



VICTORY CHURCH
OF OPELIKA

Corporate
Prayer & Fasting Guide

Greetings in the name of our Great Redeemer, Jesus Christ.

As we enter into this time of fasting and prayer, this journal is a tool to help us focus and come together on one accord for Victory Church and its members. Genesis 11:6 reads "The Lord said, "Behold, they are one people, and they all have the same language. And this is what they began to do, and now nothing which they purpose to do will be impossible for them." As a body of believers here at Victory, we want to apply this same principal that as we come together on one accord and speak the same language that nothing shall be restrained from us that we imagined to do.

I believe that as we apply the principal of agreement, we will see the power of God in a tangible way during our time of fasting and prayer. We will see burdens removed, yokes destroyed, souls saved, and the will of God revealed because of the anointing!

This prayer and fasting guide has 7 topics with specific targets to be prayed on each day. Remember to read and proclaim God's word in your prayer time. Thank you in advance for being a part of our church-wide fast. Expect great things to happen for you and your church! #ALLIN

Pastor Shaw

I beseech you therefore; brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. -- Romans 12:1

Biblical references to the spiritual discipline of fasting describe a practice of abstaining from food for a specified period of time. Fasting is a time of bringing the body under the control of the Holy Spirit on a consistent basis. Instead of receiving the physical gratification of food and various other activities, we become very aware of the substance and power of the Holy Spirit. When we pray in this manner, it is not to get God's attention, to impress Him, or to change Him. Instead, our purpose is to focus our attention on Him as the only Source of all of our needs. —Elmer Towns

Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience spiritual renewal, supernatural healing, a release from the bondage of sin, restoration in your relationships, financial blessings, and so much more!

During this time of corporate fasting, we will take the time to empty ourselves so that God can fill us fresh and anew until we overflow with His Spirit, His presence, His power, and His anointing. Pray that the Lord will give us fresh insight and revelation as it pertains to our lives, our families, friends, our Victory Church of Opelika Family, our nation and our world.

We believe that as we humble ourselves, pray, seek God's face, and turn from any wickedness, He will hear from heaven, and will forgive our sin and heal our land. Now, His eyes will be open and His ears will be attentive to the prayer made in this place, according to **2 Chronicles 7:14**.

Benefits of Fasting

1. Improves your ability to hear from God (Ezra 8:21)
2. Builds you up spiritually (Matthew 4:2, 23, 24)
3. Lifts oppression and breaks demonic powers (Mark 9:29, Isaiah 58:6-8)
4. Leads you into a time of humility and repentance (Psalm 109:22-26)
5. Causes health to spring forth speedily (Isaiah 58:8)

Corporate Fasting

Psalm 133:1-3 tells us that when we come together (corporately) in unity, *there the Lord has commanded His blessing.*

Corporate prayer was practiced throughout the Bible. In Acts 13:1-3 as they ministered to the Lord and fasted corporately, the Holy Spirit gave specific directions.

In 2 Chronicles 20, Jehoshaphat, overwhelmed by an invasion, called the people to fast and pray. This corporate prayer and fasting resulted in Judah's victory over their enemy – without a fight!

In Ezra 8:21-23, Ezra called a time of corporate prayer and fasting to seek God's wisdom and protection. *"Then I proclaimed a fast there, at the river of Ahava, that we might fast before our God to seek of Him a right way for us, and for our little ones, and for all our substance . . . so we fasted and besought our God for this: and He was entreated of us."*

Jesus on Fasting

Matthew 6:16-18 (NLT)

¹⁶ "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

¹⁷ But when you fast, comb your hair and wash your face.

¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Types of Fasts

Normal Fast: A fast evidenced by abstaining from solid foods, but allowing the consumption of liquids.

Partial Fast: A limited fast consisting of abstaining from certain foods (e.g., meats, sweets, breads, etc.) for a specified period of time (e.g., 6:00 a.m. to 3:00 p.m. or from sun up to sun down).

Specific Fast: Daniel Fast--A partial fast consisting of vegetables, fruits, and 100% natural juices.

Preparing Spiritually: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3). Surrender your life fully to Jesus Christ and resist the worldly desires that try to hinder you (Romans 12:1-2).

Physical Preparation/Guidelines: Although fasting is primarily a spiritual discipline, it begins in the physical realm and requires preparation. Physical preparation makes the change in your eating routine a little easier so you can turn your full attention to the Lord in prayer. Begin eating smaller meals several days before you begin the 3-day portion of the fast.

Consult your physician before fasting, particularly if you are taking medications or have a chronic ailment. Do not forget to take prescribed medications.

Some people should not fast without professional supervision. They include:

1. Women who are pregnant or nursing.
2. Individuals who take insulin, or who suffer from any blood sugar condition such as hypoglycemia.
3. Persons who have tumors, bleeding ulcers, cancer, blood diseases, heart disease, etc. Do not attempt to be a "super faster." Our fasting does not impress God.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability, particularly during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your physical activity and exercise.

