

The Year of the Double Double

Isaiah 54:1-3. 1 Sing, O barren, thou that didst not bear; break forth into singing, and cry aloud, thou that didst not travail with child; for more are the children of the desolate than the children of the married wife, saith the LORD. 2 Enlarge the place of thy tent, and let them stretch forth the curtains of thine habitations; spare not, lengthen thy cords, and strengthen thy stakes; 3 For thou shalt break forth on the right hand and on the left; and thy seed shall inherit the Gentiles, and make the desolate cities to be inhabited.

The Lord has proclaimed this is the Year of the Double Double. We at Crossroads are starting this year by rededicating our life and Ministry to the Lord with 21 Days of Fasting and Prayer. It is time to blow the trumpet in Zion and come together as a victorious people for God. Prayer reminds us that spiritual things should dominate physical things. Fasting, although it does not change God, it changes us and empowers us to believe God to the degree that He may use our lives to achieve the maximum impact. Fasting truly is God's atomic bomb.

Joel 2:15. Blow the trumpet in Zion, sanctify a fast, call a solemn assembly:

Suggested Fasting Schedule

DAYS	TYPE OF FAST	TIME	INSTRUCTIONS
Days 1-7 (1/7 – 1/13)	Partial Fast	6:00 AM – 3:00 PM	Abstain from any food during this time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only. Constant Prayer During the Fast.
Days 8-14 (1/14 – 1/20)	Partial Fast	6:00 AM – 6:00 PM	Abstain from any food during this time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only. Constant Prayer During the Fast.
Days 15 – 21 (1/21 – 1/27)	Complete Fast Juice Fast or Water Only	All Day	We will strictly Drink Juices: Vegetable and Fruit Juices, (Not From Concentrate), if at all possible. Do not be condemned if you cannot, make do with the nearest alternative. Remember, the most important thing in this consecration is your Heart towards God. Constant Prayer During the Fast.

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MEDICAL *disclaimer*

We recommend that you always consult your physician prior to beginning any type of fast. If you are in poor health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast. There are different types of fasts (Complete Fast, Daniel Fast, Partial Fast, or give up at least one item of food). Your Doctor can provide proper advice on how you can participate on this fast in a way that is healthy for you.



Prayer is a necessary part of fasting. Throughout the scriptures, prayer and fasting are mentioned together. Our fasting should be accompanied by sincere prayer and we should begin and end our fasting with prayer.

Morning Corporate Prayer

Meet us in Corporate Prayer at **5:00AM every Tuesday and 7:00AM every Saturday** during the Fast. The First Corporate Prayer meeting is **Tuesday, January 9, 2018**. The Pastor and Leaders have asked everyone to make a special effort to attend all Corporate Prayer meetings.

Weekly Fasting Confessions online @ www.crossroadsforlife.com

