



She is Ministry



# Foundation of Family

FASTING GUIDE

© SHE IS MINISTRY

She is Ministry is a Christ centered community that strives to be united in love, and believes in the transformative power of corporate worship. Our core values are to love, equip and disciple. We believe in taking the time to bring others closer to Jesus while resourcing them to become strong and servant-hearted disciples of Christ.

Dar Es Salaam  
Tanzania  
[www.sheisministry.com](http://www.sheisministry.com)



# FAQ's

## Frequently Asked Questions

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### **What type of fast are we doing?**

We will be doing the partial water fast (6AM - 6PM), no food just water. However, you are more than welcome to modify the fast according to your preference, personal health and more importantly according to the leading of The Holy Spirit.

### **Can you choose to fast or have to be led by God?**

As Christians, fasting should be something you do. As you fast, you are subduing the flesh and empowering the spirit. Yes, you should fast when God leads you to, however, you should also adopt a personal habit of fasting .

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### **Can I fast on my period, pregnant or while I'm sick?**

Yes, you are allowed to fast on your period. However, if you are sick, don't start your fast until you are back to optimal health. To our pregnant ladies, we encourage you to fast something else that isn't food (anything that takes your attention away from God e.g social media, series etc)

### **What if I don't finish until the end of the fast?**

If you do not make it with the food, keep it going with your devotion, prayer, and Bible Reading! You aren't doing it for the food, but for a closer relationship with God.

4

# Fasting Benefits

With fasting we see spiritual and physical benefits. The biggest key is recognizing we can't accomplish certain things with just prayer alone. Therefore, we must

Pray and Fast!

**"But this kind does not come out  
except by prayer and fasting."**

**(mat.17:21)**

## WHAT CAN YOU GAIN IN A FAST?

- Closer Relationship with God
- Answered Prayers
- Clarity
- Break Addictions
- Break Soul Ties
- Break Sinful bondage
- Renewed Faith
- Transformed Mind
- Transformed Body
- Health Improvements
- Weight loss
- Victory
- Boldness
- Protection
- Strengthening of the Spirit
- And So Much More...



# Fasting Schedule

Write down how your fasting schedule will look today. Having a schedule helps you be more serious and intentional. Write down from the moment you wake up to the minute you break your fast. Add your worship, prayer, meditation and studying times.

*Example*



Time	Activity	Detail
06:00 - 06:30	Pray	With She is Ministry
08:00 - 08:30	Read The Word	Fasting Guide
11:00 - 11:15	Prayer	Prayer and hearing from god
13:00 - 13:30	Prayer	With She is Ministry
16:00 - 16:30	Short Sermon	YouTube

Jot down any additional details

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LET'S BEGIN

**Topic: Family Foundation**



# PRE-FAST QUESTIONNAIRE



1. Why are you fasting?

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2. What are you expecting from this fast?

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3. What are your personal battle plans for the challenging times?

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4. What will be different about this fast?

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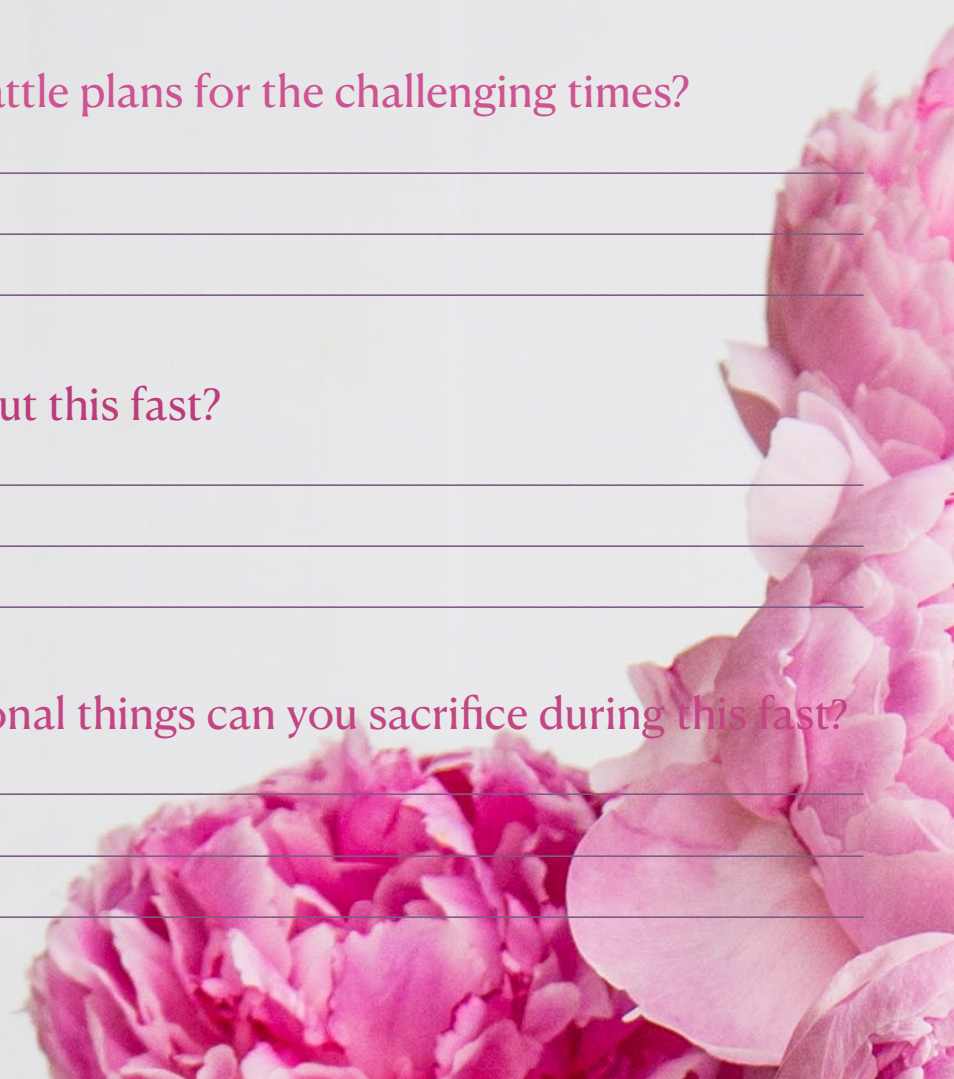
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5. Besides food, what additional things can you sacrifice during this fast?

