

ELEVATED EXPECTATIONS CORPORATE FAST

JEREMIAH 29:11 & Hebrews 1:14

We've been granted peace and hope knowing that the angels of God are descending and ascending to serve and minister to our needs.

DOES MY WHY MATCH MY FAST?

WHY AM I FASTING?

DOES MY ASK MATCH MY FAST?

WHAT AM I ASKING FOR?

OUR CORPORATE FAST:

CHOOSE YOUR FAST

PRAY 21 MINUTES FOR 21 DAYS

THE WHAT, THE HOW AND THE WHY:

BENEFITS OF FASTING:

Victory over temptation – Matthew 4:1-11

Deliverance from evil and afflictions – Mark 9:28-29

Protection from enemies and dangers – Ezra 8:21-23 and 2 Chronicles 20:1-5

To seek God's Guidance – Judges 20:26

To repent and return to God – 1 Samuel 7:6

To meet the needs of others – Isaiah 58:3-7

Helps us return to God – Joel 2:12

WAYS TO FAST:

1. Prepare your mind and spirit by confessing and repenting before God.

2. Creating a schedule and stick to it, so you can spend time in prayer and reading scripture.

3. Have an expected outcome from your fast so you can see the results of your personal growth, how God answers your prayers and breakthroughs.

SPIRITUAL GROWTH: Remove things that distract you from studying the word and praying more.

ABSOLUTE (NO FOOD OR LIQUID)

NORMAL (NO FOOD ONLY WATER)

PARTIAL (DANIEL 1:8-14: FRUIT/VEGETABLES AND/OR SOUP ONLY)

INTERMITTENT (EAT DURING A SPECIFIC TIME)

PRAYER POINTS:

FAMILY – Grandparents, Parents, Aunts/Uncles, Godparents, Children, Grandchildren and Extended Family.

WORK ENVIRONMENT – Supervisors, Co-Workers, Departmental Leaders, Executive Team, Systems, Structure, Policies, Procedures and Compensation Package.

GOVERNMENT – President/Elections, White House Government, Governors, Mayors/City Officials, Judicial Systems/Judges, City Councils, State Governments, Local Governments, Federal Governments, International Governments, and Government Leaders.

SOCIAL ISSUES – Homelessness (to eradicate it), God’s Provision, Affordable Healthcare, Wage Equality/Unemployment, Housing Crisis (Redlining/Gentrification, Voting Rights/Systems, Racism/Discrimination, Sexism, Agism, Poverty, Crime, Bullying, Drug Addiction, Human Trafficking, Domestic Violence, Alcoholism and Police Brutality.

EDUCATION - Student Debt, Book Banning in Schools, Equality in History is Taught, School Districts, Superintendents, Principals, Educators, Students at all levels, Scholarships (Financial Aide, Sponsorship and Grants), Debt Cancellations, Student Assessments, STAAR, Peer Pressure, Gang Violence, Career Paths, Divine Relationships, Safety in Schools, Staff Support and School Counselors.

SPIRITUAL HEALTH – Increased Prayer Life, Increased Bible Reading Time, Attend Bible Study/Small Group Sessions, learn how to Study Scripture, Know Your Why (Why I serve, Why I give, Why I attend church, Why I am to love, Why I should share my story, Why I bring my children to church, and Why I believe.)

COMMUNITY SUPPORT -Doctors, Nurses, Police, Firemen, EMT, Therapists, Life Coaches, Pastors, Business Leaders, Community Leaders, Non-Profit Organizations, and Business Owners/Entrepreneurs/Philanthropists .