

Eagle Mountain International Church

My Fasting Checklist

Pastor George Pearsons—Wednesday, Jan. 31, 2024

A. Daniel 10:2-3—The February 2024 Fast

1. It begins next Monday, Feb. 5.
2. We are calling this our “21-Day Daniel Fast.”
 - a. Verses 2-3: “In those days I Daniel was mourning (fasting) three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.”
 - b. “Pleasant bread” represents those things we set aside that the flesh craves, in order to feed our spirit.
3. **We all need extended times of spiritual focus in order to receive answers, direction and clarity.**

B. Matthew 6:18—The Open Rewards of Fasting

1. Verse 18 (AMPC): “...your Father, Who sees in secret, will reward you in the open.”
2. The rewards are what you are believing for as a result of the fast.
3. **“Fasting is an assistance to receiving.” –Kenneth Copeland**

C. The Rewards of this Fast

1. **An Awakening to God In the Body of Christ**
2. **An Awakening to God In Israel**
3. **An Awakening to God In America and the Nations**
4. **The 2024 Elections**
5. **Breakthroughs for KCM, EMIC, KCBC® and VICTORY Channel®**
6. **Personal Breakthroughs (Answers, Direction and Clarity)**
7. **Prepare for All That Is Coming**

D. My Fasting Checklist

1. **Decide the purpose of your fast.**
 - a. John 14:26 (NKJV): “But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things....”
 - b. Spend time seeking The LORD.
 - c. The Holy Spirit will help you clarify the purpose.
 - d. “Lord, I am fasting for the following reasons....”
 - e. Write your list.
 - f. Write a scripture beside each item because The WORD is the foundation for your desires.

2. Identify what you are going to fast.

- a. Hebrews 12:1-2 (NIV-84): “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith....”
- b. In some cases, it is pretty obvious what we are to fast.
- c. Do you dare identify the things you really enjoy?
- d. Write your list and put it on the altar as a sacrifice.
- e. Romans 12:1 (NLT): “And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.”

3. Proclaim the fast before The LORD.

- a. 2 Chronicles 20:3: “And Jehoshaphat feared, and set himself to seek The LORD, and proclaimed a fast throughout all Judah.”
- b. Formally announce it to your family.
- c. We will formally proclaim our fast on Sunday.
- d. The fast will be easier to fulfill once you declare it and are committed to it.
- e. Job 22:28 (AMPC): “You shall also decide and decree a thing, and it shall be established for you; and the light [of God’s favor] shall shine upon your ways.”
- f. God’s favor will shine upon your proclamation.
- g. **“Father, with You as my Helper, I proclaim this fast. I commit to it fully. I make the quality decision to humble my flesh for the next 21 days. I do away with my own pleasures and bring my body and mind under subjection to Your will and purpose.”**

4. Believe you receive your rewards (results) now by faith.

- a. Mark 11:24: “Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”
- b. Receive your open rewards according to Matthew 6:18.
- c. We are not going to receive because we fast.
- d. Fasting simply positions us to receive more easily.
- e. We receive because we believed in faith.

5. Minister to The LORD during the fast.

- a. Acts 13:2: “As they ministered to The LORD, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.”
- b. Ministering to The LORD in praise and worship will keep your spirit active.
- c. It will build you up and open the door for the Holy Spirit to speak.
- d. You will need that additional strength to stand strong.
- e. Isaiah 40:31: “But they that wait upon The LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

6. Minister to others during the fast.

- a. Isaiah 58:10 (NKJV): “If you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday.”
- b. Be open and available to others as God leads.
- c. Give what you would have spent on things you are fasting to those in need (clothes, food, time).
- d. **Fasting is also a time of preparation for greater ministry.**
- e. Luke 4:14 (After His fast): “Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.”
- f. **“Following the fast, do not think, ‘Well, I am never going to fast again. I didn’t receive a thing from God.’ Yes, you did. As you minister to others, you will discover just how much you received. You will take notice that the power of God is working in you in a much greater way.”**
--Kenneth Copeland

7. Expect assistance from the angels.

- a. Matthew 4:11 (NKJV): “Then the devil left Him, and behold, angels came and ministered to Him.”
- b. Jesus received angelic assistance.
- c. We can expect the same assistance.
- d. Hebrews 1:14 (NKJV): “Are they not all ministering spirits sent forth to minister for those who will inherit salvation?”

E. The Long-Term Effects of Fasting

“When you fast according to The WORD of God, you will see and reap the results for years to come. You will think that you must surely be the most BLESSED person in the world. Things will come to you for which you have not even prayed or asked God for.

“It has happened to me. God told me later that these things came to me because I had exalted Him months before. He was working on my behalf. I was then reaping the fruit of the seed which I had sown.

“Matthew 6 tells us, ‘Moreover when you fast...your Father which is in secret...shall reward you openly.’”

–Kenneth Copeland, *Six Steps to Excellence in Ministry*