

## Prayer and Fasting Dates for 2020

We believe this is a year of victory for all of us. I believe that God is calling us to step up our prayer and fasting focus this year for a variety of reasons. Will you join us in fasting three days each month this year (this year only)? We are believing God for supernatural breakthroughs in our lives, our families, in our city and our country. We need God's help in 2020!

Our plan is to fast and pray together on these dates:

February 3-4-5

March 2-3-4

March 30-31 and Apr 1

May 4-5-6

June 1-2-3

June 29-30 and July 1

August 3-4-5

August 31 and Sep 1-2

October 5-6-7

November 2-3-4

November 30 and Dec 1-2

Each three day fast will conclude with a FIRST WEDNESDAY worship and prayer service at 7:00pm in the Worship Center. We will break the fast following the First Wednesday service. You can choose to participate in the fast however you would like but we are encouraging everyone to do a water/juice fast for these three days as much as physically possible. The results will be great power, great breakthroughs, and even miracles.

Victory 2020 Series

January 26, 2020

Walking In Victory

Wayne Murray, Lead Pastor

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*If God has done something good in your life as part of 21 Days of Fasting and Prayer please send an email to [info@graceassembly.org](mailto:info@graceassembly.org)*

Series Theme Verse

(1 Corinthians 15:57) Thanks be to God who gives us the victory through our Lord Jesus Christ.

What is Your Part in The Answer To Your Prayer?

(Philippians 2:12-13 NIV) Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill His good purpose.

God's job \_\_\_\_\_

Our job \_\_\_\_\_

Big Idea

Often God requires us to \_\_\_\_\_ in the victory  
He wants to provide.

Biblical Examples

Naaman

(2 Kings 5:10-14) Elisha sent a messenger to say to him, Go, wash yourself seven times in the Jordan, and your flesh will be restored and you will be cleansed. But Naaman went away angry and said, I thought that he would surely come out to me and stand and call on the name of the LORD his God, wave his hand over the spot and cure me of my leprosy...He went down and dipped himself in the Jordan seven times, as the man of God had told him, and his flesh was restored and became clean like that of a young boy.

### Blind Man At The Pool of Siloam

(John 9:7) Go, he told him, wash in the Pool of Siloam. So the man went and washed, and came home seeing.

### Joshua and Israel

(Joshua 3:15-17) The Jordan is at flood stage all during harvest. Yet as soon as the priests who carried the ark reached the Jordan and their feet touched the water's edge, the water from upstream stopped flowing . . . So the people crossed over opposite Jericho. The priests who carried the ark of the covenant of the LORD stopped in the middle of the Jordan and stood on dry ground, while all Israel passed by until the whole nation had completed the crossing on dry ground.

### Jesus First Miracle

(John 2:7-9) Jesus said to the servants, Fill the jars with water; so they filled them to the brim. Then He told them, Now draw some (water) out and take it to the master of the banquet. They did so, and the master of the banquet tasted the water that had been turned into wine.

### What is God Saying To You About Your Part In Your Victory

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(Luke 11:24-26) When an unclean spirit comes out of a man, it passes through arid places seeking rest and does not find it. Then it says, I will return to the house I left. On its return, it finds the house swept clean and put in order. Then it goes and brings seven other spirits more wicked than itself, and they go in and dwell there. And the final plight of that man is worse than the first.

Please join us for prayer every Tuesday morning at 6:00am in the Worship Center.

## Breaking a Full Fast The Right Way

If you have done a full water/liquid fast for 21 Days or any length of time, please take great care in how you break the fast. Your digestive system has slowed down or gone to sleep and takes time to "wake up." When breaking a fast, begin with frequent small meals, every 2 hours or so, progressing gradually toward larger meals with more time in between them until you reach a "normal" eating routine, such as 3 meals and 2 snacks in a day's time.

Chew foods well. This will help immensely with proper digestion and is a good habit to foster. Suggested foods for breaking a full fast is soup, fruits and vegetables or well cooked grains and beans. Avoid dairy products initially and red meat. Substances known to be irritating to the system, such as coffee and spicy foods, must be avoided during the breaking process. Not taking the proper measures can result in stomach cramping, nausea, and even vomiting.

*For more information go to [www.allaboutfasting.com](http://www.allaboutfasting.com)*

*"I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world." - Bill Bright*

*"The weakness of our hunger for God is not because He is unsavory, but because we keep ourselves stuffed with other things." John Piper*

*"After fasting only one two three days – you will find that a dark cloud has been lifted out of your mind." - Paul Bragg, The Miracle of Fasting*

*"Fasting essentially does one thing. It places us in position to receive from God." - Dave Williams, Miracle Results of Fasting*

*"When you practice giving, fasting, and praying, you become a stronger Christian, a stronger soldier, a stronger prayer warrior; you will not be easily broken! Why because these things please God and God's presence will be even stronger in your life! Jesus fasted, Jesus spoke about fasting, and if Jesus said it, then we should do it!"*

**– Jentezen Franklin**