

FASTING GUIDELINES AND INFORMATION WORLD MISSIONS CHRISTIAN FELLOWSHIP 2016
(01/11/2016-01/31/2016)

“But the days will come when the Bridegroom will be taken away from them, and then they will fast.”

— Matthew 9:15

“Fasting begets prophets and strengthens strong men. Fasting makes lawgivers wise; it is the soul’s safeguard, the body’s trusted comrade, the armor of the champion, the training of the athlete.”

— Basil, Bishop of Caesarea (AD 330–379)

“Fasting... opens the way for the outpouring of the Spirit and the restoration of God’s house. Fasting in this age of the absent Bridegroom is in expectation of His return. Soon there will be the midnight cry, ‘Behold, the bridegroom! Come out to meet him.’ It will be too late then to fast and to pray. The time is now.”

— God’s Chosen Fast, Arthur Wallis

There has been a resurgence of fasting in recent decades, as God calls His people to regular fasting as part of a normal Christian lifestyle. We must prepare ourselves adequately so that the fast can honor God and fulfill its purpose. The following is a general overview of biblical precedent and guidelines for wise fasting to help and encourage you.

Fasting Is Biblical

The practice of regular fasting as normal Christian behavior was taught by Jesus (Mt. 6:16–17, 9:15), exercised by the early church (Acts 13:2), and has been the regular discipline of believers throughout church history. The practice of fasting in Scripture usually includes, but is not limited to, abstinence from food (Dan. 10:3) and may be engaged in for varying durations—typically for no more than a few days at a time.

Abstaining from all food for extended periods of time is biblical, but was rare and unusual in Scripture (Ex. 34:28; 1 Kgs. 19:5–8; Lk. 4:2), and thus should never be undertaken without counsel and appropriate supervision. The same standard applies to an absolute fast (Esther fast—no food or water for three days) of any duration (Est. 4:16). The maximum length of an adult fast that is biblically supported is forty days without food for a male adult in good health, and three days without water. The Bible does not speak of children engaging in fasting food.

Fasting Is Always Voluntary

Though spiritual leaders may invite others to join in corporate fasting with a specific goal in mind and for a specific time, fasting can never be forced or made compulsory. In light of this, fasting is not a mandatory requirement for joining staff at the International House of Prayer, but we do promote and encourage it as a biblically and historically proven means of positioning our heart to receive more of God’s grace in the context of commitment to prayer and to the Word (Joel 2:15). The level at which a person engages in fasting (particularly food) should be determined according to age and with regard to any physical limitations. Those with a known or suspected physical disability or illness, or those with any history of an eating disorder, should never fast, except in consultation with, and under the supervision of, a qualified doctor. Pregnant or nursing mothers should not fast food or drink as it could negatively affect the health and development of their baby and their own personal health.

Minors/Children

Minors are discouraged from fasting food and should never engage in fasting without express parental consent and oversight. Minors who desire to fast are encouraged to consider non-food abstentions, such as TV, movies, Internet surfing, video games, and other entertainment. If older teenagers do fast food under their parents' supervision, we encourage them to use juice and protein drinks to sustain them, out of consideration for their health and metabolism.

Fasting Regularly

Participation in regular fasting as a lifestyle necessitates a healthy lifestyle on days when food is not being fasted, and should include exercise and a proper diet. A "fasted lifestyle" is a disciplined lifestyle, in which we steward our bodies and time with wisdom and diligence. Fasting is not only abstention; it is an exchange where we abstain from certain things in order to "feast" on God's Word and prayer, whereby the abundance of His grace is made more readily available to us. When undertaken with this type of commitment, a fasted lifestyle is sustainable on a long-term basis, just as it was for Daniel and his friends (Dan. 1).

The Benefits of Fasting

While the physical impact of fasting is real, the spiritual benefits of fasting are undeniable. Any fast undertaken must be done with spiritual wholeheartedness and wisdom when dealing with our physical body; we must count the cost honestly and honor the temple of the Holy Spirit. Whether we are partaking or abstaining, everything should be for the glory of God.

Physically Preparing for a Fast That Extends More Than Two Days

Prepare your body for the fast and prevent constipation during and after the fast by eating certain preventative foods at least two days beforehand (even longer before an extended fast), such as: fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc.

Eat smaller meals a few days prior to the fast.

Avoid high-fat and sugary foods before the fast.

Make your commitment and determine the length. You can fast in many different ways. Pray, and ask God what He will give you faith for in terms of the duration of the fast.

A Daniel fast, with vegetables and water, is good for those carrying a heavy workload.

A fruit or vegetable juice fast allows you to enter into fasting but still gives enough energy to function. Many people have done a 40-day juice fast. If you have sugar sensitivities or problems (e.g. diabetes), consult your doctor before attempting this (or any other) fast.

A water-only fast has been undertaken by many people. We would not encourage this without strong medical supervision, particularly in the case of young people. Depending on your weight and metabolism, you can go forty days on water alone.

A total fast is without food or water (all liquids). Never go beyond three days without water. Discuss your plans with your doctor, church leaders, and spouse or parents. We do not encourage the kind of fasting that abstains from all liquids without specific confirmation from the Lord through your church leadership or parents/spouse, etc.

Helpful Hints for Your Fast (Physical)

Drink plenty of water. (Drinking at least half of your body weight in ounces of water per day is a good rule of thumb whether you are fasting or not.)

It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks. Also, avoid soy protein drinks, which have been known to cause health problems during a fast.

If you are on a juice fast, drink raw fruit juices such as apple, grape, and pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are also good, but they are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet, or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (be sure to buy juices without any added sugars). Some of the benefits of drinking raw juice versus bottled are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value.

During a fast, four major areas of the body are going through a detoxification process. Take care to attend to each of these:

The bowels/colon/large intestines: The body begins detoxifying during a fast, depositing the toxins into the intestines.

The kidneys: Drinking fruit juices, vegetable juices, broth, or just plenty of water will remove many toxins via the kidneys.

The lungs: If strength permits, walk half an hour during the day to help cleanse the lungs. Also do some deep breathing throughout the day by inhaling through the nose and exhaling through the mouth.

