

M O U N T J E Z R E E L

2022

**THE YEAR OF  
FAITH FORWARD**

Dear Disciples at Mt. Jezreel:

Greetings in the perfect, precious, and powerful name of our Lord and Savior Jesus Christ!

As we rapidly approach the beginning of a new year, the time will soon be upon us to commence our annual fast as a total church community. Fasting is one of the most powerful, yet often neglected of all Christian disciplines. The Bible teaches us that by so doing, the Holy Spirit transforms lives when God's power is released among us, and enables us to properly engage in ministry.

The fasting dates are **Monday, January 3, to Sunday, January 16, 2022**. This will be a time set apart for the church to unite our hearts to seek God and commune with Him in order to gain understanding and clarity. Imagine what could happen through this dedicated period of spiritual preparation for your relationship with Christ and the ministry of Mount Jezreel!

There are several variations of Biblical fasts we can embrace, and the enclosed information gives full disclosure to them. Also, below is a devotional schedule that I pray we will follow together. It simply requires us to pause and read the given day's scripture when we awaken—that is, *read, reflect, repeat, and remember* what God is saying!

While we fast and pray together, remember our prayerful goal for Mount Jezreel for the New Year is to fulfill our **2022** theme, "**Faith Forward**." Our corporate objective is for every disciple to become engaged in the Word, Worship, Work, and Witnessing. Brothers and sisters, as we begin this year's fast, let us do so with the hope that God will strengthen our spirits towards making us better servants of the community where God has placed us.

With Expectation,



Senior Pastor

## **FASTING PREPARATION:**

**Prepare your heart.** In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change and be willing to change. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

**Prepare your motives.** Ephesians 1:3, says there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

**Prepare your body.** If you decide to eat only fruits and vegetables for your fast, it will result in the cleansing of your physical body. You may feel sick as your body detoxes, *but you'll make it!* This isn't a mind game to see if you can survive eating less or not watching television, but about experiencing God.

**Prepare your schedule.** Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. *Remember*, the fast is about *communing with God*, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

**Purchase a journal.** Chronicle all your prayers, expectations, conversations, oppositions, dreams, and MIRACLES that God manifests during your time of consecration.

## **FASTING GUIDELINES:**

- Explain to your family in advance what you are doing.
- Request privacy from those who want to find out what you are doing.
- Ask them not to discuss with you until your fast is over.
- Never complain or brag about your fast and avoid talking about it.
- Establish an accountability partner for prayer and encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that your flesh cannot be trained but must be crucified.
- Journal as you pray and meet with the Lord.

## **TYPES OF FAST:**

The goal is to find the place where you feel focused on God and in-tune with spiritual things. This is the place where you feel light and spiritually alert to hear the voice of God. During and after fasting, you will experience an increased spiritual energy; these are the effects of the fast working for you.

1. **Absolute Fast (Full Fast)** – Requires abstinence from all solid foods. It is a LIQUID ONLY fast.

2. **Selective Fast (Daniel Fast)** – Involves removing certain elements from your diet. An example is the Daniel Fast during which you remove meats, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

3. **Partial Fast** – Consists of abstaining from certain foods for a prolonged period or abstaining from all foods for a portion of the day.

4. **Soul Fast (Entertainment Fast)** – Eliminates something other than food from your life for a time. For example, you may choose to stop using Facebook, Instagram, Twitter, or other social media platforms; avoid watching television, using phone (or other electronic devices) unnecessarily or going to the movies. This is a great option for children, students and people with health issues who cannot abstain from food.

# JAN 2022

SUN MON TUE WED THU FRI SAT

01

02

03

Genesis  
12:1-9

04

Ephesians  
2:8

05

Genesis  
12:10-20

06

2 Timothy  
4:7

07

2 Corinthians  
5:7

08

James  
1:2-3

09

Hebrews  
11:1-3

10

Hebrews  
11:6

11

Proverbs  
3:5-6

12

Genesis  
13:1-18

13

Matthew  
17:20

14

Mark  
11:24

15

Romans  
14:1-2

16

Romans  
1:17

17

18

19

Genesis  
14:1-16

20

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22

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24

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Genesis  
14:17-24

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