In addition, participants should:

- Be in agreement with one another, not allowing bitterness, unforgiveness, or division to hinder their prayers. *Also husbands and wives should get a clear agreement of sexual contact during fasting.* (1 Cor 7:5)
- Pray for one another.
- Pray as often as possible throughout the day.
- Read and meditate on God's Word.
- Spend time daily in praise and worship.
- Get away from the normal distractions as much as possible and keep their hearts and minds set on seeking God's face.

- Pray in faith, expecting results!
- Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12 and 1 Corinthians 8:8).

(Adapted from Fasting for Spiritual Breakthroughs by Elmer Towns and Jentezen Franklin Ministries – Fasting 2011)

MISSION

To magnify God by creating a "Christ Culture" that glorifies Jesus and His Church; to share the gospel message so that it equates to transformed, fruitful, and victorious lives.

VISION

It is the dream of a place where the hurting, the depressed, the frustrated, and the confused can find love, acceptance, help, hope, forgiveness, guidance, and encouragement.

It is a dream of tearing down the negative mentality that some have toward Jesus Christ and His church; to tear down color barriers that exist among worshippers.

It is a dream of effectively sharing the Good News of Jesus Christ with the nearly 300,000 residents of Lee, Chambers, Macon, Russell, and Tallapoosa counties.

It is a dream to establish a community center geared with the focus of changing the traditional life-pattern of the average young person in this area.

It is a dream of welcoming 1000+ members into community with us-loving, learning, laughing, and living in harmony together.

It is a dream of developing people to spiritual maturity through Spirit-filled Bible studies, small groups, seminars, and retreats; a place where marriage, education, celibacy, parenthood, and integrity is celebrated.

It is a dream of equipping every believer for a significant ministry by helping them discover their gifts and talents and how they fit into God's plan for their lives, a place where strong leaders are developed.

It is a dream of acquiring a worship facility that can accommodate the needs of the city, situated on a safe and fun campus where people can be inspired to go back and change their communities.

Corporate Prayer Guideline

The heaven of heavens is for God, but he put us in charge of the earth (Psalm 115:16 -MSG)

Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. (Matthew 18:19 NASB)

The earnest prayer of a righteous person has great power and produces wonderful results (James 5:16 -NLT)

We will be fasting, praying, and releasing our faith for the following:

- **Pastor Dametric and First Lady Sheritta** walk in divine health, strength, and wisdom, and continue to hear clearly from Holy Spirit concerning the ministry. And that no weapon that is formed against them shall prosper and every lying tongue risen against them shall be silenced – Isaiah 54:17, Ephesians 1:17, Isaiah 11:2, Psalm 5:12, Psalm 32:8-9, John 10:27
- **Victory Church of Opelika Church Body** that family, marriages, singles, elderly, widows, and youth are strengthen and transformed by the renewing of their minds. -Romans 12:2, Psalm 128:3, 2 Chronicles 31:18, Colossians 3:18, 1 Peter 3:7
Marriages are successful and in covenant with the Word of God. Husbands love their wives and rule well over their homes; while providing godly headship and financial stability for their family. Wives are virtuous and submit to her husband as unto the Lord. –Genesis 2:18, Ephesians 5:22-25, 1 Timothy 3:4, Proverbs 31:10-11
Singles be holy in both body and spirit; while pursuing God's purpose and will for their lives. –Romans 12:1-2, Matthew 6:33-34, Luke 10:27
Elderly and widows are edified in love and absolute grace; while they continue to fulfilling their purpose and plan for their lives. 1 Timothy 5:1-16, James 1:27, Isaiah 46:4, Psalm 143:5
Youth are obeying their parents and academically successful. They are saved and walk in the fear of the Lord. – Exodus 20:12, Proverbs 13:1, Proverbs 1:7 Psalm 37:3-5, 2 Corinthians 9:8

- **Leadership of Victory Church** is committed to the vision that is given by Pastor Dametric Shaw and they run with it to see to it that this vision comes to pass. They are spirit-filled, competent, committed, and possess great character and chemistry among others. Their personal lives are blameless, without spot, wrinkle of blemish and are above reproach. -Isaiah 43:19, Haggai 2:9, 1Timothy 3:2, Mark12:30
- **Vision of Victory Church (See Vision Page)**
- **The Harvest of Souls** is coming now to Victory Church of Opelika. We pray for great multitudes to receive salvation and the Holy Spirit. We believe God for 200 new members and over several hundred guests. -Matthew 9:37, John 4:35-38, Romans 10:9, Luke 14:23
- **Debts Demolished and Financial Increase** among Victory Church and individual debts are paid in full, cancelled, or forgiven. Pray that God blesses the work of our hands and take pleasure in our prosperity. Victory Church is comprised of 100% tithers. –Deuteronomy 16:15, Psalm 35:27, Deuteronomy 15:6, Deuteronomy 28:3 &12
- **Kingdom of God advance around the world** with greater manifestation of signs, miracles and wonders in the body of Christ. Nations are open to the Gospel of Jesus Christ. –Mark 16:20, Acts 14:3, Hebrews 2:4, Matthew 24:14, Mark 13:10