

Zion Hope Baptist Church will begin our “40 Days With God – Prayer, Fasting and Giving” on Ash Wednesday, February 22, 2012. Come join us as we open the door for a deeper, more intimate, and more powerful relationship with God.

It’s 40 Days to a “Brand New You!” We are fasting for a Spiritual Breakthrough. Yes, during this fast we will give up certain foods and only eat beans, rice, fruits, vegetables, and nuts or a combination of the five foods. However, we will also fast from anything that has a negative pull on your life or anything that has too much influence over you and takes you away from God. This may be TV, radio, internet, entertainment, actions, attitudes, conduct, and sinful behavior. This fast is designed to help us control “all of our appetites,” not just food.

Also, for 40 days let’s seek God in the area of our finances. Do not spend any money on anything that is a want. Only spend your money on things that are necessities, and do NOT charge anything on your credit card. Let’s see how God blesses you and how much money you will save during these 40 days of fasting from your wants and committing to Him!

According to the Holy Bible, fasting is refraining from your appetite “food” for a spiritual purpose. Fasting is the condition of the heart. It is not about the number of days, it’s about developing a deeper relationship with God and experiencing Him in His fullness.

II Chronicles 7:14. “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

Some Christians often wonder, “what are the benefits of fasting? Is fasting really necessary? How will fasting allow me to have a deeper connection with God?” We can only share with you some of the benefits we have had as a result of fasting and ask that you be the judge for yourself. Listed below you will find a few benefits of prayer and fasting, together....

- Fasting keeps you sensitive to the God’s spirit, enabling you to live holy.
- Fasting is a constant means of renewing yourself spiritually.
- Fasting is like spring cleaning for your mind and body.
- Fasting is what prepares you for a fresh anointing.
- There is a prophetic release that occurs in a church or an individual who fast continually for forty days.
- When you hunger for God, He will fill you.
- Fasting will break poverty from your life.
- Health and healing will follow fasting.
- Fasting will overcome demonic powers and addictions.
- Fasting will bring in the lost.
- Fasting prepares you for what is ahead.
- Fasting breaks the spirit of heaviness.
- The Lord will reward your diligence.
- Fasting puts you in the mainstream of God’s priorities.
- We fast because we need to know the right steps to take in our lives.
- When you fast and pray, you sharpen the Word of God in your mouth.

- Fasting allows you to sanctify yourself.
- Fasting will help you identify hidden sin in your life

Isn't it time we set ourselves apart to seek the Lord and find understanding? Fasting is the most powerful Spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life. The awesome power can be released through you as you fast through the enabling of the Holy Spirit. If done right and properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.

(Information provided by: Patricia A. Jones, MHA, RD and Pastor Tony McGee)