

40 DAYS OF POWER through FASTING AND PRAYING

February 17th through March 31st

Based on the Word of God, I commit to joining my church family in **40 days of fasting and praying.**

I understand the word fast in the Bible **means abstinence from food as an element of private or public religious devotion.**

I understand fasting and praying, which honors God, **includes abstaining from food for a period of time and focusing on God through reading the Bible, worship, and prayer.**

I understand, based on the Word of God, my fast should be **private. I should never fast to be seen by men or women. (Matt. 6)**

I understand my body is the **temple of the Holy Spirit.** I will not violate my body by defiling it with food, unhealthy drink, alcohol, drugs, and anything else that will hurt or destroy my temple. (1 Corinthians 6:19, 20)

I understand if I am under medical care or have a medical condition, I should always consult my medical doctor before starting any fast.

During this fast, I will experience God like never before.

During this fast, I understand that I am to read and meditate daily on **Isaiah 58** in various translations.

I understand, based on Joel 2:15-17, God is calling my entire family to fast, including my children.

Blow a trumpet in Zion [warning of impending judgment], Dedicate a fast [as a day of restraint and humility], call a solemn assembly. Gather the people, sanctify the congregation, Assemble the elders, Gather the children and the nursing infants. Let the bridegroom come out of his room and the bride out of her bridal chamber. [No one is excused from the assembly.] Let the priests, the ministers of the LORD, Weep between the porch and the altar, and let them say, “Have compassion and spare Your people, O LORD, and do not make Your inheritance (Israel) an object of ridicule, Or a [humiliating] byword among the [Gentile] nations. Why should they say among the peoples, ‘Where is their God?’

During this fast, I will focus on reconstructing my faith, family, finances, fitness, and future.

During this fast, **I will operate in the fruits of the Spirit**
During this fast, **I can be healed, delivered, set free,**
blessed, delivered from all debts and all generational
curses and choices.

I understand my life can and will change through this
time of fasting and praying.

During this fast, I understand that **praying with my church**
family is very important because the prayers of the
righteous avail much. I will accomplish this through the
weekly prayer room, which is every Mon, Wed, Fri.
Dial 1-515-604-9324, access code: 381179# and praying
daily with my family.

During this fast, the Word of God will be first in my life.
Thus, **I will commit to attending small groups weekly. I**
will make worship celebrations a priority by virtually
attending them and not forsaking the assembly.

(Hebrews 10:24,25)

I understand I should use my **prayer app** at pray.com to
journal all my daily requests, which I have already taken
before God.

I will also take advantage of other virtual opportunities that
BBC offers.

As a commitment to the above statements, I faithfully submit my signature.

Date _____