

## JONESVILLE BAPTIST CHURCH

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*Keyword: Jonesville Baptist Church*

Jonesville Baptist Church, PAW

# 2018 PRAYER & FASTING GUIDE

“DECLARING THE  
BLESSINGS FOR A NEW  
SEASON”



*Bishop James G. Rodges, Pastor*

*This is the day the lord has made; we will rejoice and be glad in it.  
Save now, I pray, O Lord; O Lord, I pray, send now prosperity.  
Psalms 118:24-25 (NKJV)*

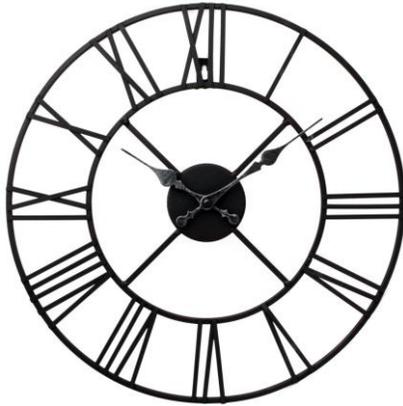
# JBC

## Consecration 2018

### Prayer and Fasting Guide 15 Days to Spiritual Renewal

Psalm 118:24-25

**YOU CAN SET YOUR OWN FAST TIMES**



*Remember, fasting is more than just abstaining from food; it is an act of self-denial for higher purposes, therefore, it is important to CHECK YOUR MOTIVES and HEART attitudes with the Lord before you determine to fast- Read Matthew 6:16-18.*

# JBC

## Consecration 2018

### Effective Fasting:

Where do we start with this kind of Fasting- we start by redefining fasting as an Abstinence- refraining a person from something for a period of time, with the purpose of accomplishing a set goal to be achieved do this practice.

Isaiah 58: 6. There is a response to the previous disgruntlement spoken by the fasting participants in verse 2-3 protesting the lack of Gods response to their use of the sacrifice discipline. Their complaint of no success inspires God's response by the way to redefine or acquaint the fasters of the reason to fast and the how to do it right and with what he approves of in the fast.

With this in mind one of the deepest lessons to fasting is the right reason, right purpose and to whom you identify the fasting is for. Is it 1) personal 2) health, 3) discipline, 4) control 5) petition 6) spiritual growth or getting God's attention and favor, in a pressing matter?

I want to emphasize the God reason and purpose in fasting learning his way of doing a spiritual sacrifice, because that is what fasting can be considered as being especially when directed to God. The God reasons: 1) undo the heavy burdens, 2) let the oppressed go free, 3) breaking of the yoke, 4) time of sharing with those without and giving to the poor.

So we want to learn the God's way of Fasting so our voice can be heard on high! Let's enjoy this sacrifice with no grief, reluctance or hesitation and come boldly to our Heavenly Father and seek him while he may be found.

Solemn Assembly 2018

## FASTING SCHEDULE

*Fasting Time: Choose Your Own Time*

## CORPORATE PRAYER SCHEDULE

Tuesday Morning Prayer 5-6:30am  
JBC Multipurpose Room

Tuesday Morning Prayer Line, 6-7am  
Phone: (605) 475-4000 Code: 313664

Friday Morning Prayer 6am-7am  
JBC Multipurpose Room

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## SCHEDULE (15 Days)

Five day fast weeks. Choose your own time to fast.

