GLORY CHAPEL INTERNATIONAL CATHEDRAL

**10 Days of Fasting – January 2-11, 2020  
and 21 Days of Prayer – January 2-22, 2020**

In the Scriptures we find examples of fasting and prayer showing how believers turned to God and sought His help to gain victory in hard cases and in difficult circumstances. Jesus told His disciples: “This kind can come forth by nothing but by prayer and fasting.” (Mark 9:29 KJV). Luke records these words, “For with God, nothing shall be impossible.” (Luke 1:37 KJV). Again Luke writes, “What is impossible with man is possible with God.” (Luke 18:27 NIV). In 2 Chronicles 7:14 (NIV) God says, “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” As you join this fast, may you find strength from God to draw near to Him and to overcome your impossible circumstances.

**THE FAST BEGINS AT 3:00 PM ON THURSDAY, JANUARY 2, 2020**

* **We challenge you to be serious and committed** during this period of consecration. Scripture contains many references to prayer and fasting. Fasting can be done with many variations. As this is a corporate fast, we are mindful that we are not alone. This is a partial fast and the guidelines of this fast are suggestions to help you incorporate both fasting and prayer into your time of consecration.
* **For the first 3 days**, we will consume only liquids, and for the next 7 days, only soup and bread once a day. Your soup may include meat and vegetables. You should drink water throughout the day.
* **Be sure to consult your heath care provider** if you have conditions which might make fasting from food unsafe for you. Please follow all doctor’s recommendations and do not endanger your physical health.
* **Please make a prayer list.** The Bible tells us in 1 John 5:14 “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.” Use the attached sheet to write down the specific needs that you want God to meet.
* **Come out to the nightly prayer sessions**. We will meet at GCIC from 6:00 to 7:00 pm each weeknight (except Friday, January 10 and Monday, January 20). We will pray for one hour.It is important to pray together. Unity gives strength, builds faith and it helps to know that there are other people involved.

**Prayer with fasting works!** If you have fasted before, you know that it works. If you have never fasted before, you will find out that it works.

**Matthew 6:16-18** “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father who is unseen; and your Father who sees what is done in secret will reward you.”

**Acts 13:2-3** While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.

**Daniel 10:3** “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.”

**Esther 4:16** “Go, gather together all the Jews who are present 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 the king, even though it is against the law. And if I perish, I perish.”