

Frequently Asked Questions (FAQs)

What is fasting? Fasting is the discipline of abstinence from food, and can consist of eating very little or totally abstaining from food. A fast denies the physical body of food so that the spirit can grow. To get a better understanding of fasting, read Henry Fernandez's book: *Pursuing a Lifestyle of Fasting & Prayer*.

What type of fast will we be doing? We will be doing a **Daniel Fast**, which consists of **grains, vegetables, fruits** and **water**.

Do I have to go on the fast? You are under no obligation to participate in the fast. A corporate fast unites believers in a common cause. We are being challenged as the Body of Christ to come together and seek God's direction for the year 2019. If you choose to take part in the fast, but are unsure you can for health reasons, please consult your physician before participating.

Fasting Instructions

- The Daniel Fast begins at midnight on January 5, and continues through the end of service on January 13.
- Consult your physician before participating in the fast.
- For 8 days, we will fast and pray consistently.
- Read and meditate on the Word of God at least five times per day: at **6 and 9 a.m.**, at **noon**, and at **6 and 10 p.m.**
- Have family devotion each day.
- Be in attendance at every service during the fast — we will have communion on Sunday, January 6, and Sunday, January 13.
- Abstain from TV and radio, with the exception of Christian broadcasts.
- We encourage you to utilize the reading materials that are provided during the fast, and to use social media to discuss the impact these services and reading materials are making in your life.

Service Schedule

(All services at the Sunrise Campus)

Sunday, January 6 (Communion)

- 10 AM

Monday, January 7

- 7:30 PM

Tuesday, January 8

- 7:30 PM

Wednesday, January 9

- 7:30 PM

Thursday, January 10 - NO SERVICE

- 7:30 PM - Facebook Live Prayer

Friday, January 11

- 9:30 PM

Saturday, January 12 - NO SERVICE

Sunday, January 13 (Communion)

- 10 AM — *IMPACT Sunday*

COMMIT 8 DAYS TO GOD AND REAP THE REWARDS!



Henry & Carol Fernandez, Senior Pastors

5555 NW 95th Avenue
Sunrise, FL 33351
954-742-7832

<http://thefaithcenterint.org>



facebook.com/thefaithcenter



twitter.com/thefaithcenter



instagram.com/thefaithcenter



HENRY FERNANDEZ PRESENTS

8 DAYS OF Refreshing

JANUARY 6-13, 2019

8 DAYS OF FASTING & PRAYER

THEFAITHCENTERINT.ORG

SUNDAY, 10AM | MONDAY – WEDNESDAY, 7:30PM
THURSDAY, NO SERVICE | FRIDAY, 9:30PM | SUNDAY, 10AM

THE FAITH CENTER
5555 NW 95TH AVENUE, SUNRISE, FL 33351

Consult your physician before participating in the fast.

A Devotional Guide to 8 Days of Refreshing

Henry and Carol Fernandez have called a corporate fast from **Sunday, January 6**, to **Sunday, January 13, 2019**. During this time, we will be observing a “**Daniel Fast**,” which consists of **grains, vegetables, fruits and water**. The purpose of the fast is to:

1. Create an atmosphere that will allow us to hear God clearly;
2. Be spiritually prepared for the challenges and victories for 2019;
3. Pray for a year of protection and prosperity for family, career, business and ministry.

As a church, let us look to God as our Source, and commit to supporting the vision of The Faith Center by becoming *sustainers of the Ministry*.

A devotional guide has been prepared to take you through each day of the fast. Take time at the beginning of each day (aim for at least 15 minutes) to focus on the highlighted scripture for that day, and spend time talking to the Lord and listening for His instructions. Pour out your heart to Him and allow Him to fill you. Spend time meditating on the Word of God at least five times throughout the day: at **6 and 9 a.m.**, at **noon**, and at **6 and 10 p.m.**

If you are unable to complete the fast, then commit to abstaining from something of meaning that will require a sacrifice (for example: watching TV, texting or extended phone conversations with friends). Use the time you would normally spend with these activities to read your Bible, pray and meditate on God's goodness. This is your covenant (commitment, agreement) with the Lord for 8 days of fasting.

Throughout the year, you will experience the rewards for committing to these 8 days of fasting to the Lord. Make an IMPACT!



Daniel 1: 12 – 13

“Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.” (KJV)



While you may be tempted during your time of prayer and fasting to continue with all your normal activities, it is important to remember that your body may not fully cooperate. After all, you are depriving it for a time of its customary nourishment, and so you should focus on managing your energy toward only those activities that are the most important to your goal of seeking God.

Moderate exercise is good, but make sure to get enough rest, including naps, at strategic times throughout the day. Headaches early in a fast are typical, since your body may not be getting its normal doses of sugar, caffeine, or other elements it is used to receiving. You may even experience a slight fever, nausea, stomach ache, or other minor ailments during a fast of several days. Under normal circumstances these should not be cause for concern.

Do not hesitate to seek expert medical advice during the fast, and follow the instructions of your doctor — even if he/she recommends that you discontinue the fast.

Remember, fasting is an opportunity and not a duty. Do not allow yourself to be placed under bondage to this awesome privilege. Simply allow the Lord to guide you, and expect to grow in grace of fasting as you give yourself to it over the long term.

DEVOTIONAL GUIDE

Day 1 – Why Fast?

Read Isaiah 58

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Isaiah 58:6 (NIV)

[f Share your thoughts on social media.](#)

Day 2 – The Benefits of Fasting

Read Mark 9:14–29

And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?” So He said to them, “This kind can come out by nothing but prayer and fasting.” Mark 9:28-29 (NKJV)

[f Share your thoughts on social media.](#)

Day 3 – Crucifying the Flesh to Gain Spiritual Strength

Read Galatians 5

Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:24-25 (NIV)

[f Share your thoughts on social media.](#)

Day 4 – Stand in the Unity of the Faith

Read Ephesians 4

From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. Ephesians 4:16 (NIV)

[f Share your thoughts on social media.](#)

Day 5 – Embrace God's Protection

Read Psalms 23 & 91

For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. Psalm 91:11-12 (NIV)

[f Share your thoughts on social media.](#)

Day 6 – Take Authority This Year

Read Luke 9

When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, and he sent them out to proclaim the kingdom of God and to heal the sick. Luke 9:1-2 (NIV)

[f Share your thoughts on social media.](#)

Day 7 – Spiritually Driven vs. Emotionally Driven

Read Luke 4

And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God. Luke 4:4 (KJV)

[f Share your thoughts on social media.](#)

Day 8 – Make an IMPACT!

Read Act 1, 2 & 3

But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth. Acts 1:8 (NLT)

[f Share your thoughts on social media.](#)