

### What is Fasting?

**FASTING** is an intentional denial rooted in a quest to get closer to God.

Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny your physical flesh to increase your spiritual effectiveness. Fasting takes prayerful discipline! Fasting is between you and God.

### What is Prayer?

**PRAYER** is my intentional reach for God's direct and specific involvement in my life. Prayer is communication with God, giving thanksgiving, requests and desires, knowing He can and will respond through my thoughts, ideas, situations, people or primarily His word.

### Why Fast?

There are many reasons why people fast. But there is one aspect of the fasting experience that each of us has in common; to have a personal, life-changing experience with the living God. Never confuse your fasting goals with the most foundational reason to fast to meet with God. All other reasons could cause you to miss the biggest blessing of your fasting encounter.

### Personal Fast Focus

Fasting to break addictions

Matthew 17:20-21

Fasting to solve problems and seek protection

Ezra 8:21-23

Fasting to win people to Christ and to get God to pour Himself out on mankind.

1 Samuel 7:1-8

Fasting so that the needs of others will be met

1 Kings 17:10-16

Fasting for wisdom and insight from God

Acts 9:9-19

Fasting for good health and for obedience toward God

Daniel 1:12-20

Fasting for a stronger testimony and influence

Matthew 3:4, Luke 1:15

Fasting for protection from the enemy

Esther 4:16

## **CORPORATE SCHEDULE**

**In addition to our regular schedule**

### **MORNING PRAYER**

Monday & Wednesday: 5:30am

(Starting, Monday, February 23rd)

**(667) 770-1523 Code 194053#**

### **REVIVE THIS HOUSE PRAYER & IMPARTATION**

**Saturday: 5:00am**

We will seek God with clarity and courage, discerning what He is speaking to His people and how it relates to the times we are living in.

Saturday, March 7th, 21st

Saturday, April 4th

**Online & In-Person**

### **VIRTUAL PROMISE SESSIONS**

**Monday: 7:30pm**

We will explore and delve into various subjects that foster a life of impact, significance and influence.

Monday, March 2nd, 9th, 16th, 23rd, 30th

**Zoom: 215-591-0273**

### **RESURRECTION SUNDAY**

**April 5th: 11:00am**

We will celebrate our Risen Savior and share our sacrificial seed.

**Online & In-Person**

**Schedule subject to change as led by the Holy Spirit and the Pastor. Please remain sensitive to the Spirit during this time of consecration.**

# CHRIST NATION

# 40 DAY PROMISE FAST

**WEDNESDAY, FEBRUARY 18 -  
SUNDAY, APRIL 5, 2026**

"BLOW THE TRUMPET IN ZION, SANCTIFY A FAST, CALL A SOLEMN ASSEMBLY; GATHER THE PEOPLE, SANCTIFY THE CONGREGATION, ASSEMBLE THE ELDERS, GATHER THE CHILDREN..." JOEL 2:15-16

**PASTOR C. PORTER**

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## PROMISE FAST FASTING INSTRUCTIONS

Your time of fasting is sacred and is not to be shared publicly. If you choose not to fast with the church, please do not share your decision. Please remember fasting is between you and God.

1. **No Food or Drink First 8 hours of your day (Wake up at 6am - Eat at 2pm)**
2. **Pray, Read, & Study Daily**
3. **Reduce Social Media & TV Time**
4. **Exercise Daily**

### **CONSECRATE AN OFFERING**

Prepare a **SACRIFICIAL** offering to be given on Resurrection Sunday.

**Seek God on what to GIVE!**

### **DIETARY GUIDELINES**

1. **Monday - Saturday - No Meats or Sweets**
2. **ONE MEAL / ONE SNACK** (After your 8- hour window, one snack is permitted. Your snack must be fruit, nuts, or raw vegetables only. No popcorn, chips, or processed foods. Your snack is not an additional meal and may not be used as a meal replacement.
3. **Water Only**
4. **Celebration Sundays - No Fasting** (Only Meats allowed on Sundays are Chicken, Turkey, & Fish)

### **YOUTH GUIDELINES**

Children will adhere to no sweets Monday through Saturday  
Children will only eat the meats permissible during the fast.

**Medical Disclaimer: If you have health issues please make modifications to the fast per your health condition. Drink water as needed.**

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## PROMISE FAST WEEKLY FOCUS

### Week One: Believe

**Declare:** I believe every promise God has spoken over my life.

**Scripture:** 2 Corinthians 1:20 – “For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.”

### Week Two: Stand

**Declare:** I stand firm in faith and will not be moved from God’s promise.

**Scripture:** 1 Corinthians 15:58 – “Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”

### Week Three: Obey

**Declare:** My obedience activates the blessings God has promised.

**Scripture:** Deuteronomy 28:2 – “And all these blessings shall come upon you and overtake you, because you obey the voice of the Lord your God.”

### Week Four: Receive

**Declare:** I endure faithfully and receive the promise of God.

**Scripture:** Hebrews 10:36 – “For you have need of endurance, so that after you have done the will of God, you may receive the promise.”

### Week Five: Declare

**Declare:** I speak what I believe and align my words with God’s promise.

**Scripture:** 2 Corinthians 4:13 – “And since we have the same spirit of faith, according to what is written, ‘I believed and therefore I spoke,’ we also believe and therefore speak.” **Week**

### Six: Prepare

**Declare:** I consecrate myself and prepare for the wonders God will perform.

**Scripture:** Joshua 3:5 – “And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the Lord will do wonders among you.’”

### Week Seven: Share

**Declare:** I boldly share what God has done and make His promises known.

**Scripture:** Psalm 105:1 – “Oh, give thanks to the Lord! Call upon His name; Make known His deeds among the peoples!”

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## PROMISE FAST FASTING STRATEGIES

1. **Purify Your Motives.** Fasting will not increase His love for you; you can't manipulate Him into blessing you. However, certain blessings unfold through fasting and prayer. Fasting aims to refine your attitude and purify your motives.
2. **Expect the Supernatural.** During your fast, anticipate God working miraculously in your life. Align your faith, expecting Him to exceed your expectations, going beyond what you can ask or imagine through the power working within you.
3. **Establish a Place and Time to Meet with God.** This is a place more than a physical location where you go to sit and listen for the voice of God. It is a place of rest and peace of mind. It is a place where your mind can be renewed and your heart changed.
4. **Develop a Daily Schedule.** Creating a daily plan is important, especially during fasting in the mornings and evenings throughout the week. This organized routine helps you stay and makes your fasting experience more effective. Set specific times for spiritual time and exercise to take care of your whole self.
5. **Keep a Journal.** Always have a journal handy during your study and prayer sessions. This period is about learning and growing. Anticipate God's clear, bold, and direct communication while fasting. It's crucial to record what you discern God is saying and what resonates with your spirit during this fasting period.
6. **Goal Setting.** Establishing goals, setting deadlines, and embracing challenges like delving into scriptures or crafting a clear vision during your period of fasting and prayer can profoundly enrich your journey, infusing your life with the necessary momentum.
7. **Meal Preparation.** During your fast, you may find that hunger doesn't bother you as much as expected. However, it's crucial to highlight the significance of meal preparation during fasting to sidestep potential pitfalls and setbacks. Thoughtful planning in meal preparation ensures a smoother and more successful time of consecration.