The skin: Since one-third of the waste products eliminated during a fast are removed via the skin, adequate bathing is essential.

Helpful Hints for Your Fast (Spiritual)

Seek advice and permission before the fast. Seek medical advice before the fast, especially if you have any existing medical concerns or conditions. If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual covering, submission, and unity are important factors when fasting. Discuss your plans with your church leaders. Remember, fasting is an attitude of the heart! Ask them if they would consider fasting with you.

Fast and pray in order to humble yourself and purify your worship. In fasting we are not trying to get something from God, but seeking to realign our hearts' affections with His. In fasting we can more readily say, "We love you, Lord, more than anything in the world." Lust of any kind is perverted worship, but fasting enables us to cleanse the sanctuary of our hearts from every other rival.

Don't boast about your fast. Let people know you won't be eating only if necessary (Mt. 6:16–18).

Do the fast with someone else. Two are better than one! We encourage parents and kids to consider fasting together. Several generations fasting together has a powerful impact.

Have a clear target as your prayer focus. Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it (Hab. 2:2).

Take time to pray and read the Word. This may seem obvious, but busyness and distractions can keep you from devotions. Reading books with testimonies of victories gained through fasting will encourage you, too. *Shaping History through Prayer and Fasting* by Derek Prince, *Fast Forward* by Lou Engle, and *God's Chosen Fast* by Arthur Wallis are just some of the books about fasting that are available.

Expect to hear God's voice in the Word, dreams, visions, and revelations. Daniel prepared himself to receive revelation through fasting (Dan. 10:1–2). There is a fasting reward (Mt. 6:18).

Prepare for opposition. On the day of your fast you can bet that donuts will be at the office or in class. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through. Many times you

may feel more tension build at home. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come in like a flood, but recognize the source and take your stand on the victory of Christ.

If you fail, don't give in to condemnation. The "to fast or not to fast" dilemma can be a major tool of the enemy. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast.

Feel free to rest a lot and continue to exercise with supervision.

Breakthroughs often come after a fast, not during it. Do not listen to the lie that nothing is happening. It is our conviction that every fast done in faith will be rewarded.

How to Successfully Break Your Fast

Break your fast gradually. At this point you will need to exercise watchful self-control. Break your fast on a meal that is light and easy to digest (i.e., a pound of grapes, a shredded apple, watermelon, or steamed vegetables).

When breaking a fast of ten days or more, the break-in period should be extended one day for every four days of fasting.

A fast of three days or more should never be broken by eating a normal meal (including animal proteins, bread, sugar, dairy, and processed foods) because these heavy foods put a severe strain and shock on the digestive organs which have been resting throughout the fast. Eating too heavily after a fast can produce serious discomfort (stomach cramps, nausea, and weakness) and can nullify the physical benefits of fasting; it can also cause serious irreversible complications or even death.

After breaking an extended fast, continue drinking fruit or vegetable juices because the stomach is continuing to detoxify.

During any fast exceeding two days, your stomach will shrink. Do not over-expand it again by overeating. If you have been prone to eating too heavily, guard against going back to this habit. If you train yourself to eat more lightly, your stomach will adjust itself accordingly.

While continuing to drink fruit or vegetable juices, add the following:

1st–3rd day after the fast (increase amount of days for extended fast): Eat fruit and raw/steamed vegetables only. Example meals for the first few days are a pound of fruit, a baked or boiled potato without butter, steamed vegetables, or a vegetable-only salad without oil-based dressing. Avoid bananas for the first few days; they have no juice in them and can easily cause constipation.

Thereafter, you may return to heavier foods such as animal proteins, but maintaining a healthy diet after the fast will promote lifelong health and allow you to fast correctly in the future.

Take extra care in breaking a water fast. Begin with drinking fruit or vegetable juices and gradually ease into eating fruit and steamed vegetables.

It is important after a fast to begin to discern between real hunger and cravings so you do not feed your cravings.

Important Medical Information

Years of fasting incorrectly can cause permanent physical damage to your body. These negative effects are not typically felt at a young age, but they will accumulate after years of fasting. In their zeal, some people have begun fasting in an extreme way before understanding how fasting physically affects the body; increasing your understanding and taking care of your body while both fasting and eating will ensure your ability to live the fasted lifestyle for many years to come.

Pregnant or nursing mothers should never fast all food and/or drink, as fasting could be very dangerous to their baby's development and health, and their own personal health. Pregnant or nursing mothers could engage in types of fasting such as giving up certain kinds of food. However, women who are nursing or pregnant must always maintain a balanced diet. Any kind of fasting which leads to detoxification could be dangerous to the baby as the toxins can affect the baby via the mother's milk or her bloodstream.

People who have struggled with eating disorders in the past should undertake any fasting with wisdom and caution. Fasting should not be used as a motive for weight-loss; it is important to enter back into “normal” healthy eating after a long fast (as described in the previous section).

If you have a diagnosed illness and/or are taking prescription medicine, fasting should only be done under the direct supervision of a doctor or healthcare professional.

Some people have trouble fasting and become extremely hungry, dizzy, and nauseous because they have undiagnosed low blood sugar, so they should drink fruit and vegetable juices to help keep the blood sugar stable during short fasts. If the juice contains too much sugar for your system, dilute it by 50 percent with water or drink a “green drink” (made by juicing carrots, celery, spinach, and parsley). If these or any symptoms persist, you should stop fasting and seek immediate professional help from a doctor or healthcare professional.

If you are having digestive trouble after breaking a fast (e.g., diarrhea), mix a cup of unsweetened applesauce with a cup of cooked brown rice. This should stop the diarrhea. Also, take digestive enzymes (inquire at your local health store) to aid your stomach’s digestive transition.

This Handout Is for Informational Purposes Only.

FIGHT FOR GREATER THINGS FROM THE LORD

Day 1. (Read Jonah 1-3)

In the book of Jonah from the Old Testament we find the most amazing story. Here was a man, a prophet, who was given orders by God to warn the city of Nineveh to turn from their disobedient, evil ways to The Lord. Instead of obeying, Jonah gets on a ship going in the opposite direction. He was disobedient to God because he knew God would have mercy on these people in the long run. He didn't want to "put himself out there" deliver the warning from The Lord and then see God change His compassionate heart. Worried about looking foolish he ends up questioning and arguing with God. Finally, The Lord must bring Jonah a trial that exposes him completely.

