**Guidelines for Prayer and Fasting Nov 2023**

**It is important that believers understand the guidelines that underpin the spiritual practice of fasting and prayer for long hours and days.**

* The House of Praise Christian Centre believes in Fasting and Prayer, in both Old and New Testaments.
* Fasting for a long period of times, for example 14 days does not mean total abstinence from food for the complete period of time, which is 24 hours or longer.
* We will self-deny the consumption of any other things we like best throughout the period of fast and endeavour to give something during the fasting season.
* An individual can break at any time during the day, provided he or she feels that he/she has prayed sufficiently.
* An individual on medication or pregnant must seek medical counsel. So that the name of the Lord is not brought into disrepute (1 Cor 14:20).
* Our fasting is more less 12 hours; therefore, it is advisable to drink water if you could.
* Children under the age of 18 are not advisable to go on fasting unless with parents’ consent and supervision.

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* Purity of speech and living are crucial during a period of fasting (Eph 4: 29; Col 3: 8; 1 Peter 3: 10 -12; Romans12: 2, 1 Peter 1: 14 – 15).
* Fasting should be carried out with a heart of compassion and be for a set time. The HOPCC will fast and pray from 5.00am to 6.00pm, starting 1st July to 30 July 2023.
* Fasting should be carried with a heart of compassion. The heart of compassion is reflected in giving out to those identify as needy and less fortunate. Going back to eat all the saved food not only negates the purpose of fasting, but also suggest that no discipline was achieved during the period of fasting.
* The length of your fasting should be determined by what you desire to achieve and receive. It is important to fast until you truly feel that what you made a sacrifice for, as you wait on God, has been achieved.
* Believers are expected to carry this fasting in accordance to Biblical statutes and commandments. In addition to the above the guidance of the Holy Spirit is vital for a successful month of fasting and prayer.
* Be Strong and have faith throughout the month of fasting and prayer.
* We will be fasting Wednesdays, Thursdays, Fridays, and Saturdays for the church. However, we fast on Mondays and Tuesdays for personal issues/matters.