

THE IBC FAST

The Congregation of Integrity Bible Church will enter into covenant together, in a time of prayer and fasting for our church ministry and personal needs. The definition of fasting means to abstain from all of the certain types of foods in order to obtain personal and /or spiritual goals. The practice of fasting is a time set aside to dedicate oneself to focused prayer time while afflicting the flesh or denying oneself for a spiritual purpose. It is a time when we put our spirit man in control over our fleshly desires.

The congregation of IBC will together gain a greater level of intimacy with God through this spiritual disciple of fasting and prayer. As we seek God, we desire for HIS will to be done in earth as it is in heaven (Matthew 6:10). We will also become more sensitive to HIS voice as a result of fasting and prayer. This time of fasting and prayer will cause a greater awareness of desire and fulfill Isaiah 58:6, which the Lord states, "is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke"?

We will witness the manifested blessings of God upon our lives and our church ministry like never before this year. I invite you to join in with us wholeheartedly with this endeavor in love, faith, and unity (Psalm 133). There is power in oneness, power in unity; and it is there at that place of unity, the scripture says, where God "commanded the blessing, even life for evermore" (Psalm 133:3).

Pastor Broderick Hennington

PRAYER & FASTING DETAILS

STARTING DATE: Monday, January 13, 2025

ENDING DATE: Friday, January 31, 2025

TIME FRAME: 19 Days of fasting

WE WILL PRAY 10 MINUTES PER DAY OF CONCENTRATED FOCUS ON THE FOLLOWING PRAYER DIRECTIVES LISTED BELOW. THESE 10 MINUTES ARE ISOLATED MINUTES, IN ADDITION TO YOUR REGULAR SET TIME THAT YOU SPEND IN PRAYER. THESE 10 MINUTES WILL KEEP UP FOCUSED, POWERFUL, AND ON ONE ACCORD WITH OUR PRAYER TIME DURING THE FAST.

PRAYER DIRECTIVES {THE CHURCH & YOUR PERSONAL NEEDS}

1. The vision of IBC being fulfilled (all needs, met, favor, and unity)
2. Increase of Integrity Bible Church
 - a. Numerically, financially, spiritually
 - b. Break strongholds of resistance & embrace progress and change
 - c. Pray for obedience, divine application & implementation of God's instructions
 - d. Major projects and ministry additions successfully completed
3. The congregation to experience (healing, spiritual maturity, prosperity, protection, favor, fulfill purpose, families blessed, and personal needs met).
4. Church Leadership
5. Pastor Hennington & his family
6. Our NEW ministry home

FOODS

DO NOT EAT: MEATS (FISH OR CHICKEN)
SWEETS OR BREADS
PROCESSED FOODS OR SUGARS
FRIED FOODS OF ANY KIND
DAIRY PRODUCTS

ONLY EAT: FRUITS, VEGETABLES, WHOLE GRAINS, FISH, CHICKEN,
TURKEY MEAT
BROWN RICE, SOUPS, OATS, LENTILS, ETC. SEASONINGS,
HERBS,
OLIVES & CANOLA OILS, SEEDS & NUTS, RICE MILK,
COCONUT MILK
OR ALMOND MILK ON WHOLEGRAIN CEREALS, AND WHOLE
GRAIN
CRACKERS.

BEVERAGES

WATER (FILTERED / PURIFIED) *drink lots of it for detox benefits
100% PURE FRUIT OR VEGETABLE JUICE (UNSWEETENED)

MODIFICATIONS

PREGNANT OR NURSING MOMS: Add cheese & dairy products to your diet
ACTIVE SPORT PERSON/BODY BUILDERS: Add more carbs and protein

(fish/chicken, potatoes, and beans) to your diet.

***You may eat as often as you'd like but remember to be sensitive about the amounts of food, seeing that we are on a fast!

*Special Note: If this fast conflicts with your doctor's orders or medical condition, please follow your doctor's orders or simply do not participate!

SCRIPTURE REFERENCES (To Read Daily)

1. Isaiah 58th Chapter (entire chapter)
2. II Chronicles 7:14
3. Ezra 8:21-23
4. Joel 2:15
5. Matthew 6:16-18
6. Matthew 18:18-20
7. Mark 11:22-26
8. II Corinthians 2:14
9. I John 5:14 &15

MY PERSONAL PRAYER DIRECTIVES (PLEASE LIST THEM)

- 1.
- 2.
- 3.
- 4.
- 5.