So in OUR service to the Army of God, in the ranks of World Missions Christian Fellowship, how are WE doing? Do we question, or second guess the direction given to us by God and our leadership? Are we like Jonah wanting to do only what is comfortable and agreeable? Is our heart truly surrendered to the will of God and our ministry? Moving forward with this tremendous Vision requires an army of brave and obedient soldiers. The Lord used a trial to reveal to Jonah the error of his heart and his service to God. It wasn't easy and it wasn't pretty. But God was definitely speaking. And actually the Book of Jonah ends with God's final words. We really don't know if dear Jonah repented or not. And that's really the truth of the matter. God is a mighty force to be reckoned with! His Will, will be accomplished whether we obey or not. Personally, I desire to obey, to be a blessing and an asset. How about you? Well then...GET IN LINE SOLDIER!

Day 2

"A CALL TO ARMS"

Micah 5:1 "Now gather yourself in troops o daughter of troops....."

As our ministry grows, so does its need for trained soldiers to suit up & fall into rank. Sounds like a done deal but in reality we face much opposition. Not just from the enemy, but also from people within our own ranks that are not on the same page as our leaders.

Can you imagine our US armed forces gathering together, falling into rank, ready to march.....but they all go in different directions? We must check our hearts to make sure that we're on the same page as our leaders. Failure to do so will make us no different than the workers building the tower of Babel. They were working hard....building....but with their own agenda! That's why they couldn't progress.

Soldiers don't always understand all the aspects of war, but what is required of them is to march & obey! So let's strap up our combat boots, gather ourselves in troops & start marching in the direction that God has shown our leaders! As we fall into place, then so will the circumstances in our lives.....

Day 3

"Doing Away with the Old"

John 15:1 "I am the true vine, and My Father is the keeper of the vineyard."

John 15:5-6 "I am the vine, and you are the branches. If you abide in Me and I in you, you will bear great fruit. Without Me, you will accomplish nothing. If anyone does not abide in Me, he is like a branch that is tossed out and shrivels up and is later gathered to be tossed into the fire to burn."

Leadership is like a bright spotlight, when the heat intensifies, it is difficult to conceal the areas where we fail. But that is where true character is revealed. Jesus isn't just a HIGH priority, but HE is the SOURCE of life! Jesus Himself taught the disciples in this portion of scripture that they needed to depend on HIM for their very lives.

Every day we have opportunities to choose to arise and become those skilled leaders, well trained and able to lead others to reach their full potential in life. We are only able to do this, as we abide in Him. How often do distractions deter us from actually hearing God's leading? If we can't hear Him, we can't obey Him.

We must make His law our delight, this version of the VOICE says, "Our happiness" (Ps. 1:2 "For you, the Eternal's Word is your happiness. It is your focus—from dusk to dawn.") and let it be our focus, Day and Night.

Are you hesitant in becoming the Woman & Man, Boy or Girl Warrior who is fully committed to God's will for your life? What is keeping you from devoting totally to Him and becoming the Leader that Arises for war? I challenge you this day, to abide in Jesus, in His Word, and to claim our Promise scripture Isaiah 54:2-3 for your personal life, and ministry.

Day 4

1Samuel 16:12-13

Then the Lord said, "Rise and anoint him; this is the one." So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came powerfully upon David."

This passage of scripture is a reminder to me that:

David did not choose to be king, but God chose David to be King.

John 15:16 – "You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last...

Man looks at the outer, but God looks at the heart.

He will equip you and I, for the assignment that He has called us to do.

We must embrace our assignment and be confident in Him to accomplish the task that is before us.

When we stay connected to the source, His Spirit will give us power!

Stand your ground my Brother & Sister and stay STRONG, FOCUSED, and FAITHFUL in this war that we are in!

Day 5

Tailor made for the Call

Leaders that are tailor made to a "Call to Arms," are made with quality for a purpose. Every leader is different; we all have our own DNA.

We have not been given a calling that cannot be used. Our gift, our calling is our arm.

Our calling is individually unique; we don't have a weapon like the next leader... In the eyes of God we have been made perfect.

Tailor made leaders know who made them, Psalm 139:13-16.

We must perfect the calling that God has given us! We must be leaders for today! Not of yesterday!

The call to arms has never been as urgent as it is today. It is time to take your place, your position, and know that you are armed with a calling.

Stand on what God has said, and stop listening to the lies that the enemy whispers.

What can separate you from the Love of God? Romans 8:35-39

Day 6

This is War

As Christians, we need to remember that we are called to war against sin and the works of the enemy in this world. "All who desire to live a Godly life in Christ will be persecuted." Sometimes we are surprised when we go through suffering and ask, "Why is this happening to me? Why am I going through this terrible pain? Why are my prayers not being answered? Why I am being treated so badly? Why?

"This Is War". We should be aware of the plan of our enemy to try to destroy God's purpose in our lives. Suffering and pain is a part of the war we are engaged in. Just remember that God will always work things out for our good. "This is War". We have powerful enemies; we pass through spiritual minefields daily. We have to mortify the desires and temptation of our flesh. But we have a great High Priest interceding for us. The power of God is in us, the Holy Spirit Himself. We have powerful weapons – prayer, the word, and knowing God is fighting for us! One day soon, He is coming for us. So keep up the fight because you're on the winning side!

Day 7

We've been Anointed and Appointed

"The Spirit of the Lord is upon me, because He has anointed me to preach the gospel to the poor; He has sent me to heal the brokenhearted, To proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, Luke 4:18.

During this time of separation in prayer and fasting, the Lord is reminding us that his Spirit is upon us and therefore He has anointed us. This particular scripture shows us that we have been anointed and appointed by the Holy One himself to carry out our command and marching orders. As WMCF members we've received a "Call To Arms" to take our place in the army of Lord to more than ever raise up leaders!

