthy eating plan. Fasting should involve a level of sacrifice that challenges your flesh. And, as always, the focus is not solely on what you eat (or losing weight) but primarily on drawing closer to the Lord and strengthening your spirit.

4. Supernatural or Absolute Fast

In an absolute fast, no food or water is consumed. This type of fast is rare and usually only lasts for a short period of time. Most would recommend, and I would agree, that the vast majority should NOT abstain from water while fasting.

Going without water can be deadly. Although the average person can survive three days without water, there are many conditions and factors that can shorten that window. And even mild dehydration, which can occur after simply being out in the heat, can cause many medical problems.

There are only a few examples of absolute fasts in the Bible. One would be in Jonah chapter three when the king issued a proclamation that no one should eat or drink as they turned from their ways and called out to God.

In the book of Acts, Paul was blinded and didn't eat or drink for three days after encountering Jesus on the road to Damascus.

The Bible records an example of an absolute fast when Moses went up on Mount Sinai to receive the Ten Commandments from God for 40 days. He was there with the Lord for forty days and forty nights and didn't eat or drink water. (Exodus 34:28) This was a very intense and unique time. Moses was specifically called, and remained in the very presence of God during this time.

5. Other types of fasting

The Bible mentions another type of fasting that has nothing to do with food. It is about setting aside for a time things that are not food. For example, Daniel stopped using perfume when he did the three-week partial fast (Daniel 10: 2-3).

Today we see people who decide to abstain from the use of social networks or television for a few days because they want to use that time to deepen their relationship with God and focus on seeking their will. You can link this type of fasting to a partial fast.

Whatever fasting we choose, the most important thing is to dedicate that time to seek more of God. The emphasis should be on spending time with him, praying, worshiping him and reading his word. It must be a time in which everything else takes second place, we delight in listening to our Father and in receiving what he wants to give us.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Believe in Prayer	Thankful Prayer	Pray for Others	Ask through Prayer	Abiding in prayer	Mediator's Prayer
	Mark 11:24	Philippians 4:6-7	James 5:16	1 John 5:14-15	John 15:7	1 Timothy 2:5-6
	So I tell you to ask for what you want in prayer. And if you believe that you have received those things, then they will be yours.	6 Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. 7 And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds.	So always tell each other the wrong things you have done. Then pray for each other. Do this so that God can heal you. Anyone who lives the way God wants can pray, and great things will happen.	14 We can come to God with no doubts. This means that when we ask God for things (and those things agree with what God wants for us), God cares about what we say. 15 He listens to us every time we ask him. So we know that he gives us whatever we ask from him.	Stay joined together with me, and follow my teachings. If you do this, you can ask for anything you want, and it will be given to you.	5 There is only one God, and there is only one way that people can reach God. That way is through Christ Jesus, who as a man gave himself to pay for everyone to be free.
Focus for the day:						
	What are you believing God for? <i>Make a list of what you are believing for and pray over it every day.</i>	Worry is not what God intended for our life. We are encouraged to give thanks for what we have and God's peace will guard our thoughts and feelings. <i>Today start by giving thanks for what He has done. Take time out to pray for God to release you and others from worry.</i>	It's not easy to confess what we have done but when you combine it with prayer God will bring about healing. <i>Pray for confession, forgiveness, and healing in your life and in the life of others.</i>	Are you praying for what is in agreeance with his will for your life or what your flesh desires? <i>Pray for God's will to be done and that your desires line up with his will . Pray for God's will to be done in the life of others and at The Way Church.</i>	Are you joined to Christ and are you within his will? Once you find yourself joined with Christ along with being in his will, your prayers will change and what you ask for will be answered. <i>Pray that you be tightly joined to Christ and that you fall within his will and that your prayer life change.</i>	Jesus, offered himself in exchange for everyone held captive by sin, to set them all free. Jesus became the mediator between us and God. <i>Thank Jesus for becoming the mediator between you and the father. Pray for those that do not know him as a mediator.</i>
Fast 6 am - 12 pm or as you are able						

NOTES:

