

Ephesians 5:14

AWAKENING

a generation

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EXPERIENCING YOUR BREAKTHROUGH

FASTING GUIDE
January 9th - 22st

The 14 Day Challenge

I believe as we embark on these 14 days of fasting and growing closer to God that your life will be transformed as well.

Fasting does many things:

- Breaks demonic forces
- Energy levels will spike
- Frees us from bad habits
- Brings revelation and insight
- Purges our bodies of toxins
- Normalizes your blood pressure
- Helps keep our arteries young
- Defeats sinus and mucus problems
- Fasting assists in curing mental and emotional disorders
- Fortifies and strengthens the human will
- Puts a razor's edge on your faith

In 2 Chronicles 20, King Jehosophat was up against insurmountable odds...he called a corporate fast.

The result was astounding – as God's people fasted their enemies literally tore each other apart. (2 Chron. 20:1-25)
Jonah went down to the city of Nineveh and said:



Basic Training: January 11th - February 15th

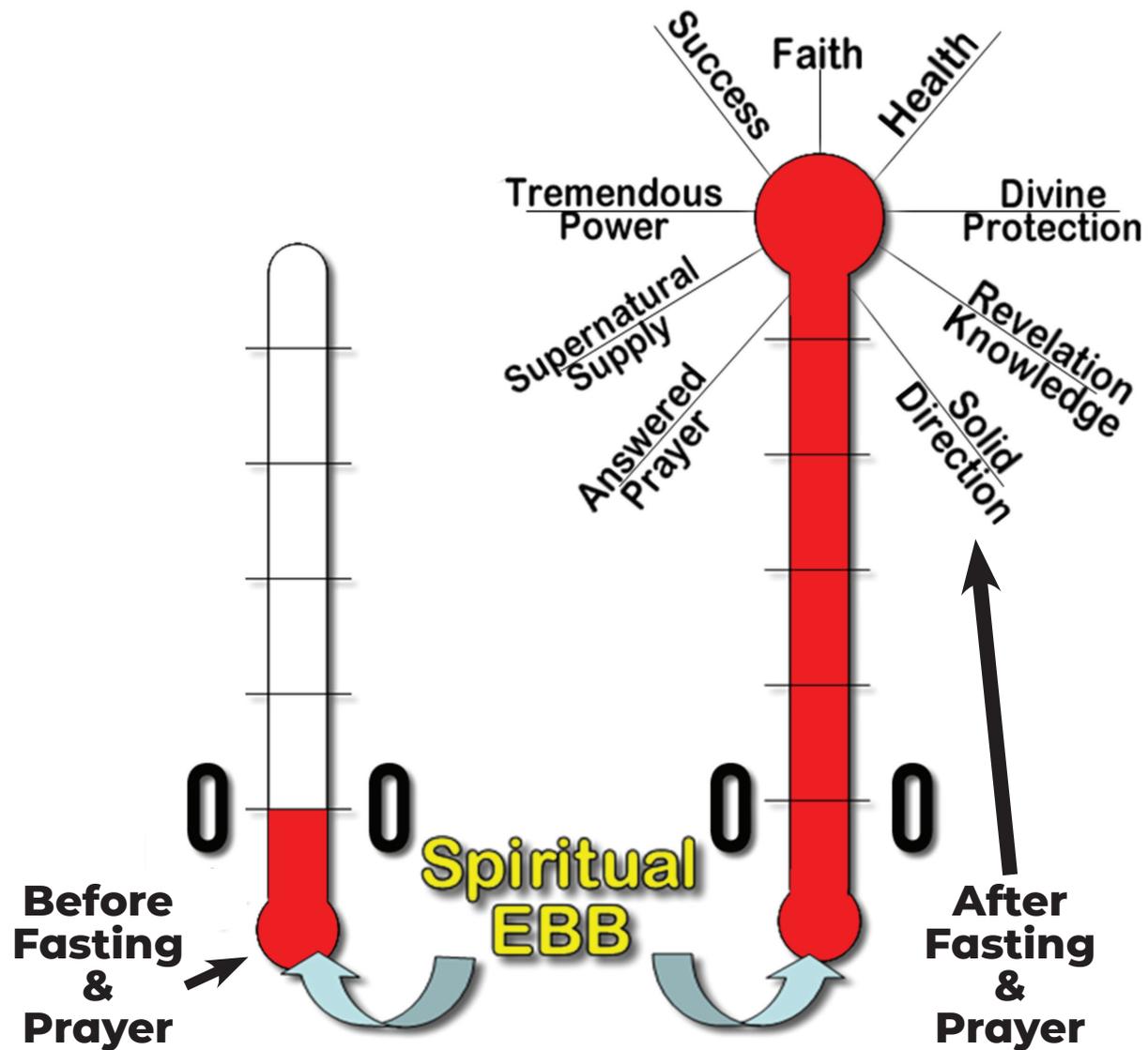


Maximum Impact: January 8th - March 26th

**No evil shall befall you, neither any plague come near your dwelling;
For He will give His angels charge over you, to keep you in all your ways.
A thousand may fall at your side,
And ten thousand at your right hand;
But it will not come near you.
In Jesus name!**



Power Thermometer



“Judgement is coming.” The heathen leader believed the man of God and called the entire city to a time of corporate fasting.