Let us not forget that He's the one that enables us to serve Him with His power and impart His life into the lives of women who desire leadership. It takes a supernatural ability to walk in our calling and ministry! The anointing of the Holy Spirit is what makes the difference between success and failure in our work and labor for the Lord. We must understand that it will take more than good abilities and aptitudes in our spiritual equipping. We need His anointing upon our lives in order to be effective and see lasting fruit.

Day 8

Time to Build and Battle

Nehemiah 4:10-23

Nehemiah was a working man that heard the cry of his nation, and took on the challenge set before him. When we decide to do something great for the Lord know that it will come with a price.

In building, there are three things we could do to accomplish the task at hand:

Have the balance of faith while working – We stand upon the Word of God and His promises knowing that He is with us even when the enemy would try to rise up and snarl or threaten us. When you are called by God, He will be your protector and advocate! (1 John 4:4)

Stay in prayer with precaution – prayer and fasting, meditating on the Word, we set up a safeguard so that we can remain standing through the fire, trials and tribulations in this life. We are on the offense not the defense! (2 Timothy 4:5)

Trust with action – do not shrink back but stay in your post and fix your eyes on Jesus, He won't steer you wrong, you will always come out a winner when you put your trust in Him! (Gal. 6:9)

Don't get off the wall until you are done building, keep your full armor on for we will reap the harvest for the kingdom of Christ Jesus, it's going to be worth it!

Day 9

"A Call to Arms"

(Defined – A command to report for Active military Duty!)

Are We Ready for Active Duty Men, Ladies, Young Adults and CGYM Youths of World Missions Christian Fellowship?

Then Boaz asked his foreman, "Who is that young woman over there? Whom does she belong to?" And the foreman replied, "She is the young woman from Moab who came back with Naomi. She asked me this morning if she could gather grain behind the harvesters. She has been hard at work ever since, except for a few minutes' rest in the shelter." Ruth 2:5-6 (NLT)

Modern day Ruth was willingly and obediently active at work for the Lord. Will we WORLD MISSIONS CHRISTIAN FELLOWSHIP be enlisted and ready for the command of our Generals and the vision of our ministry? Ruth was faithful gathering grain behind the harvesters, as WMCF we must also be faithful at our post behind our Fearless leaders at work helping build God's Kingdom and this CHURCH.

Boaz went over and said to Ruth, "Listen my daughter, stay right here with us when you gather grain; don't go to any other fields". Stay right behind the young women working in my field. See which part of the field they are harvesting, and then follow them. Ruth 2:8-9 (NLT)

There is an urgency for modern day Ruth's to rise up and follow to take their place, go on assignments, reaching treasures out of darkness, giving not only your time to the work of the Lord but giving finances to WMCF so this Global vision will continue to further the gospel throughout the earth. "Where we can't go, our finances can go and reach the world".

Day 10

2 Timothy 2:1-4 (NLT)

Timothy, my dear son, be strong through the grace that God gives you in Christ Jesus. You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others. Endure suffering along with me, as a good soldier of Christ Jesus. Soldiers don't get tied up in the affairs of civilian life, for then they cannot please the officer who enlisted them.

The book of second Timothy was the second letter written by the apostle Paul to his dear, spiritual son Timothy. Timothy was now pastoring one of the largest churches at the time in Ephesus. Paul found himself facing death, sitting in a cold and lonely Roman prison. The book of second Timothy can be looked at as his last words.

Here in Paul's letter he exhorts believers to be able to endure hardship; comparing the discipline to that of a soldier. Paul explains to Timothy that all Christians are soldiers of Jesus Christ, but especially those who minister the Gospel. We become soldiers for Christ because we fight under His banner, in His cause and against His enemies. As soldiers in this army we must prove ourselves to be good and faithful, enduring hardship. As Christians when we suffer, we share in a common experience.

With the great task to accomplish before us, the vision WORLD MISSIONS CHRISTIAN FELLOWSHIP we must hear this "Call to Arms". The same call the apostle Paul gave Timothy as his last words, is our charge today. It is time to "teach these truths to other trustworthy people". Our work is not done until new believers are able to make disciples of others. As good soldiers we must endure hardship, for this pleases our commanding officer -JESUS? For almost 17 years God has lead a group of committed soldiers in the army of WORLD MISSIONS CHRISTIAN FELLOWSHIP and as we stand on our promises we know, "He who promised will be faithful," Hebrews 10:23.

Day 11

Get In Line Soldier

Obedience often requires bravery.

In the book of Jonah from the Old Testament we find the most amazing story. Here was a man, a prophet, who was given orders by God to warn the city of Nineveh to turn from their disobedient, evil ways to The Lord. Instead of obeying, Jonah gets on a ship going in the opposite direction. He was disobedient to God because he knew God would have mercy on these people in the long run. He didn't want to "put himself out there" deliver the warning from The Lord and then see God change His compassionate heart. Worried about looking foolish he ends up questioning and arguing with God. Finally, The Lord must bring Jonah a trial that exposes him completely.

So in OUR service to the Army of God, in the ranks of World Missions Christian Fellowship, how are we doing? Are we like Jonah wanting to do only what is comfortable and agreeable? Is our heart truly surrendered to the will of God and this ministry? Moving forward with this tremendous Vision requires an army of brave and obedient soldiers. The Lord used a trial to reveal to Jonah the error of his heart and his service to God. It wasn't easy and it wasn't pretty. But God was definitely speaking. And actually the Book of Jonah ends with God's final words. God is a mighty force to be reckoned with! His Will, will be accomplished whether we obey or not. Personally, I desire to obey, to be a blessing and an asset. How about you? Well then...GET IN LINE SOLDIER.

Day 12

Army of the Lord

After watching a documentary about the perils of war, I woke up thinking, "Why do people enlist in the armed forces?" Every day ordinary people make a life changing decision to leave the comforts of their own life and enlist in the armed forces. They are in essence signing their life away. They know that they are giving up their right to personal freedom, that every day they will be held to a strict schedule and dress code. They will be subjected to months of rigorous physical and mental training, and after boot camp, they will be sent on a mission. It is very possible that they will find themselves on foreign soil in the front line of battle fighting for their country and risking their own life. So again I ask, "What causes someone to join the military?" There are many reasons that bring a young man or woman to this place. Some have grown up in military families and their participation is expected, some are looking to escape their current life circumstances, some desire the honor and prestige of being an 'officer' some are seeking the benefits (such as paid education) that come along with the assignment, and some are looking for a place of belonging, a family. I believe the two greatest factors that draw ordinary people to the honorable task of serving our nation are.

