



Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. - Isaiah 58:9 NIV

How to fast:

- A true fast involves abstaining from food to some degree.
- Ask God to show you how you should fast.
 - A specific food or beverage
 - only having one or two meals a day
 - only eating fruit and vegetables (no meats or sweets)
 - only drinking Juices or water
 - He might also be asking you to fast from a habit or addiction you are dealing with
- Write down your decision and ask God to help you stick to it. You are about to take a step of faith and start a special journey with God. (Proverbs 3:5-6)
- The objective is to spend your time focusing more on God in prayer and reading the Bible.
- Ask God how He wants you to spend your time with him in addition to what you normally do.
 - Morning and Evening
 - During your meal time
 - Waking a bit earlier
 - Giving up your free time to spend time with him

The first few days may be difficult-- your mind and body will want you to satisfy them with what you normally enjoy!

'I wait for the Lord, my whole being waits, and in His word I put my hope.' Psalm 130:5(NLT)

If you don't do what you hoped you would—don't give up, or stay feeling guilty. Talk to God about it and start again-- immediately! (I John 1:1)

2023 Fasting Season Guide

Over this fasting season, read through the books of I&II Peter. You may end up reading through them more than once! As you read, ask God to show you what to pray for as you think about what He is saying to you

Week 1

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. 2 Peter 1:3

Wednesday, January 18, 2023

****Corporate Fasting Day Join us on zoom at 6:30 am/pm for prayer***

Prayer Focus: Dedicate yourself to God for this year and fasting time and ask him to show you what needs to change in your heart and your life.

Bible Reading: 1 Peter 2:1-3

1 Peter 3

Thursday January 19, 2023

****Corporate Fasting Day Join us on zoom at 6:30 am/pm for prayer***

Prayer Focus: Take time to Pray for your family as well as the TGP family.

Bible Reading: 1 Peter 3:8,9

1 Peter 4

Saturday January 21, 2023

****All Church Prayer Gathering: Join us at Arcadia City Church @1pm***

Week 2

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

1 Peter 2:9

Wednesday January 25, 2023

***Corporate Fasting Day: Join us on zoom at 6:30 am/pm for prayer**

Prayer Focus: TGP leaders, outreach opportunities, and the finances of the ministry as well as the online ministry.

2 Peter 1:12-21

Thursday January 26, 2023

***Corporate Fasting Day: Join us on zoom at 6:30 am/pm for prayer**

Prayer Focus: Missions in Honduras in February and the Ministry in Santa Cruz, Honduras.

2 Peter 3

Sunday January 29, 2023

***Corporate Fasting and Prayer Day: Join us at TGP @11:30am for an extended time of worship and ministry.**

Prayer Focus: Give God thanks for taking us through this fasting season and for preparing us for all that will come in 2023!

Psalms 90

Fasting Tips:

Change your watching, reading and/or listening habits...

- Listen to more Christian radio, music, podcasts
- Consider who you are 'following' on social media and how often you are doing it. Follow Jesus instead!
- If you fast from a meal...give that time to God in some way. This isn't just a diet!
- Read your Bible more... Choose a book of the Bible and read it slowly and prayerfully.
- Write down your thoughts and questions or any guidance or assurance you are getting from God as you read His word.
- Pick up a Christian book to read or a daily devotional to add to what you normally do.
- You have more time during the fast if you really put other things aside!

Pray and journal...

- Start with taking time to write down the things that God has done so far in your life and the lives of those around you.
- Any specific answered prayers? Take the time to really thank God and talk to Him about what he has done.
- What has not yet been answered? (Write these down too and talk to him about them as well!)
- Talk to God about the issues that He has been tugging on your heart about... habits, relationships, situations He wants to help you fix or change.
- Take time to talk to God about your desires, hopes and dreams. Listen to what He may be saying to you about them. (write it down!)
- Get in touch with a Christian friend and pray with them or share what God is doing in your lives.
- Talk to God more...but also take the time to be quiet and listen to what He might be saying to you. (write it down)