### WEEK 1: JANUARY 3-7 (Normal Fast)

*Weekly Goal: Purification/Cleansing*

### WEEK 2: JANUARY 10-14 (No Sweets)

*Weekly Goal: Restoration/Spiritual Recovery*

### WEEK 3: JANUARY 31- FEBRUARY 4 (No Sugar)

*Weekly Goal: Reclaiming Lost Things*

## Fasting and Prayer Guidelines

*("Prayer and Fasting Schedule" Continued)*

1. The church will enter into 15 days of fasting and prayer via the schedule. The 15-day fast must focus on something you are believing God for: family, marriage, job, health, breaking sins, additions, or habits, direction, guidance from the Lord on a decision(s) you must make; your children's deliverance, etc. **See Commitment to Prayer and Fasting .**
2. Keep in mind you are seeking God to hear from Him and to know Him more intimately. As you seek after Him, He will speak to you about the issues that could be blocking the blessings in your life.
3. Fasting is more than just not eating food. Fasting is putting the flesh under so that you can hear from God. Therefore, if you are not eating but are always on the computer or watching TV then you are not concentrating on the Lord. Do only the necessary things for your home or family; home, chores, feed children, work, etc.
4. Prayer and fasting does not always mean you do all the talking. Prayer does not always mean you are positioned on your knees with hands folded praying. You can sit and read the Word, read a spiritual book or just be quiet and listen to the Lord. Listening to a ministry tape is also very good. Sometimes, just praising and worshipping the Lord in the Holy Ghost is sufficient.
5. Everyone is on a different spiritual level; therefore, individual fasting needs will be different. Some people will be able to fast with no food and drink water only. Everyone is not on the same faith level to do this. Some will have to use a partial fast or what we call a No Pleasant bread fast whereby foods such as salads, fruits, cereals and grains are consumed (Daniel 10:2-3).  
**See the No Pleasant Bread Fast Food List**

### **PRAYER THREE** **Evening or Late Evening Prayers**

Choose any prayer or prayers for your own personal concerns and the concerns of others. It won't hurt to pray 10-15 minutes more before going to bed. Remember, the more you pray, the more pressure you put on the devil to release his control.

#### **NOTE:**

*If you have a day where your work schedule will not permit you to pray all the prayers or if your time is limited, find time in your day to pray, whether it is three separate times or a cumulative daily prayer. Please do not use this as an excuse not to pray the above scheduled prayers.*

# Prayer and Fasting Schedule

*("Prayer and Fasting Guidelines" Continued)*

*This prayer and fasting schedule is designed to bring spiritual renewal to your life. Daniel prayed 21 days, three times a day and found breakthrough. The angels brought the answer to Daniel after this prayer pattern. The following is a daily prayer schedule for you during this fasting period.*

***Open the first day of prayer with your commitment to a fast.***

## **PRAYER ONE** **Morning Prayers**

*(In the morning before work or after you arrive at work)*

Try to spend at least 30 minutes in prayer. Pray the following prayers at this time every day. If time permits, pray in the Holy Ghost or as the Lord leads you for 5-10 minutes. Pray about the one main concern or need in your life that needs breakthrough.

## **PRAYER TWO** **Afternoon Midday Prayers**

If time permits, pray in the Holy Ghost or as the Lord leads you for 5-10 minutes. All the above prayers (morning and midday) should be prayed daily. Pray about the one main concern or need in your life that needs breakthrough.

6. There are some fasts mentioned in scripture that last from sunset to sunset (24 hours) or for half a day. Other fasts involved missing a main meal that you enjoy, using the time to pray and seek God (2 Chronicles 20:3). If you have a desperate need, you may have to consecrate yourself more intensely. Your daily fast may need to be 24 hours.
7. For those who are not used to fasting at all, we suggest that you learn to become victorious with shorter kinds of fast, such as an every other day fast, a half a day fast, or a main meal fast (miss a major meal). You may choose to fast only 3 days out of the week (ex: M-W-F) that the church is fasting. Once again, those who really need more from God and are mature enough to go deeper should fast daily.
8. If you should yield to eating during the fast when you should not have, or if you turned on the TV, DVD or computer; repent to the Lord, do not get into condemnation, and start over again. God will honor that.
9. You are permitted to play worship music during your time of prayer and fasting if you like.
10. Do not base the results of your fast on what you see during or immediately after the fast. The manifestation of what you are believing God for may not be seen until days, weeks or even months later.

# How To Fast

*("No Pleasant Bread" Continued)*

## I. WHAT IS FASTING?

It is the voluntary and deliberate abstinence from food for the purpose of concentrated prayer.

## II. WHY DO MOST CHRISTIANS NO LONGER FAST?

**Hosea 4:6** says, *"My people are destroyed for a lack of knowledge."* Many Christians have abandoned the custom of prayer and fasting for all so far, but many simply have not been taught, especially new converts. Older Christians know about prayer and fasting because it was more commonly taught and practiced years ago. Today it is a neglected doctrine of the church.