1) Love of country and 2) seeking a sense of greater purpose; wanting to be a part of something that makes a difference, something greater than themselves.

This is the same in Christianity. People come to know Christ in many different ways. Yes, many are in search of a savior and a desire to believe in something greater than themselves; but many come through the doors of our churches for other reasons. Many are desperate to be delivered from a vice or addiction, some are trying to escape negative life circumstances and others are hurting or sick in body and looking for a healing. Many people come confused and searching for the 'meaning of life', others have been abandoned and are looking for a sense of belonging and yet others have grown up in the ministry and are following the legacy of their families. Believe it or not some have even mindlessly wandered into the opened doors of our church and their lives will never again be the same.

No matter what situations or circumstances brought us, once we have received the free gift of salvation, we have officially enlisted in the Army of the Lord, (2 Timothy 2: 3-4). We have given up our rights and no longer have the liberty to be involved in civilian affairs. We must daily renounce worldly pleasures and discipline ourselves. We must have the courage, commitment and willingness to endure hardship in preparation for the mission we are being trained for. We must be ready to say 'yes' to the assignment we are challenged with. Ultimately our desire should be to please our commanding officer.

Just like the armed forces, we have to keep in mind that here in World Missions Christian Fellowship we are one army, we have one Vision. We are one body working together to accomplish the mission that God has set out before us. When the world see's our CHURCH, I pray that they see a mighty army serving for the honor and glory of God.

I encourage you..... "Stay the course Soldier. Prepare yourself, Endure hardship. When you get weary and feel like giving up, look to your left and to your right and remember you are not fighting alone. Look ahead and remember the 'Cause' that we are fighting for. Look up and remember to please your commanding officer!" JESUS

Day 13

Guaranteed Victory

"When you go out to fight your enemies and you face horses and chariots and an army greater than your own, do not be afraid. The Lord your God, who brought you out of the land of Egypt, is with you! 2 When you prepare for battle, the priest must come forward to speak to the troops. 3 He will say to them, 'Listen to me, all you men of Israel! Do not be afraid as you go out to fight your enemies today! Do not lose heart or panic

or tremble before them. 4 For the Lord your God is going with you! He will fight for you against your enemies, and he will give you victory!' Deuteronomy 20:1-4

You and I are soldiers in the Army of God! There will be times when our enemy seems larger and greater, seasons when we are toe to toe with him. When those seasons come we Men, Women, Young Adults, Youths and Children to remember the words of Deuteronomy 20:1-4 "For the Lord your God is going with you! He will fight for you against your enemies, and he will give you victory!"

Do not lose heart or panic or tremble. God is calling courageous men and women to pick up weapon and fight for the inner cities of the world. Someone once said "Courage is not the absence of fear but it is the willingness to act in spite of fear." Our fight is fixed in our favor- we have a guaranteed Victory.

Day 14

God's Secret Weapon

And the Lord said to Samuel: "See, I am about to do something in Israel that will make the ears of everyone who hears about it tingle (1 Samuel3:11 NIV).

God was tired of Eli and His sons, according to the word of God they were referred to as scoundrels ... Meaning no values, no moral compass, no respect, and no honor for God. Though God had made a promise to Eli that there would be a position for him and his family in the Temple all his life. A change was coming.

"But now the Lord declares: "Far be it from me" (1 Samuel2:30 NIV). God had no choice but to say this is enough, "I have to do something new." Samuel was that something new. God's secret weapon, no one knew or expected that this young man was being trained to become the next great Spiritual Leader. The one who would stand and fight against the evil of man, the one who would influence a people that were so far from the things of God... He was the chosen one who would impact his generation.

"Before I formed you in the womb I knew you, before you were born I set you apart", Jeremiah1:5a NIV.

Just as Samuel was set apart, so are You! In spite of your circumstances you have a purpose. You are that secret weapon.

God is setting apart an army of men and women that would be found standing in the Army of God, willing to fight.

Men and Women that are trained to hear the voice of God who are on the right side and fighting the right fight. We can easily find ourselves in the wrong fight, against our spouse, our children, fighting people in the church, fighting our leaders.

Men and Women that are not distracted by the things of this world. Can you imagine a soldier on the front lines daydreaming of something else? They would not last very long. Little did you know that God has positioned you to be trained to influence and change a culture, a generation that is so far from God.

Samuel continued as Israel's leader all the days of his life (1 Samuel7:15 NIV). When we were enlisted to be God's secret weapon it was not for a season but for all the days of our life.

Day 15

Strong Women For Troubled Times

Thus says the LORD of hosts: "Consider and call for the mourning women, that they may come; And send for skillful wailing women, that they may come. Let them make haste and take up a wailing for us, that our eyes may run with tears, and our eyelids gush with water. For a voice of wailing is heard from Zion: 'How we are plundered! We are greatly ashamed, because we have forsaken the land, because we have been cast out of our dwellings.' Yet hear the word of the LORD, O women, and let your ear receive the word of His mouth; Teach your daughters wailing, and everyone her neighbor a lamentation. (Jeremiah 9:17-20)

When I think of our title fellowships and ceremonies, "A Call to Arms" immediately I think of war, spiritual warfare putting on our armor, pulling out our sword, etc. These are the things we must do in order to fight this daily battle.

I want to speak to you about another form of warfare, travail. To travail is to be burdensome, to mourn over something, to labor or to exert oneself. In Jeremiah 9, God was calling forth the wailing women, because in the streets of the city young men and people in general were dying and losing their life more than ever. The enemy was taking God's children out! Isn't that like the times we are living in now where every time you turn on the news there is a bad story of murder. Just last night I heard of men and women who attended an end of year party in San Bernardino, California. A co-worker with his wife took their guns and killed man co-workers. Why would they do such a thing? Evil is being loosed upon the earth more now than ever.

