

Churches Are Preparing to Fast in January, but Here's What They're Missing

The New Year is approaching and many people will make New Year resolutions. These commitments usually last 30 days and then people stop exercising, losing weight or changing the bad habits they have developed.

Resolutions are temporal, and what as Christians we should desire is something that is lasting for the kingdom of God and our spiritual walk.

Fasting can bring forth the change we are seeking. When we fast, we are giving up our flesh and growing in our faith.

At the beginning of the year, I have encouraged my team, church and family to do a first-fruits fast. A first-fruits fast is giving the Lord the first fruits of our year. Similar to in the Bible where they gave God the first fruits of their increase, when we fast at the beginning of the year, we are giving God the first fruits of our year. We are consecrating and setting ourselves apart for the Lord.

There are churches and teachings that encourage fasting at the beginning of the year, but often we hear of a start date about a week into the year. Actually, for 2020 the official start date of many corporate church fasts is Jan. 5.

However, while you are giving God the first part of your year, you are not giving the first. Giving God a true first-fruits fast begins when the clock strikes midnight on Jan. 1. I believe when we start five days later, we are giving into our flesh and the pressure of family and friends to be able to eat, drink and be merry, so to speak. We don't want our New Year's festivities to stop at midnight and we don't want to

miss that turkey or ham dinner on New Year's Day.

First fruits are a first fruit! Give Him the very first part at midnight, straight up. We don't need to wait until our church or the body of Christ begin together. Even though the corporate support is great, we can individually start a few days earlier and still join in on the corporation portion.

Why am I passionate about giving God the first fruits? Because He deserves it. He doesn't deserve for us to compromise or justify. He deserves for us to give Him the very best.

The other reason I am totally dedicated and sold out to the very first part of the year is because, during the last 10 years of giving Him the very first of the year, I have seen the lives of my family, my ministry and my children transform. I have experienced physical healing, a rebellious child be set on fire for the Lord, my financial situation totally turn around and change, and so many other physical manifestations that I would log them in my calendar just to see the blessings and hand of God at work.

I have grown so close to the Father in these times of fasting. I have learned Scripture in an entirely new way, dissected many different translations to pull out revelation, become a prophetic preacher where the Holy Spirit can just flow through me and increased in my anointing so I can release the kingdom to thousands of people. The spiritual growth that we obtain and the increase in the things of the Spirit we receive during giving God the first of our time is incredible! It's incredible because now we have more to give and release to people internationally to bring change, healing, deliverance and empowerment into their lives. We don't just fast for ourselves; we fast to increase, so in return we can release.

Have you considered a first-fruits fast? Do you need fasting support and help? My Facebook group will assist you in fasting and getting kingdom-fit. Join my fasting support group here: .

Receive additional fasting and healthy eating tips support and learn how to break food addictions through my mini ecourse.
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Kathy DeGraw is a prophetic deliverance minister releasing the love and power of God to ignite and activate people, release prophetic destinies and deliver people from the bondage of the enemy. She is the founder of Kathy DeGraw Ministries and Be Love Outreach. She is the host of the Prophetic Spiritual Warfare podcast. She is the author of several books, including Speak Out, Discerning and Destroying the Works of Satan, Unshackled and Warfare Declarations. You can connect with Kathy on Facebook at or visit .