

7 Day Better Life Empowerment Fast

Join us in a special time of spiritual consecration. This Monday-Sunday

Email us at
PastorALBlue@gmail.com
for fasting schedule and
instructions.



Joshua 3:5 "Joshua told the people, 'Consecrate yourselves, for tomorrow the Lord will do amazing things among you.'"

7 Day Better Life Fast Empowerment Fast.

Theme: Expectation for a new situation: "promotion and prosperity."

Monday(sunrise) – Sunday(sunset)

****Joshua 3:5 "Joshua told the people, 'Consecrate yourselves, for tomorrow the Lord will do amazing things among you.'"***

This time of fasting and prayer allows us to prioritize our relationship with the Lord in this season ; releasing all that held us back, hurt or hindered us in first half of 2018; freeing us up to enter this new season hungry for the supernatural to increase in our lives.

During the 7 days, we will believe God for revival, miracles and breakthroughs Increases and promotion in our spiritual lives.

Whether this is your first time fasting or you have done this many times before with us, the result is always a closer connection with God and a stronger church Ministry family.

What am I required to fast from?

- **Food Fast- No Meats and sweets.** - we will be eating fruits during the day, with liquids (tea/limited coffee, herbal drinks and water) with a veg meal in the evenings.

we choose not to eat certain foods like meat or sweets, we allow our physical bodies to hunger and to bring our desires into alignment with our spiritual need for God.

There is a clarity in hearing from the Lord which comes when we fast and pray; making a small sacrifice to give up a “pleasure” or comfort to increase your spiritual sight and vision and ability to be available to build the kingdom of God.

- **Media Fast**

During this time we encourage you to turn off the TV, computer, video games, Facebook, twitter, Instagram, the Internet and any other form of social media for a brief period of time except for spiritual engagement online .

You may decide to fast from Facebook or some other form of media altogether or to limit your time to only 1-2 hours per day.

When we do this we create more time when we can read our Bible, pray, worship and hear from God.

During this time of fasting, be intentional about your priorities. Set aside ample time to be alone with the Lord. The more time you spend with God, the more meaningful your fast will be.

If you need an overview or suggestions on what you can do to make the most of the fast in terms of having a daily routine, use the below points:

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Invite Holy Spirit to work in you.

Noon

- Take a short prayer walk except on Wednesday Lunchtime with God teachings.
- Spend time in intercessory prayer for the theme of the day.

Evening

- Make time for an unhurried time of "seeking God's face"
- If others are fasting with you, meet together for prayer we will be on PrayerCAST LINE praying for 15 Mins every evening at 7:30pm EST.
- Avoid television or any other distraction that may affect your spiritual focus.

When possible, begin and end each day with your spouse, family or friend for a brief time of praise and thanksgiving to the Lord.

What will we be praying about?

*We are placing the Lord as first priority in our lives to bring about the breakthroughs, the new, the renewal and the revival; in us the Better Life Movement and the global body of Christ.

*Our Pastors & Ministry Leaders pioneering the betterlife empowerment movement.

****Check every day for our daily prayer themes & scriptures we will be posting on GroupMe and instagram @BetterLifeology

Hashtags for social media during this fast :

#BetterLife

#Opportunity

#PromotionAndProsperity

#NewNow

PastorBlue

Please let us know you'll be fasting & praying with us!

Email us @ PastorALBlue@Gmail.com

And let us know about commitment to fast with us and any testimonies along the way.