

Welcome 2025 *Week of* Prayer & Fasting

We at River of Life like to begin every new year with a time of prayer and fasting. Dedicating the first full week of a new year to prayer and fasting helps align us with His will and clear plan for the rest of the year. It is our hope that you join us in this special occasion. Our week of fasting for 2025 will be January 6-10th.

We will meet at the church every day during this time for prayer at 7:00. All are welcome. Simply choose the fast that best fits you and your personal health situation, then commit to pray with us as a body for the duration of the fast. There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no treats (snacks/coffee or other pleasurable items). Eat fruits and vegetables only. Drink water and juice only.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or eat only one meal a day for three days.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting –a Full Fast, Daniel Fast or give up at least one item of food.

A few Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

It is the attitude of our hearts to sincerely seek Him that gets God's attention! (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!