## III. WHAT IS THE PURPOSE OF PRAYER AND FASTING?

Read **Isaiah 58:5-9**

### A. The Need to Crucify the Flesh

Read **Hebrews 12:11**. If you can get your flesh out of the way, you will have more clarity and a greater sensitivity in the spirit what to ask for and you will receive answers. When we are dominated by the flesh, we don't know what to pray for.

Read **Romans 8:6**. One of the worst aspects of the flesh is pride. Pride will take you straight into the arms of Satan. Fasting destroys the pride, something that all of us struggle with. Fasting produces HUMILITY.

### B. The Need to Hear the Voice of God

Read **Acts 13:2-3**. Prayer and fasting give directions. It makes you sensitive to God's voice. It enables you to hear His voice above the other voices around you. What could be more important? See **Acts 13:1-3, 14:21-23, Matthew 7:7, Matthew. 6:33**.

**All Legumes:** These can be either canned or dried. Legumes include, but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All Quality Oils:** Including, but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages:** Spring water, distilled water, 100% all-natural fruit juices, 100% all-natural vegetable juices. You may drink protein drinks and smoothies if they are sugar-free, dairy-free and chemical-free.

**Other:** Tofu, olives, vinegar, seasonings, salt, herbs and spices. Soy and rice milk are acceptable for cooking and with cereal. However, they should not be used as a beverage since the No Pleasant Bread Fast is a "water-only" beverage fast with the exception of 100% fruit or vegetable juice, since that is merely pulp with water.

## Foods to Avoid During the "No Pleasant Bread" Fast

**All Sweeteners:** Including sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All Refined and Processed Food Products:** Including, but not limited to artificial flavorings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.

**All Deep-Fried Foods:** Including, but not limited to potato chips, french fries, corn chips.

**Beverages:** Including, but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks. Please remember that the No Pleasant Bread Fast is a "water only" beverage fast. The exception is 100% juice since it is merely pulp with water.

**REMEMBER, READ THE LABELS!**

# No Pleasant Bread Fast

(“How to Fast” Continued)

*In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled (Daniel 10:2-3)*

*One of the great things about the Fast is that you are not limited to any specific amount of food, but rather to the kinds of foods you can eat. The No Pleasant Bread Fast is limited to fruits, vegetables, meat and water. Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.*

## Foods to Eat During the “No Pleasant Bread” Fast

**All Fruits:** These can be fresh, frozen, dried or canned. Fruits include, but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

**All Vegetables:** These can be fresh, frozen, dried or canned. Vegetables include, but are not limited to artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All Whole Grains:** Including, but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

**All Nuts and Seeds:** Including, but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters, including peanut butter.

### **C. The Need for Power**

Read **Luke 4:14**. It causes more power. The Church of the Lord Jesus Christ is being called back to the basics, to apply itself and the power of God that enables us to stand against the enemy. See **Luke 4:1-2; Matthew 14:14, 15:32, 20:34**.

### **D. The Need for More Faith**

When the Word of God is not combined with faith, there can be no results. God’s blessings are not automatic (**Romans 1:17; Matthew 21:22**). The story of Hannah offers a biblical example of faith mixed with prayer and fasting (**I Samuel 1:5-20**).

### **E. The Need for Preparation**

Read **Matthew 7:24-27**. To prepare means the process of making something ready beforehand for use. Preparation means getting something ready for a project. We want to be blessed but we don’t want to do what is necessary to get the blessing. So we serve God when we feel like it or when we need Him. When we are unprepared, our life is in danger. Let’s get prepared.

### **F. The Need for a Healthy Lifestyle**

Read **Isaiah 58:8**. It disciplines our spirit and physical body. While we bring the flesh into subjection to the Spirit of God and develop a deeper relationship with our heavenly Father, we get the “side benefit” of a more healthy body. When we fast, our system is cleansed from toxins. Uncontrolled eating gradually damages the body. Periods of fasting bring the body into balance and help regulate the systems so that things run more smoothly.

Remember, if you are not eating and not praying, then you are just on a diet. It is so important to fast and pray.