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# Family

The concept of family is extremely important in the Bible, both in a physical sense and in a theological sense. The concept of family was introduced in the very beginning, as we see in Genesis 1:28, "God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.'" God's plan for creation was for men and women to marry and have children. A man and a woman would form a "one-flesh" union through marriage (Genesis 2:24), and they with their children become a family, the essential building block of human society. We also see early on that family members were to look after and care for one another. When God asks Cain, "Where is Abel your brother?" Cain's response is the flippant "Am I my brother's keeper?" The implication is that, yes, Cain was expected to be Abel's keeper and vice versa. Not only was Cain's murder of his brother an offense against humanity in general, but it was especially bad because it was the first recorded case of murder of one's sibling.

The Bible has a more communal sense of people and family than is generally held in Western cultures today, where citizens are more individualized than people in the Middle East and definitely more so than the people of the ancient near East. When God saved Noah from the flood, it wasn't an individual case salvation, but a salvation for him, his wife, his sons and his sons' wives. In other words, his family was saved (Genesis 6:18).

When God called Abraham out of Haran, He called him and his family (Genesis 12:4-5). The sign of the Abrahamic covenant (circumcision) was to be applied to all males within one's household, whether they were born into the family or are part of the household servant staff (Genesis 17:12-13). In other words, God's covenant with Abraham was familial, not individual.

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The importance of family can be seen in the provisions of the Mosaic covenant. For example, two of the Ten Commandments deal with maintaining the cohesiveness of the family. The fifth commandment regarding honoring parents is meant to preserve the authority of parents in family matters, and the seventh commandment prohibiting adultery protects the sanctity of marriage. From these two commandments flow all of the various other stipulations in the Mosaic Law which seek to protect marriage and the family. The health of the family was so important to God that it was codified in the national covenant of Israel.

This is not solely an Old Testament phenomenon. The New Testament makes many of the same commands and prohibitions. Jesus speaks on the sanctity of marriage and against frivolous divorce in Matthew 19. The apostle Paul talks about what Christian homes should look like when he gives the twin commands of "children, obey your parents" and "parents, don't provoke your children" in Ephesians 6:1-4 and Colossians 3:20-21. In 1 Corinthians 7, the unbelieving spouse is "sanctified" through the believing spouse, meaning, among other things, that the unbelieving spouse is in a position to be saved through the witness of the believing spouse.

# Family

***Family is an institution founded by God. God is founder of families and is the foundation of it. Any family that has no God in their midst as the foundation will not be stable.***

Read the following passages:

Exodus 20:12

Proverbs 22:6

1 Timothy 5:8

Colossians 3:20

1 Timothy 3:5

Genesis 2:24

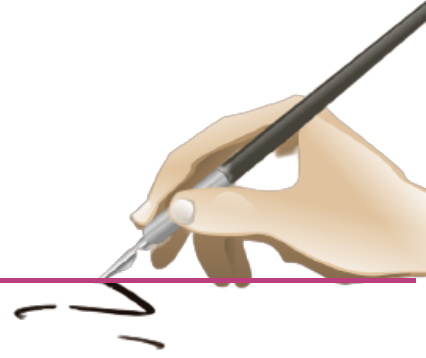
Joshua 24:15

From the above scriptures, is there any that you fail to do, and why?

E.g. do you obey your parents? Does your entire household serve the Lord?

Take some time to reflect on why you fail to do so and how you can go about doing so.

# Prayer List:



## REMEMBER

Fasting doesn't change  
God, it changes you!

# Prayer Times

Let's come in unity to pray with each other and for one another. All prayers will be held on ZOOM, kindly note that prayer times are according to East African Time Zone.



06:00 - 06:20

13:00 - 13:30

18:00 - 18:30



# She is Ministry

A Princess & A Warrior