Ladies, when we hear about this it should bring us to our knees in prayer, but it seems the opposite. We have grown accustomed to hearing bad news. It becomes another sad story. But, for women of God, it should cause us to pray. This is not a time to allow the enemy to blind us or rock us to sleep, as though we are not living in the most troubled times. No, in fact, it's a time to teach younger women to be alert, to be on guard, and to be aware of what the enemy is doing and will continue to do. To stand in the gap and pray is a call from God in this hour! We must feel the need to press in and pray for the lost, it's a call to arms! We can shout, we can preach, we can testify, but can we get on our knees and mourn for souls? God is challenging us as women to be those who will weep between the porch and the altar. That means in our church houses, in our homes to press in in prayer for as long as it takes to birth the breakthroughs for our family, our churches, and our city! Yes the burden is His, but He wants us to feel what He feels for His people. He loves His children and He does not want anyone to perish without ever having the privilege to know our Lord and Savior! Women, let's start a prayer revival, one that will birth in generations to come salvations and deliverance, destroying the works of darkness. You are important and if anything is going to be done it will be through you and I.

Matthew 11:12 Amplified Bible

And from the days of John the Baptist until the present time, the kingdom of heaven has endured violent assault, and violent men seize it by force [as a precious prize—a share in the heavenly kingdom is sought with most ardent zeal and intense exertion].

Let's pray, let's stand in the gap, let's take back what the enemy has stolen! We are World Missions Christian Fellowship Women who War!

Day 16

"I'm on a Mission"

Esther 4:15-16

When I read the story of Esther I think of Esther as a soldier for her people. Esther was truly mission minded and here are two ways we can become mission minded like Esther:

We have to take the mission personal

In verse 16 Esther states, "If I perish I perish", this is the mindset of a soldier that is on a mission. When an American enlist in the U.S. Army and becomes a Soldier he/she takes his mission personal. The U.S. wars become his/her wars and the U.S. enemies become the soldiers' personal enemies. This is how we must be in order to take arms and up our founders, elders, steering Committee and pastors with the powerful vision God has given Our Church. We have to take OUR mission personal

We have to be committed to the mission like Esther 4:15-16

Esther was so committed she was willing to lose her life. She could have said no I've made it out and forgotten where she had come from but no she was committed to the mission. Her commitment to the mission caused her to take a stand with boldness and confidence in her God for the deliverance of her people. We have to be committed WORLD MISSIONS CHRISTIAN FELLOWSHIP MEMBERS with trifocal vision SPIRITUAL GROWTH, NUMERICAL GROWTH, and GEOGRAPHICAL GROWTH? Will you take this mission personal, be committed and take arms?

Day 17

Philippians 2:19-21

But I trust in the Lord Jesus to send Timothy to you shortly, that I also may be encouraged when I know your state. For I have no one like-minded, who will sincerely care for your state. For all seek their own, not the things which are of Christ Jesus.

Paul wanted to be with the Philippians; his heart was with them. He wanted to make sure that they were doing well and staying on course. But Paul was restricted at this time, he had limitations. He needed someone who could be a bridge between him and them. He needed a representative, someone who could go as an extension of himself. Someone who was like-minded, who would genuinely care for the people.

This is why discipleship is so vital. The future of our ministry is depended upon leaders who are willing to invest their lives into others. Disciples who are like-minded, who love God, love people and love our vision to reach hurting people and extend our church to reach the unreached in the communities around us and missionary work around the world.

Could that be you today? Give God your all and be that extension of His heart.

Day 18

"The need for women to arise to Lead"...

"For if you remain completely silent at this time, relief and deliverance will arise for the Jews from another place, but you and your father's house will perish. Yet who knows whether you have come to the kingdom for such a time as this?" (Esther 4:14).

From the beginning of this story, we know that queens come and go. But if she doesn't step into her calling to speak out for her people, her people will be eliminated. If she stays silent, it will not end well for anybody but if she speaks out, what will happen to her? Esther is no fool, she gets right to work. She first spends time in fasting and seeking God before jumping in full force and tells all of the Jews to do the same. She moves into the situation brilliantly, with a willingness to risk all to fulfill a greater calling upon her life. She was a bold girl in the right place at the right time saved an entire nation from destruction.

We can trust that God has placed us where we are "for such a time as this," for His purposes. As women we need to arise and take our places, without all the answers, the where's and the how's. Are you ready to step out and walk by faith? Like Esther, will you arise; will you stand up for such a time as this? As men we need to arise and take our places "at such a time as this" like Esther and save our generation.

Day 19

Receiving Marching Orders.

Judges 5:31

"Thus let all your enemies perish, O Lord! But let those who love Him be like the sun, when it comes out in full strength".

Jael finished what Deborah started because she pitched her tent in the enemy's camp. Right on the frontlines! We are also called to the frontlines, and like Jael, the enemy will come running into our tents, and we must be ready. We, like Jael, have been called to finish what our Deborah's have started. Jael's name means wild mountain goat, a sure footed animal that climbs up and down very high mountain cliffs that are almost vertical. Mountain goats defy gravity, they may slip but they don't fall....Blessed is she among women in tents (Jdg. 5:24).

Tent women were known to be strong and united, because it was a woman's job to pitch the tents in the bible and that was hard work. It's our courage, hard work, strength and unity that defeat the enemy. Those are just some of our weapons. Jael was inspired by Deborah's courage. Every Jael needs a Deborah in her life. Our conventions, retreats and discipleships are a time of refreshing and renewing of our strength, a time of shedding our old, dirty feathers, like the eagles and getting new wings. We're fighting a battle that has already been won! It will also be a time of great celebration reuniting with our Deborah's and Jael's from all over the world that have enlisted for life in this beautiful army of the Lord! If you have not enlisted in this army yet there's still time!

Day 20

International distress call!

No matter what country you are from, there is no doubt about this call. It says "COME HELP ME!" When our leaders call out to us "A CALL to ARMS" we understand the Lord is calling us to take a posture of Battle... a posture of War! A posture of Victory!

