

ANDREWS MEMORIAL SDA CHURCH
**INTERNATIONAL WOMEN'S DAY OF PRAYER
AND FASTING**

SABBATH, MARCH 6, 2021

Tips for Fasting



The Church is called to enter into a **Fast** on International Women's Day of Prayer on Sabbath, March 6, 2021. The fast is at a time when the challenges of women around the world is being highlighted. Women and families will be prayed for throughout the Day.

What Is Fasting?

Fasting is an outward response to an inward attitude and longing of the soul. It helps to maintain focus on and into our prayer life.

Why Fast On This Day?

The circumstances of women internationally, reveal varying degrees of abusive situations, ranging from, but not limited to, inhumane treatment, privation, physical abuse, torture and neglect.

This situation is not confined only to homes, but is systemic and institutionalised in certain regions of the world.

Prayer Focus

Our Prayer focus text for the Day therefore will be **Isaiah 58:6**

It will be for God to "Remove the bands of wickedness, undo the heavy burdens, break every yoke, and set the oppressed free" both locally and internationally.

Spiritual Preparation

The Church is encouraged to enter into a week of spiritual preparedness for the Day: seek cleansing. Invite the Holy Spirit presence daily, guard the avenues of the mind and focus on the reason for the fast.

As far as possible engage the entire family and friends in this effort.

Physical Preparation

Pre-Fast Day: On the day before the Fast, ensure that meals are well balanced and nutritious: moderate protein, low carb, liberal amounts of fruits, vegetables and water.

Day of Fasting: If due to health reasons total abstinence from food is not recommended, juices, fruits, broth, garden salad and herbal teas may be had.

Note: In all circumstances keeping well hydrated is critical!

Breaking the Fast: Hot vegetable soup or hot beverage is recommended followed by a light supper.

Let us approach the Lord in sackcloth and ashes on behalf of our sisters nationally and internationally because "The Lord's Hand is not shortened that He cannot save, nor His ear heavy that it cannot hear" Isaiah 59:1.