Everyone in Nineveh, including the children and even the animals fast – the result; God spared the city.

Jesus returned in the power of the Spirit right after fasting.

Luke 4:14-15 NKJV

14 Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.
15 And He taught in their synagogues, being glorified by all.

Moses fasted 40 days – David fasted often and was called a man after God’s own heart.

Nehemiah fasted while seeking guidance from God.

Daniel fasted often and received many revelations and visions from God.

Jesus began his public ministry with 40 days of fasting. John the Baptist fasted regularly.

Anna the prophetess fasted often in the temple and records say she lived to 106-110 years old.

There are no harsh regulations or iron-clad rules for fasting; it was left to the discretion of each Christian, however, the early church fasted often.

Jesus didn't say "if you fast" He said: "When you fast."

There are different kinds of fasts:

- 1) Total Fast – Water only
- 2) Modified Total Fast – Water and Juices only
- 3) Daniel Fast – Water, Fruits & Vegetables only
- 4) Skip a Meal Fast – (or two) a day
- 5) John Wesley Fast – Water and Bread only
- 6) Jewish Fast – No food from sunup to sundown
- 7) Widow Fast – Providing humanitarian help to others with your fast (time, money, food clothes)
- 8) Media Fast – Abstaining from TV, web, radio, internet, social media, etc... - all media platforms

Jesus taught us to expect a reward when we fast. There is an open reward for private seeking and fasting.

Matthew 6:16-18 (NKJV)

16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. **17** But you, when you fast, anoint your head and wash your face, **18** so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Mount Hope Church 2023

(Reading Guide)

14 Days of Focused Prayer & Fasting

January 9 - January 22

January 9
Acts 1&2

January 16
Acts 15 & 16

January 10
Acts 3 & 4

January 17
Acts 17 & 18

January 11
Acts 5 & 6

January 18
Acts 19 & 20

January 12
Acts 7 & 8

January 19
Acts 21 & 22

January 13
Acts 9 & 10

January 20
Acts 23 & 24

January 14
Acts 11 & 12

January 21
Acts 25 & 26

January 15
Acts 13 & 14

January 22
Acts 27 & 28

THE REWARDS YOU ARE FASTING FOR:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Isaiah 58:6-12 tells us the breakthrough rewards to those who fast:

#1 Loose the bands of wickedness.

Bands – means fetters; that’s things that hold people back.

Have you ever felt you’re being held back for a reason from advancing your life? God promises as we choose to fast, fetters will be broken.

#2 To undo the heavy burdens.

“Undo” in Hebrew means to violently shake off.

Many people are carrying burdens that God never intended for them to carry. These burdens can be “shaken off” as a result of fasting.

#3 Let the oppressed go free!

Oppression in the Greek means to exercise hardship over. Did you ever hear the expression “I am going through hard times”?

Oppressed in the original language means discouraged, bruised, crushed and to hurt or “cracking up”. Through fasting people can be set free. **(Acts 10:38)**

#4 That you break every yoke.

Yoke is a habit that you just cannot seem to break. Nicotine, caffeine, alcohol, drugs and all other habits can be broken through biblical fasting.

#5 Verse 7 – The hungry will be clothed and fed.

This is the fast that God has chosen; to give your bread to the hungry. When you're fasting, that extra cash you have as a result of fasting you can give to the poor.

#6 Verse 8 – Light will break forth as the morning; that's divine illumination.

#7 Verse 8 – Your health will spring forth speedily.

#8 Verse 8 – Divine Protection.

#9 Verse 9 – Answered prayer quickly.

Living Bible –your prayers have been answered speedily.

#10 Verse 10 – Success is yours

#11 Divine direction-and the Lord will guide thee continually.

Step by step He will show you what to do.
(Continually guide you.)

#12 Verse 11 – Constant supply.

In other words, it doesn't matter what the economic conditions of the world are like, your needs are going to be supplied no matter what the situation is like.

#13 Verse 12 – From desolation to glory.

As a result of fasting, wastelands will turn into fruitful orchards.

Through fasting, desolate and barren lives that have been destroyed by drugs, alcohol, illicit sex and other problems can be healed and brought to a place of victory where their lives reflect God's glory.

PURPOSE OF FASTING - The purpose of fasting may vary in specific situations; however, the underlying objective is to get ourselves into a position to receive from God. Often, ten days of fasting and prayer will accomplish more than ten years of hard labor. Fasting is a way of intensifying/concentrating God's power in our lives. Although fasting cannot produce faith, it will put a razor's edge on the faith we already possess.

THE REWARD - Jesus taught us to expect a reward from fasting (**Matt. 6:18**). You should establish your reward first. You are not buying this reward; only getting into a position to receive it. Set your eyes on the reward and do not dwell on the "suffering" part of fasting. This will help you when tempted to eat. Envision the reward.