We always have to taken a stance of battle against the forces of darkness. I am reminded of the Canaanite women in Matthew 15:22-28, "She came crying out Lord son of David have mercy on me! My daughter is suffering terribly from demon possession". This woman came desperate, she knew who she was crying out to, she knew He was Lord son of David. She had some understanding with who she was talking to. She came prepared to fight for her daughter. We have to come ready to fight the good fight of faith! She prepared herself for rejection. She was a Canaanite woman, but she did not allow her social status to hold her back. She was not moved by those telling her to go away.

Her vision and purpose was clear, she fell before His feet, and she came desperate for an answer, desperate for a change in her home. Jesus knew her, He knew her desperation. He knows us, and He knows what moves us, and what hurts us. He knew she was able to fight; she didn't allow pride to keep her from receiving her victory. Too many times we allow pride, hurt and shame, from receiving our victory. How many of us because of past hurts, past disappointments, past failures, we don't and can't move forward. We have to get past that! God has called us to reach a hurting world, we can't reach hurting people if we haven't gotten past our own hurts. To answer a call to arms is to take a posture of offense, no longer defense; we serve a gracious and all knowing God. God knew the woman and the fight she had in her. God knows the fight and the tenacity and strength in you, so rise up and answer The Call to Arms!

Day 21

Fight the good fight!

"But you, Timothy, are a man of God; so run from all these evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness. Fight the good fight for the true faith. Hold tightly to the eternal life to which God has called you, which you have declared so well before many witnesses. 1 Tim 6:11-12 NLT

We have been "Called to Arms" by our leaders to fight the good fight of faith!

I have witnessed a couple good fights growing up. You just can't seem to turn your eyes away until we see who wins. But we are not in an ordinary fight, we are in a fight to see God's greater good come about in this world and to see His promises fulfilled.

Just like a boxer who goes into strict training to obtain victory in the fight, we too are exercising our spiritual disciplines through this time of fasting and prayer.

In a world that is growing more and more passive to sin and injustice, we must discipline ourselves to have an active faith. We must press in to pursue the call of God upon our lives as well as in our ministry. In the seasons when we grow tired, remember don't grow weary for we will reap a harvest in due season if we don't lose heart!

WMCF must play an important role in this world. We reach treasures out of darkness, those that are bound, the hopeless case, the hurting, and those that are one foot from hell. It is not going to come without a fight against darkness. Our weapons are not carnal but mighty for the pulling down of strongholds! This generation needs to continue to hear the hope found in Jesus Christ and it will not be an easy task. Are you up for the fight?

Let's get in the fight and at the end of our lives we can confidently say like Paul: "I have fought the good fight, I have finished the race, and I have remained faithful". 2 Timothy 4:7

Day 22

Time of Action

Now more than ever, God is challenging us to grow, to cry out and pray for GREATER things!

There are promises in our lives, families, church, cities and country. Men and Women's ministries, CGYM and YAM (young adult ministry) and children we must expand our mentality!

We must believe God for what He will do through our lives!!

We must remove limitations! God is CALLING US TO TAKE ARMS! WE MUST GOD BELIEVE GOD FOR GREATER THINGS THIS YEAR 2016.

Jeremiah 33:3 (NIV)

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

PRAYERS

PRAYERS GUIDE FOR THE FASTING PERIOD AND BEYOND

The best way to build your church and fire up your pastor is to be involved and pray for them constantly and continually! If you really want to put your faith where it is needed the most, commit yourself to support your Church and Pastoral Staff, and realize that God loves us all, and we are still in His Hands. Pastors and church leaders face many opportunities and challenges each day. They balance the stresses of ministry while they are researching and writing the sermons, managing the affairs of the church, going to countless meetings and counseling others significant problems. They wear many hats as the pastor, priest, counselor, preacher, teacher, manager, organizer, visionary, administrator and janitor all rolled into one with little to no free time. As well as dealing with the stresses of modern life with their family all under personal attack and usually doing life with a lower salary and an ungrateful congregation who expects them to be perfect. They need your help, they need your prayers! When we commit ourselves to pray for our pastors and church leaders, we will have no need to bicker, gossip, slander, withdraw, place blame, or seek to usurp our will as God's (Rom. 8:28, 8:33-34, 37-39). For our confidence in the fact Christ is our Sovereign Shepherd and He is in complete control of our church and staff, we are in His Hands and all will work out. Our pastors and leaders are here to serve, but they need our prayers and support to make this work! When we pray and come together tighter, we will have no need to fear or stress or remain in our hurts. We can come together triumphantly as a caring, loving community powerfully for His glory impacting our community (Isa. 6:1-12; Gal. 5:22-23; 1 Pet. 3:12)!

Praying for your church is like filling a balloon with helium, the more it is filled, the more it will soar and not sore! For us to grow not just numerically, but in what is much more important, spiritually and in community to one another, requires our discipline and passion to pursue Christ more and ourselves less. We have to grow in Christ in a cherished, intimate growing relationship with Him as LORD over all and LORD over us. We are called to become purpose driven with His purpose at our helm of leadership and lives so that our trust and intimacy is rooted in Him and not in our personal ideas or distractions (1 Chron. 16:11; John 3:30; Eph. 6:16; Col. 2:6-8).

Use this prayer guide to pray daily for your church. Take one point each day of every month, and as you grow more in your discipline of prayer, double up by taking two or more.

First, praise God and thank Him for His blessings and goodness in all He has bestowed, even if you do not feel or see them. Remember your walk with Christ is all about Him working in and through us so your faith and love flourishes!

Day 1. Pray that we realize that our inheritance and hope as a church family is in God's incomparable and incredible great power which is available to us (Gal. 1:12; Eph. 1:18-19; Phil. 3:10).

Day 2. Pray that our Church, Leadership and Pastoral Staff becomes more surrendered and poured out to Christ, so they can have spiritual breakthroughs by seeking the fear of God and the mind of Christ and the Spirit's leading (1 Cor. 2:16; Gal. 2:20-21).

Day 3. Pray that your Church and Pastor have and continue to take hold a growing, consistent walk with Christ with a devotional life and prayer that is steadfast. Pray that they realize and allow Christ to work and use them as they grow closer in their faith, spiritual formation, maturity and love (Psalm 16:8-11; 73:28; Rom. 8:31; 2 Pet. 1:5-7).

Day 4. Pray that all of the leadership exhibit good Christian character and integrity with all of their relationships and dealings in life (Micah 6:8).

