



First Mt. Olive Freewill Baptist Church

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PRAYER and FASTING

Corporate Fasting for our Church Family begins Tuesday, March 10, 2026
at 6:00 AM and ends at 6:00 PM.

*During your personal devotional time, please utilize your Prayer Shawl.

Corporate Fasting

What is a Fast?

Fasting, which is a form of spiritual sacrifice, means to “abstain from food and turn away from the things that the body craves in order for the inner man to concentrate on God in worship, service and praise.” *Fasting* has been a part of Christianity throughout the ages of time. The Hebrew word for *fasting* means “to cover the mouth.” The Greek word for *fasting* means “not to eat.” This fast will consist of abstaining from food. In other words, you are fasting if you are not eating food. Fasting does not change or impress God, rather it changes us. Through fasting, Christians are empowered to discipline their relationship with the Lord.

General Directions for Fasting:

1. Please consult your physician and the Holy Spirit to see if you can fast. If fasting from food is not recommended, then fast from something else (i.e. social media, television, telephone, shopping, desserts, etc.). Remember, you must give up something you like in order for God to honor your fast.
2. If this is your first fast, then you will need to build up to a 12-hour fast. On the day of the fast, go as long as you can before eating. (Feeling sick, weak or incoherent in thoughts or speech is a sign that you need to break the fast.)
3. Please make sure that you look your best during the fast. The world should not know that you are fasting. Read Matthew 6:16-18. Remember to carry mints or some other breath freshener (if not for your sake, then, for the sake of others). God bless you!

4. During the hours of fasting, we will drink water and juices only - no sweets, candy or junk food. After the hours of fasting, eat something really light at first (i.e. fruit, raw vegetables). Then eat a meal about 1/2 hour or more later. This is to help protect your empty stomach from going into shock after a long time without food.
5. When the hunger pangs hit you, remember that we are praying and fasting. Fasting without praying is dieting. Pray that the Lord will renew your strength.

Why Do We Fast and How Does It Benefit Us?

Fasting:

1. helps Christians become more sensitive to the Holy Spirit.
2. presents the opportunity for you to spend more time waiting on the Lord.
3. intensifies your prayer life.
4. aids in removing unbelief.
5. breaks yokes of bondage.
6. sharpens your intellect, skill, discernment and understanding.
7. aids in clarity of spiritual thinking and hearing when guidance or a decision is needed from the Holy Spirit.
8. hastens emotional, spiritual, financial and physical healing for the individual and the community.
9. fosters personal discipline.
10. causes you to focus on the Source, God, the Supply, and Supplier of your benefits and blessings.
11. demonstrates (to yourself) an act of scriptural obedience.

CHILDREN AND FASTING

Parents/Guardians, please discuss the issue of fasting with your children. Please do not force them to fast from food if they do not understand or do not want to do so. We strongly suggest that they only miss one meal. {Let them choose between breakfast and lunch} and cut out the snacks. Be creative.

If fasting from food is too much for the children, then let them fast from social media, television, cable, video games, going outside to play, soda and/or from one of their favorites (e.g. candy, video games, etc.). Remember, the point is that they are willing to give up something.

Parents, please prayerfully consider including your children in the fast. It will be a blessed experience for them, and it will begin to lay a foundation for their future. Your support and encouragement are recommended to maximize your child's success. As children and youth fast, they too will receive the benefits and blessings of being obedient.