**Subject: NG Global Fasting and Prayer Strategy and Guidelines**

**Date: Fast begins on Wednesday, February 5, 2025, and is held on the 1st, 2nd and 3rd Wednesday of the each month**

**I. NG Global Fasting and Prayer Criteria**

* 6am to 6pm UST
* No Food no Water
* You can drink water but only as needed
* If you are on medications, follow the instructions of your Medical/Health Care Professional

**II. Start the Fast**

* **By reading Mathew 6:6;17-19**

**III. During the Fast**

* **Pray according to the Global Prayer Strategy from** **Isaiah 58:6-14**
* **1. (V6)**: Pray for Repentance of our sins/transgressions (4-things)
* **2. (V8):** Health and Healing
* **3.(V8):** That the Lord would go before us
* **4. (V9):** That the Lord will hear our cries and answer us
* **5. (V11):** That the Lord will guide us
* **6. (V12):** God would enable us to build
* **7. (V13):** That we will honor the sabbath
* **8. (V14)**: May our delight be in God

**IV. Join us from 12:00 to 1:00PMEST on our website or the APP for Global Noon Day Prayer**

* Download the APP: NGFWC from the App Store or Google Play
* Join us on the web: [www.nextgen-global.org](http://www.nextgen-global.org)
* Click on Global Prayer
* Text your Prayer Requests Anytime to: (833)-246-3887 (US Only)

**V. How to End the Fast**

* Fast ends @ 6:00PM/UST
* Drink liquids (I.e. water, Gatorade, Apple Juice etc.
* Eat soup, vegetables and or lean meats so that your body can regain its proper nutrients

**“*The effectual fervent prayer of a righteous man availeth much*” James 5:16**