Day 5. Pray that your Church leaders and Pastors families will be cared for and respected and receive good consideration, so they can to grow too, as they are usually misunderstood, under-appreciated, and ignored or overworked. Pray that all the staff be committed to their families with authentic love and care, that they will be strong and learn in the midst of trials, their homes a refuge and haven of rest and not be condescending or withdrawing from their own families (Psalm 91:9-15; Phil. 4:19; 1 Peter 2:23).

Day 6. Pray for discernment in exposing any plans of the enemy against our Church or attacking our pastors and staff. Ask Christ to protect us as we wage spiritual warfare against the enemy on behalf of our Church (Eph. 6:11-12, 16; Col. 2:6-8; 1 Pet. 3:12).

Day 7. Pray for an increase of vitality, renewal and vision that is from God for the pastors and leaders personally and collectively so that the church can be galvanized then take a hold of, and then be revitalized as a caring committed community for His Kingdom and purpose (Isa. 61:3; Rom. 12).

Day 8. Pray for the willingness and ability to authentically confess and repent of any wrong doing, false dependencies, misplaced ideas and loss of spiritual passion (Luke 13:1-3; Acts 2:38-39; Rev. 2:5-6).

Day 9. Pray that you and your church commits to follow the biblical mandate to support and encourage the leadership of the church (Eph. 4:11-13; 1 Tim. 5:17-18; 1 Pet. 5:1-2).

Day 10. Pray against gossip, negative criticism, false expectations, unhealthy burdens, strife and weariness that will seek to invade our church family (Psalm 91:5-6, 11; Luke 10:19; Eph. 4: 17, 32-5:1).

Day 11. Pray that your church be a community of grace and forgiveness. That your church has an atmosphere of encouragement by being grateful for Christ's work in them that enables the congregation to be inspired to give genuine hospitality to all who comes though your doors (Rom. 15:4-6; 2 Thess. 2:16-17).

Day 12. Pray that your church commits to a healthy understanding, wisdom and accounting and handling of its stewardship and Finances to better receive God's blessings (Prov. 3:9-10; 1 Cor. 9:15-18).

Day 13. Pray that your Church and Pastor will have the strength and endurance that they need to serve with excellence by the power of the Spirit and the support of the congregation (Philippians 4:13).

Day 14. Pray for healing, forgiveness and reconciliation for any misplaced expectations, criticism, ungrateful attitudes, flawed thinking, grief, hurts, and abuse (Isa. 61:3; Mark 11:22-24, 2 Cor. 10:3-5; Eph. 4:32-5:1; Phil. 4:19).

Day 15. Pray that your church would receive God's direction and vision. That the congregation gets nourished from the substance of His Word and the needs of the congregation are met (Psalm 119:9-12; Matt. 18:20).

Day 16. Pray that our church becomes real authentic disciples of Christ who are learning, growing and making Fruit and in turn making more disciples (Prov. 19:23; Mal. 3:11; Matt. 28:18-20; John. 15:16; Gal. 5:22-23)

Day 17. Pray that the spirit and practice of Humility is utilized and practiced in and outside of your church, and that false humility does not take root (1 Pet. 5:5-7).

Day 18. Pray that pride does not set in with our Leadership and Pastoral Staff (Psalm 10:4; Prov. 8:13).

Day 19. Pray that our church commits to place our focus on the Supremacy of Christ and be dependant upon Him (Gal. 6:14; Col. 1: 15-17)!

Day 20. Pray that our Church and Pastor give real biblical help and Counseling from God's wisdom and Word to those in need (Isaiah 61:3).

Day 21. Pray that our church family will give Christ real authentic adoration, praise, impassioned worship and glory in private and collectively as a Church. That worship is never to be a show, entertainment or talent focused, rather God is the audience to our praise (Gal. 6:14).

Day 22. Pray that our Church and Pastor take accountability seriously and each be protected and have people they are accountable too. Also, that each would cultivate and pursue healthy relationships (Gal. 6: 1-10; Eph. 5:21).

Day 23. Pray that the Word of God will never be compromised, cheapened or dumped down; rather be delivered in confidence with power, conviction, clarity, boldness, with love and in truth (Acts 6:4; Col. 1:28; 1 Tim. 2:1-2; 2 Tim. 2:15).

Day 24. Pray for discernment to seek God's leading and direction for the leaders and pastoral staff, that they seek His ways and not trends, traditions, personal agendas or anything that is not from the Spirit and Word. Pray that they can discern and prioritize what is important and precious and what is not (Isa. 6; 2 Cor. 11:14; 2 Tim. 3:5; 1 John. 4:1; Rev. 4).

Day 25. Pray that God protects our Church, Leadership and Pastoral Staff from sin and misdirection and they have the wiliness and boldness to flee and confront sin (Prov. 19:23; 1 Pet. 1:16).

Day 26. Pray we all draw near to Christ and seek holiness and His presence with more prayer (Acts 1:14; 1 Thess. 5:17; Jas. 4:7-8).

Day 27. Pray that we as a church family remain faithful and good stewards, so the financial needs are met (Psalm. 91:15-16; Phil. 4:19).

Day 28. Pray that negative thinking, stress, being overwhelmed, the ways of the world, the tyranny of the urgent, being overcommitted, over busyness, fatigue, compromise, pressures, overworked, under-appreciated, misunderstandings, and stress to not get in our Spiritual Home and take over (John 14:1; Acts 6:2-4; 2 Cor. 10:3-5; Eph. 4:17).

Day 29. Pray that Unity infuses your church so that your congregation is binding to Christ in love so the work of the Kingdom is promoted (2 Chron. 30:12; Psalm 133:1; Rom. 15:5).

Day 30. Pray that congregation is willing and able to come and support the church and staff with grateful hands and words. That you all realize that the pastors and leadership are necessary and called and accountable to God (Matt. 9:37; Acts 14; 1 Tim. 3:1-7, 10-15; 5:22-23).

Day 31. Pray that our church community commits to pray for our church, pastors, staff, missionaries, those in need, community and issues powerfully every day (Acts 1:14; 16:16; 1 Thess. 5:17).