

January 2025

“When Heaven Invades Earth”

A note from Pastor Brandon:

This year's theme for the week of prayer and fasting was born from a few different encounters I have had with the Lord over this past year. These encounters were quite simple but profound for the fact that Heaven really does invade the earth when HE comes. I look forward to sharing more of these experiences with you during our prayer times throughout the week. Let us consciously choose in 2025 to seek after the Lord. Let us make room for the Lord, and give him room to speak... Let us be like Isaiah when he said, “Speak Lord for your servant is listening.”

Prayer times throughout the week

Sunday, January 5	6:00 PM
Monday, January 6	6:00 PM
Tuesday, January 7	6:00 AM
Wednesday, January 8	6:30 PM
Thursday, January 9	6:00 PM
Friday, January 10	6:00 AM

Week of Prayer & Fasting

**Sunday, January 5 through
Sunday, January 12**

“When Heaven Invades Earth”

*Theme Verse: Acts 10:30 NKJV
“Four days ago I was fasting until this hour; and
at the ninth hour I prayed in my house, and
behold, a man stood before me in bright
clothing.”*

evangel
assembly of God

evangel
assembly of God

We Believe God Loves Milwaukee

What is fasting?

Quite simply, it's the Biblical practice of abstaining from food for spiritual purposes.

What is the purpose of fasting?

Fasting is a means of humbling yourself before God. It enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

Did Jesus want all believers to fast?

In Matthew 6:16, Jesus taught fasting as a believer's duty, saying, "When you fast" Notice He said *when* you fast, not *if* you fast. Jesus expected His disciples to fast as a natural result of discipleship — just as He expects us to give to the needy and pray passionately (Matthew 6:2,5,16).

What type of fast should I do this week?

Together as a church, we are doing a Daniel fast, named for the prophet Daniel from the Old Testament who gave up "royal food and wine" and ate only fruit, vegetables, and water as he sought the Lord. (Daniel 10:3)

What if I cannot do a Daniel fast for health reasons?

It is important for you to be wise when fasting. If you have health concerns, chronic medical conditions, etc., seek your doctor's instruction before you begin fasting. If you are unable to fast, we welcome you to participate in praying and worshipping fervently with the church this week.

Foods to eat on the Daniel fast

- All fruits (watch for added sugar)
- All vegetables
- All whole grains - barley, oats, whole wheat, brown rice, popcorn (no butter), oatmeal & grits (no butter), quinoa, and tofu
- All nuts and seeds (unsalted)
- All legumes - beans, peas, lentils
- All quality oils - canola, coconut, olive, peanut
- Water, 100% fruit/vegetable juice (no added sugar)

Foods to avoid on the Daniel fast

- Meat and animal products - meat, poultry, fish
- Dairy - cheese, milk, butter, yogurt, eggs, cream
- Sweeteners - sugar, sugar substitutes (Splenda, etc.), high fructose corn syrup, molasses
- Leavened bread and yeast
- Refined and processed foods - white bread, flour, and rice, and food additives
- Deep-fried foods
- Beverages - alcohol, carbonated drinks, coffee, energy drinks

Scriptures that direct us to pray and fast as believers

- Matthew 6:16-18 (What to do when you fast)
- Matthew 9:14-15 (When to fast)
- Luke 18:9-14 (Parable of the Pharisee & Tax Collector)

Relation of fasting to prayer and reading of God's Word

- Daniel 9:3, 20 (prophet Daniel)
- Joel 2:12 (people of Israel)
- Jonah 3:5-10 (people of Nineveh)
- Luke 2:37 (prophetess Anna)

Examples of fasting from the Bible

- Jesus (Luke 4:1,2)
- Nehemiah (Nehemiah 1:4)
- David (Psalm 35:13)
- Mordecai and the Jews (Esther 4:3,16)
- The Early Church (Acts 13:2, 14:23)

During the week of prayer & fasting

1. Plan ahead and set aside specific time to seek God in prayer and worship every day. If we do not plan for this significant time, it will either be rushed or missed altogether.
2. Repent of sin and ask God's forgiveness so there is no barrier between you and the Lord as you seek him.
3. Read God's Word - take time to listen as God's speaks to you through His Word. Write things down to remember what God spoke to you.