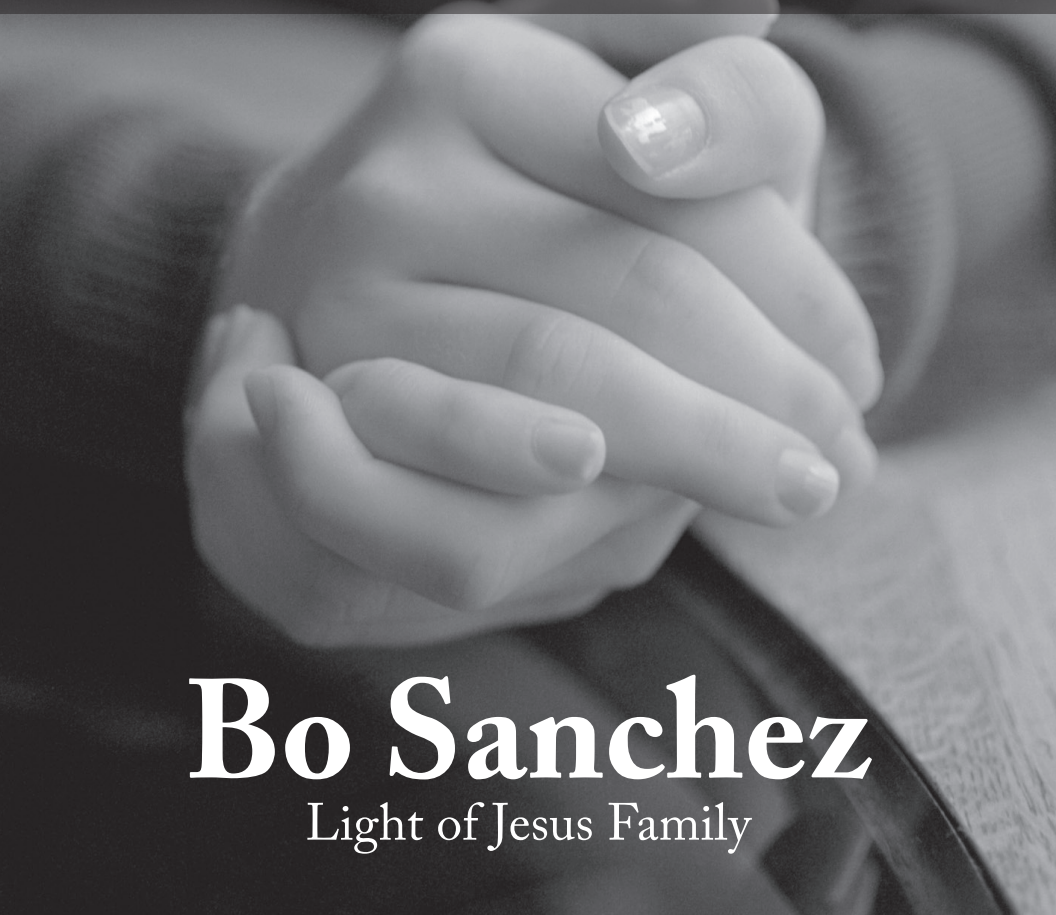


7 Days of Prayer and Fasting

*Consecrate yourselves, for tomorrow the Lord
will do amazing things among you...*

—Joshua 3:5



Bo Sanchez
Light of Jesus Family

Lord, I Commit to 7 Days of Prayer and Fasting

*Now to Him who is able to do immeasurably more than all we ask or
imagine, according to his power that is at work within us...*
— Ephesians 3:20

Be with me Lord as I start this journey of prayer with you. Most of all, I'm doing this because I want to grow closer with You. I want to become more like Jesus. Grant me a spiritual revival!

Second, I want to be more open to the amazing things that you will do in my life. Specifically, I'm praying for these 7 Dreams:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Third, I'm also praying for my spiritual home, the *Light of Jesus Family*:

1. That we bless the world by building more Feasts in various cities;
2. That we bless the youth and establish Feasts in major campuses,
3. That God raise up more young leaders and servants for these Feasts.

