

FAITH CITADEL

A Knowing, Growing and Showing Community

Harvey F. Carey, Pastor

Dear Faith Citadel Family,

Church. It can mean so many things to so many people. We strive to gain our view of life from the Word of God. Knowing that He ultimately knows the true purpose for each of us individually and for His church, His bride! One of the great duties of every believer is connection to God. Some only allow Sundays to be the moment when that happens. However, there are so many ways for us to connect with our Lord and one of them comes from the lips of our Lord, Jesus. When his disciples attempted to deal with an evil spirit, they were unable. Jesus responded in Matthew 17:21, “But this kind does not go out except by prayer **and fasting**.” Though prayer is admonished in most of the scriptures, it is this addition of fasting that Jesus mentions as what is often needed to bring about a spiritual result that nothing else can. Moses, Elijah, and Jesus all fasted for 40 days, while Nehemiah, Esther, Paul and David for lesser days and in different iterations.

So, this brings us to our annual time of prayer, fasting and consecration as we approach Resurrection Sunday (Easter). Citadel desires to “equip YOU for works of ministry or service to our Lord and His cause. Thus, we will enter our 40-day season of fasting and prayer. Beginning on Monday, February 23rd and concluding Good Friday, April 3rd; we will be praying and fasting as a church. There are two primary Biblical fasts a “**normal**” and **partial fast**. The normal fast would be the one that Jesus, Moses, Esther and Paul did; which was no food at all but just water (liquid); the partial fast (only certain foods) done by Daniel. **Please consult with your physician to ensure that fasting is something that will be appropriate for you.** There is something powerful about the church being in “agreement” or unity. I invite you to choose the fast that you will be able to engage. The Daniel Fast is the one that we have used through the years, and it entails the following according to Daniel 1:8-14; Refraining from meat products and sugars and eating only whole-wheat grains, fruits, and vegetables. For the 1st week: poultry and fish (and the items below*); for the 2nd week: fish (and below items*). After the 2nd week is completed only the following items:

***Whole grains, all types of beans, seeds, nuts, fruits and vegetables. Natural sweeteners (honey), water, fruit and vegetable juices.**

***Avoid: anything with sugar, meat, enriched products (white rice, white bread, etc.) fried foods, caffeine and carbonated beverages.**

As Jesus mentioned this is not just fasting only but fasting AND prayer. We will invite you to join us in times of prayer weekly. In line with Daniel 6:10, consider BEFORE SCREEN TIME; time in prayer and scripture reading (we will provide a suggested reading plan) and mid-day meditation; and then in the evening (Where did you see God? How did the flesh gain advantage?) Maybe consider a “fasting journal” to record these things.

In addition to your own personal reasons for fasting; **join Citadel in believing God for the following:**

- 1. An outpouring of Holy Spirit on our times together (revelation, healing, miracles, signs and wonders)**
- 2. Provision: Supernatural supply of every financial need**
- 3. Revival and Harvest: Souls saved and lost reclaimed.**

Excited and Expectant,
Pastor, Ministers and Elders