8	9	10	11	12	13	14
Matthew 21:21-22	Matthew 6:9-13	James 1:5	Luke 11:9	Matthew 6:7	Luke 18:1-8	Jeremiah 33:3
Ask in prayer	Lord's Prayer	Prayer for Wisdom	Power of Prayer	Spirit of Prayer	Always Pray	Answered Prayer
21 Jesus answered, "The truth is, if you have faith and no doubts, you will be able to do the same as I did to this tree. And you will be able to do more. You will be able to say to this mountain, 'Go, mountain, fall into the sea.' And if you have faith, it will happen. 22 If you believe, you will get anything you ask for in prayer."	9 So this is how you should pray: 'Our Father in heaven, we pray that your name will always be kept holy. 10 We pray that your kingdom will come—that what you want will be done here on earth, the same as in heaven. 11 Give us the food we need for today. 12 Forgive our sins, just as we have forgiven those who did wrong to us. 13 Don't let us be tempted, but save us from the Evil One.	5 Do any of you need wisdom? Ask God for it. He is generous and enjoys giving to everyone. So he will give you wisdom.	So I tell you, continue to ask, and God will give to you. Continue to search, and you will find. Continue to knock, and the door will open for you.	7 "And when you pray, don't be like the people who don't know God. They say the same things again and again. They think that if they say it enough, their god will hear them.	Jesus was telling them a parable about their need to pray continuously and not to be discouraged. 2 He said, "In a certain city there was a judge who neither feared God nor respected people. 3 In that city there was a widow who kept coming to him, asking, 'Give me justice in this case against my adversary.' 4 For a while he refused but finally said to himself, I don't fear God or respect people, 5 but I will give this widow justice because she keeps bothering me. Otherwise, there will be no end to her coming here and embarrassing me." 6 The Lord said, "Listen to what the unjust judge says.	Call to me and I will answer and reveal to you wondrous secrets that you haven't known.

Focus for the day:

Jesus said I you believe, you will receive whatever you ask for in prayer. Believe what you are praying for and it will be given unto you. Pray for your unbelief that it may become total faith in God. Pray for others to believe God for what they are asking for.	Pray the Lord's prayer throughout the day.	We do not want to be counted as foolish. We all seek to be wise which only comes through Godly wisdom. Pray that you may be wise in a day that is filled with the foolishness of the world. Pray for wisdom to be imparted into our leaders at The Way and at all churches opened in Jesus' name.	We are told to continue to ask, to search, to knock because if we do we will receive, find, and find the door opened. Pray today that you will continue to ask, search for, and knock until you receive from God what you need. Pray that The Way would have doors open for us and that whatever we ask will be given and that as we seek we find.	Prayer is simply a conversation with God. You don't talk to a friend as if you don't know them, you speak to them out of the knowledge of your friendship. Today pray that your prayer life, your conversation would be out of your knowledge of God. That your conversation would be from the heart.	When you repeatedly come to God in prayer you aren't saying that you do not believe what you are praying for but that you believe that he can do what you are asking for. The fact that you continue to come to him says that you have faith in his authority to answer your request. Pray that God would answer your consistent prayer.	God said, that if we call him he will answer and show us secrets that we do not know. Today take time to call to the Lord asking that he would answer you and reveal to you wondrous secrets that we have yet to know.
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Fast 6 am - 12 pm or as you are able

Notes:

15	16	17	18	19	20	21
Psalm 91:1-4	Romans 8:26	1 John 1:9	Psalm 103:1-5	Luke 11:1	Psalm 141:2	James 5:13-14
Refuge and Fortress	Spirit Intercedes	Confess	Bless the Lord	Teach us to Pray	Sacrifice of Prayer	Take it to God
You can go to God Most High to hide. You can go to God All-Powerful for protection. I say to the Lord, "You are my place of safety, my fortress. My God, I trust in you." God will save you from hidden dangers and from deadly diseases. You can go to him for protection. He will cover you like a bird spreading its wings over its babies. You can trust him to surround and protect you like a shield.	Also, the Spirit helps us. We are very weak, but the Spirit helps us with our weakness. We don't know how to pray as we should, but the Spirit himself speaks to God for us. He begs God for us, speaking to him with feelings too deep for words.	But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done.	My soul, praise the Lord! Every part of me, praise his holy name! My soul, praise the Lord and never forget how kind he is! He forgives all our sins and heals all our sicknesses. He saves us from the grave, and he gives us love and compassion. He gives us plenty of good things. He makes us young again, like an eagle that grows new feathers.	One time Jesus was out praying, and when he finished, one of his followers said to him, "John taught his followers how to pray. Lord, teach us how to pray too."	Accept my prayer like a gift of burning incense, the words I lift up like an evening sacrifice	13 Are you having troubles? You should pray. Are you happy? You should sing. 14 Are you sick? Ask the elders of the church to come and rub oil on you[a] in the name of the Lord and pray for you.
Focus for the day:						
Pray this: <i>Lord, you are my place of safety, my fortress. My God, I trust in you. You have and will save me from hidden dangers and from deadly diseases. I can come to you for protection and when I come you cover me like a bird spreading its wings over its babies. I can trust you to surround and protect me like a shield. Thank you for your protection! Amen.</i>	We may not have deep words to pray and/or we may not know how to pray. But we have a helper, the Spirit helps us when we are weak the spirit helps us. <i>Today pray that the spirit makes intercession for you as you pray. Pray that the spirit speaks on your behalf to the father saying what you cannot put into words.</i>	Forgiveness comes from God, we cannot forgive ourselves. <i>Today pray that you will accept that God has forgiven you and that he will make you clean from all the wrong you have done in your life.</i>	<i>Today, take time to praise God during your time of prayer. Use the scripture from today to praise God .</i>	We have all have a desire to reach God through prayer so we ask him to teach us to pray. <i>Today as you pray ask God to continue to teach you how to pray.</i>	<i>End your prayer today with this: Father, accept my sacrifice of prayer. Let the fragrance of my prayer be like the gift of incense being burnt before you. Here my words as I lift them up to you. Here my request. In Jesus's name. Amen!</i>	One thing we must learn to do is to bring it to the Lord. Bring our trouble, our happiness, our sickness, or whatever it may be, bring it to the Lord. As you bring it ask the elders, to anoint you and pray with you in Jesus' name. <i>Today as you pray bring it all to the Lord. Pray for the elders at our church. Pray for our church as a whole.</i>
Fast 6 am - 6 pm or as you are able						

