

FASTING & PRAYER 2013

Discover the rewards of putting God first in all things!

Start the year off right

We want to invite you to join us in a time of fasting and prayer in 2013. The new year is ahead of us and our current reality shows us that there is no way we can even attempt to go into 2013 with all its uncertainties, global crises and worldly unrest, without asking God to go with us. **Start the year off right.** Discover the rewards of putting God first in all things! Join us during the January fast and prayer and throughout the year as you make fasting and prayer part of your lifestyle.

21 DAY FAST AND PRAYER: 6-27 JANUARY 2013

We want to take important matters, often without human solutions, to God in fasting and prayer during these **21 days**. Biblical fasting and prayer takes a lot of discipline and strength - strength which you can only receive from God. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year. **Simply stated, biblical fasting is refraining from food for a spiritual purpose.**

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Why should you fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

Do you want to join us during this time in fasting and prayer?

1. Complete the commitment or send us an e-mail to prayer@ibcbrussels.org and let us know you want to participate.
2. Pray with us during the 21 days by selecting a timeslot that you could pray with us for an hour.

Guidelines on fasting will be sent to you if you decide to participate. We will also send you further information on preparing for your fast if you indicate your participation. You can contact us at prayer@ibcbrussels.org.

There will be an Adult Sunday School teaching on *Fasting and Prayer* on Sunday 6 and 13 January 2013 at IBC (starting at 09:45). Basic tips and practical information will be provided.

May you be stirred to participate and be blessed by this time of fellowship with other believers.

Frans Meintjes and Françoise Thonet

Prayer Ministry Sources used: <http://www.jentezenfranklin.org/fasting-2013/>

Fasting and your health

We recommend that you always consult your physician prior to beginning any type of fast. If you are poor in health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast. There are different types of fasts recommended and *guidelines on fasting will be sent to you if you decide to participate. We will also send you further information on preparing for your fast if you send us an e-mail to indicate your participation.* Your doctor can provide advice on how you can participate on this Fast in a way that is healthy for you.

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My reason for fasting:

I will fast:

Begin date _____ *End date* _____

I BELIEVE God has more for me in 2013! God is my first priority.

Therefore, by faith, I am fasting because I want to put God first in my life and keep Him first in my life.

I commit myself to this and God's plans and purposes for my life because there's more.

SIGNED _____ *DATE* _____