

## **WILMINGTON CHRISTIAN CENTER CHURCH WORLDWIDE 7 DAY FASTING INSTRUCTIONS.**

### **FAST OF ALIGNMENT, AUTHORITY & READINESS**

"When God Knocks, Prepared People Move"

*Isaiah 60:1 ; Revelation 3:20*

*FAST TO BEGIN JANUARY 4-11*

### **WHY WE ARE FASTING TOGETHER**

Fasting is not hunger—it is hunger with direction.

We are not fasting to twist God's arm.

We are fasting to tune our spirit.

*"Fasting Does Not Change God—Fasting Changes Us."*

### **This Is A Corporate Fast, Because:**

Breakthrough flows faster in unity

Alignment is accelerated when the Body moves together

God responds when His people humble themselves together

### **Biblical Authority**

2 Chronicles 7:14 – God responds to corporate humility

Joel 2:15-16 – Call a sacred fast; gather the people

Acts 13:2-3 – Direction and commissioning followed fasting

*This Fast Is About Readiness & Alignment.*

*God Is Knocking, And Prepared People Move Without Hesitation.*

### **FASTING INSTRUCTIONS**

1. Every participant must choose ONE fasting option and stay consistent for all 7 days
2. *ABSOLUTE RULE: No Sweets For All 7 Days*
3. No desserts, candy, pastries, sweetened drinks, or sugar substitutes
4. Increase prayer, decrease distractions
5. Increase Word intake
6. Drink water daily
7. Journal what God reveals
8. Do not compare your fast with others
9. Do not announce or display your fast
10. Use medical wisdom
11. Attend all services during the fast—including prayer on Saturday

*Zechariah 4:6 – "Not By Might, Nor By Power, But By My Spirit..."*

## **FASTING OPTIONS (CHOOSE ONE)**

### **OPTION 1: Water Fast (Advanced Consecration)**

*Scriptures: Exodus 34:28; Matthew 4:1-4; Ezra 8:21-28*

**Explanation:** This fast strips away all fleshly reliance and sharpens spiritual authority. It is a fast of deep consecration, not convenience.

**Who should choose this fast:**

Experienced faster; Those in Good health; Those sensing a strong call to deeper consecration

### **OPTION 2: LIQUID FAST**

*Scriptures: Daniel 1:12; Psalm 35:13*

**Explanation:** Liquids only (water, vegetable or bone broth, blended soups unsweetened juices, smoothies without sugar).

This fast humbles the soul while sustaining strength.

This is one of the most commonly practiced corporate fasts.

**Who should Choose This fast:**

Those new to fasting; Those with demanding schedules; Those who need moderation for health reasons

### **OPTION 3: SUNRISE TO SUNSET FAST**

*Scriptures: Esther 4:16; Judges 20:26*

**Explanation:** No food from sunrise to sunset; water allowed during the day simple meals afterward (no sweets).

This fast teaches daily discipline and intentional sacrifice.

**Who should Choose This fast:** First Time fasters; Those balancing work, family & Ministry

## **GENERAL FASTING GUIDELINES**

Pray daily (minimum 15-30 minutes uninterrupted)

Pray in English & in the Spirit

Reduce entertainment and unnecessary noise

Guard your mouth and spirit

Walk in forgiveness and humility

Spend intentional time in the Word daily

Expect clarity, not confusion

Write what God reveals

*Fasting Removes Spiritual Static So You Can Hear God Clearly*

( Romans 8:26; Habakkuk2 :1-2)

## WCCCW 7-DAY FAST DEVOTIONAL

### **Instruction For Every Day:**

After each confession:

Pray in English

Then pray in the Spirit (1 Corinthians 14:15)

### **DAY 1 – ALIGNMENT: GETTING IN STEP WITH GOD**

*Scriptures: Romans 12:1-2; Amos 3:3; Psalms 37:23; Proverbs 16:3*

**Focus:** Alignment precedes acceleration. God moves aligned people.

#### **Confession:**

Father, I present myself fully to You.

I reject old patterns and renewed limitations.

I come into agreement with Your will, Your way, and Your timing.

I am aligned for 2026.

Prayer: Pray for renewed thinking → Pray in the Spirit

### **DAY 2 – CLEANSING: REMOVING HIDDEN WEIGHTS**

*Scriptures: Hebrews 12:1; Psalm 51:10; 2 Timothy 2:4*

**Focus:** God cannot accelerate what is entangled.

#### **Confession:**

Lord, I lay aside every weight and every hidden hindrance.

Create in me a clean heart.

I remove what slows me down.

I am free, focused and unentangled

Prayer: Pray for exposure and cleansing → Pray in the Spirit

### **DAY 3 – HEALING: RESTORATION IN BODY & MIND**

*Scriptures: Isaiah 53:5; Psalm 107:20*

**Focus:** Healing is covenant, not coincidence.

#### **Confession:**

By His stripes, I am healed.

God sends His Word and restores me.

My body, mind, and emotions align with truth.

Prayer: Pray for healing → Pray in the Spirit

## **DAY 4 – PROVISION: DIVINE ORDER & SUPPLY**

*Scriptures: Matthew 6:33; Philippians 4:19*

**Focus:** When alignment comes, provision follows.

### **Confession:**

I seek first the Kingdom of God.

God supplies all my needs.

My finances come into divine order.

Prayer: Pray for provision and wisdom → Pray in the Spirit

## **DAY 5 – URGENCY: BREAKING DELAY**

*Scriptures: Romans 13:11; Ecclesiastes 3:1*

**Focus:** Delayed obedience is still disobedience.

### **Confession:**

I awake to God's timing.

I refuse procrastination.

I move when God speaks.

Prayer: Pray for urgency → Pray in the Spirit

## **DAY 6 – OBEDIENCE: DRESSED TO MOVE**

*Scriptures: Acts 12:7–8; James 1:22*

**Focus:** Freedom requires follow-through.

### **Confession:**

My chains fall off.

I am dressed, ready, and obedient.

I act on God's instruction immediately.

Prayer: Pray for obedience → Pray in the Spirit

## **DAY 7 – PRAISE: JOY BEFORE MANIFESTATION**

*Scriptures: Isaiah 51:11; 2 Chronicles 20:21–22; 2 Corinthians 5:7*

**Focus:** Praise positions you ahead of the breakthrough.

### **Confession:**

I praise God before I see it.

I praise before the breakthrough

Joy and gladness fill my mouth.

I trust you Lord completely

I enter 2026 rejoicing and aligned.

Prayer: Pray with thanksgiving → Pray in the Spirit