I claim victory. Thank You for anointing me. Thank You for blessing me.

Amen.

Printed Name & Signature

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INTRODUCTION

Get Ready for Amazing Things

Friends, I'm inviting you to 7 days of prayer and fasting.

In one sentence, here's our mission for this fast: *We want to grow closer to God and receive all that He wants to give to us.*

During this Holy Week, as an entire *Light of Jesus Family*, we want to empty ourselves from lesser things so that God can fill us with greater things.

I'm excited at the amazing things that God will do among us!

Miracles Happen When People Fast

Why am I excited?

Because from my experience, miracles happen when people fast.

For some reason, fasting makes us more expectant, more open, more trusting, more focused, more determined, and more sensitive to the Spirit—that more miracles happen when we fast.

I've seen how people have received healing, guidance, financial blessing, family blessing in their lives when they fast.

And entire communities get revived when they fast.

In the next few pages, I'll explain to you how we'll do the fast together...

CHAPTER 1

5 Big Blessings of Prayer and Fasting

Fasting has many, many blessings.

But here are the five big ones you want to focus on and pray for...

Blessing #1: Fasting Brings You Closer to God

You will experience a spiritual revival.

When you fast, you're telling God that He's more important than food.

So instead of eating, you spend it in prayer, reading Scripture, writing your journal, before the Blessed Sacrament, reading spiritual books...

It declares that you're dead serious about pursuing Him because you're crazy enough to say No to something as basic as food.

If you can say No to a very basic need, what else can you not do for the Lord?

You also gain discipline—something crucial for any type of success in the world.

By learning to say No to small things, you're able to say Yes to bigger things.

Friends, there are many, many blessings when we fast. But at the end of the day, God Himself is the greatest blessing of your fast.

Remember: If after you fasted, you experienced miracles and healing, but you didn't grow closer to God—then your fasting would have been a failure.

Blessing #2: Fasting Unites You with The Poor

Every time I fast, I remind myself that this is the *daily* experience of 12 percent of the world's population. Not because they're fasting. But because they're poor.

Tonight 740 million people will sleep hungry.

And out of those 740 million hungry people, 30,000 will die of starvation.

Half of those 30,000 will be children.

Fasting shouldn't *just* make me more spiritual.

Fasting shouldn't *just* open me up for more blessings and miracles.

Fasting should also move me to love the poor in a more passionate way.

When I fast, I'm also committing my life to end their hunger and poverty.

After our 7 days prayer and fasting, we should be more resolved as a people to love the poor of the Lord in whatever way we can.

Blessing #3: Fasting Opens You to God's Power

Years ago, I met an elderly man who was suffering from emphysema.

I noticed the symptoms. Even if we walked for just a few meters, I saw him catching his breath.

"Because of smoking?" I asked him gently.

"I stopped 20 years ago," he said, "so partly, yes. But also because of my lazy breathing."

I raised my eyebrow. It was the first time I heard of such a thing.

He knew I didn't understand, so he went on, "My doctor isn't your normal doctor. He's an expert in alternative medicine. So he says that all these years, my breathing has been very shallow."

After our conversation, I did some research. Obviously, it NEVER said that shallow breathing causes emphysema. But I learned one thing: It's very important to regularly take deep breaths. Through regular aerobic exercise. Through breathing exercises. Through meditation that uses breathing. And just by your usual morning stretches and inhaling a few times.

Deep breathing removes the toxins from your lungs. It also releases tension which affects your health.

Think about it. Just like you and me, this man had oxygen all around him 24 hours day. But he smoked, clogging his lungs so that it can't absorb 20 percent of what he was inhaling. And to top it off, he breathed in a lazy way, decreasing again his oxygen intake.

Friends, that's what happens with God's power.

God's power is all over us, around us, above us, beneath us, and inside us.