Notes

22	23	24	25	26	27	28
1 Thessalonians 5:16-19	Revelation 8:4	2 Chronicles 7:14	James 5:17-18	Hebrews 4:16	1 Peter 5:7	Psalm 51:1-4
Rejoice in Prayer	Fragrance of Prayer	Humble Prayer	Power of Prayer	Confident Prayer	Prayer of Release	Prayer for Mercy
16 Always be full of joy. 17 Never stop praying. 18 Whatever happens, always be thankful. This is how God wants you to live in Christ Jesus. 19 Don't stop the work of the Holy Spirit.	The smoke from the incense went up from the angel's hand to God. The smoke went up with the prayers of God's people.	..And if my people who are called by my name become humble and pray, and look for me, and turn away from their evil ways, then I will hear them from heaven. I will forgive their sin and heal their land.	17 Elijah was a person just like us. He prayed that it would not rain. And it did not rain on the land for three and a half years! 18 Then Elijah prayed that it would rain. And the rain came down from the sky, and the land grew crops again.	With Jesus as our high priest, we can feel free to come before God's throne where there is grace. There we receive mercy and kindness to help us when we need it.	Give all your worries to him, because he cares for you.	God, be merciful to me because of your faithful love. Because of your great compassion, erase all the wrongs I have done. 2 Scrub away my guilt. Wash me clean from my sin. 3 I know I have done wrong. I remember that sin all the time. I did what you said is wrong. You are the one I have sinned against. I say this so that people will know that I am wrong and you are right. What you decided is fair.
Focus for the day:						
Find your joy in prayer and when you pray be thankful. Doing this will place you where God wants you to be found, in the JOY of the LORD. <i>Today pray that you will find strength in the joy of the Lord. Pray for an overflow of joy to be poured out on The Way Church.</i>	<i>Pray that the fragrance of your prayer would reach heaven and that God will respond.</i>	God wants us to call on him in our humble prayers. He wants us to seek him and turn from our evil ways. THEN he will hear our prayers from heaven and he will forgive our sins and heal the land. <i>Today humbly pray to God that we would help us to continue to turn from our sin and that he would heal our land as we seek him.</i>	Elijah prayed powerful prayers and he believed in the power of his prayer. <i>As you pray today pray that there is power in your prayers. Pray that God will show us and others how powerful our prayers are.</i>	We can come in confidence before his throne where there is grace and we will receive mercy from the Lord. He will show us kindness by helping us in our time of need. <i>Today pray in the confidence of knowing that God hears you, that he will give you grace and that you will receive mercy and that he will HELP you in your time of need .</i>	You have carried your worries around too long. God is standing before you today saying, "Give them to me, let me carry them because I care for you." <i>Today as you pray, see Jesus in your mind standing before you, give him ALL that is worrying you, stressing you, and causing you to be anxious. As you pray release them to the Lord.</i>	<i>Today read this Psalm out loud as your prayer.</i>
Fast 6 am - 6 pm or as you are able						

Notes:

29	30	31
Psalm 50:15	Matthew 18:19-20	Matthew 26:41
Prayer of Deliverance	Prayer of Agreeance	Prayer of Strength
God says, "Call me when trouble comes. I will help you, and you will honor me."	19 To say it another way, if two of you on earth agree on anything you pray for, my Father in heaven will do what you ask. 20 Yes, if two or three people are together believing in me, I am there with them."	Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.
Focus for the Day		
Today as you pray remember that we are instructed to call on God when trouble comes. Call God knowing that he will help you. Call God and he will honor you. <i>Pray that God will deliver you from your trouble.</i>	<i>Take time out today to agree with someone in prayer. Jesus said if two of us on earth agree on something in pray the father will do what you asked. And if there are two or three together believing in Jesus he will be there.</i>	The enemy will come against us at this point because we have fasted these 30 days. But we must watch and pray that we do not be tempted. <i>Pray that your spirit and your flesh remain strong now and forevermore.</i>
Fast 6 am - 12 pm or as you are able		

Notes: