



2022 RAMP

**21 DAYS OF
FASTING & PRAYER**

PRAYER TARGETS



1.



2.



3.



4.

"For with God nothing will be impossible."

Luke 1:37

January 2022

RAMP SERVICE SCHEDULE

Meetings Mon -Thurs @ 7PM will be held through ZOOM. To participate on Zoom you must register online at: www.vanguard.church or through the CHURCH CENTER APP. In these Zoom meetings we will also hear from leadership, pray corporately, and break into smaller groups to discuss materials and minister to one another. We will meet in person at the church Fri-Sun @ 7PM. These meetings will be aimed at encountering God and pressing into prayer and worship. They will also be live streamed.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 RAMP DAY 1 Ramp Service 7pm - 8pm
9 RAMP DAY 2 Ramp Service 7pm - 8pm	10 RAMP DAY 3 ZOOM Ramp Meeting 7pm - 8pm	11 RAMP DAY 4 ZOOM Ramp Meeting 7pm - 8pm	12 RAMP DAY 5 ZOOM Ramp Meeting 7pm - 8pm	13 RAMP DAY 6 ZOOM Ramp Meeting 7pm - 8pm	14 RAMP DAY 7 Ramp Service 7pm - 8pm	15 RAMP DAY 8 Ramp Service 7pm - 8pm
16 RAMP DAY 9 Ramp Service 7pm - 8pm	17 RAMP DAY 10 ZOOM Ramp Meeting 7pm - 8pm	18 RAMP DAY 11 ZOOM Ramp Meeting 7pm - 8pm	19 RAMP DAY 12 ZOOM Ramp Meeting 7pm - 8pm	20 RAMP DAY 13 ZOOM Ramp Meeting 7pm - 8pm	21 RAMP DAY 14 Ramp Service 7pm - 8pm	22 RAMP DAY 15 Ramp Service 7pm - 8pm
23 RAMP DAY 16 Ramp Service 7pm - 8pm	24 RAMP DAY 17 ZOOM Ramp Meeting 7pm - 8pm	25 RAMP DAY 18 ZOOM Ramp Meeting 7pm - 8pm	26 RAMP DAY 19 ZOOM Ramp Meeting 7pm - 8pm	27 RAMP DAY 20 ZOOM Ramp Meeting 7pm - 8pm	28 RAMP DAY 21 Ramp Service 7pm - 8pm	29
30	31					



WHAT IS RAMP?

RAMP definition: a launching place, a point of access

- Looking for direction or fresh vision?
- Desirous to know God more intimately?
- Struggling to find time with God?
- Want more anointing or breakthrough?
- Feeling stuck in an area or sin?

The Ramp is a unique opportunity to clear your regular calendar and join others in seeking God daily for a 21 day period at the start of the year. Joining a group fast allows you to set aside the month of January as a time devoted to God and to personal growth in the Lord.

We meet daily so that everyone has at least one hour of focused time with God, as well as personal encouragement. The hour is always different but often will include teaching, testimonies, and various types of prayer (healing, repentance, individual, corporate, in small groups etc).

In the Bible, fasting is modeled in both the old and new covenants. Jesus Himself fasted for 40 days before beginning His ministry. He also encouraged people to fast privately as a means of seeking the Father. The apostles fasted and prayed often to seek direction, anoint leaders, and gain victory in various situations. Fasting has many practical health benefits in addition to spiritual and emotional ones. Prayer combined with fasting is like throwing fuel onto a fire. The power of prayer becomes explosive! Join us as we **launch into new levels of faith** with God and **gain access** to exciting new aspects of all the life and power that Jesus provided for us at the cross!

For more thoughts on fasting check out these passages of the Bible: Dan.10:3, Mt. 4:1-11, Mt.6:16-18, Is.58, Joel 2:12-13, Acts 13:2-4, Acts 14:23

PRAYER INSTRUCTIONS

First seek Holy Spirit to reveal what your prayer targets should be during this fast.

Areas to consider praying into:

Spiritual – cleansing, healing/deliverance, deeper revelation, greater hunger, activation and breakthrough in gifts of the Spirit, intimacy with God (Father, Son, Spirit), deeper understanding of Word, vision/plans from God

Emotional – who do I need to forgive? What do I need to let go of? Past wounds that still hurt, feeling stuck/apathetic, feeling shut down/disconnected, greater revelation/experience of fruit of the Spirit (love, joy, peace etc.), greater love (like Christ), desire for what is good etc.

Physical – healing, strength, energy, body yielded to God more, deeper rest, mental acuity etc.

Other areas include: **family, finances, missions, church, job, salvations**

Remember that as you are **more specific** in your prayers you will see the answer to those prayers more clearly as well. Praying for world peace is good but praying for peace in your house or work can be seen more clearly. This builds faith and momentum for more.

Ask Holy Spirit for clarity on what or how to pray. He will lead you. Prayer is a combination of sharing your heart, listening to/experiencing God's heart, and declaring out what God is saying/scriptural promises.

Romans 8:26-27 The Passion Translation (TPT)

And in a similar way, the Holy Spirit takes hold of us in our human frailty to empower us in our weakness. For example, at times we don't even know how to pray, or know the best things to ask for. But the Holy Spirit rises up within us to super-intercede on our behalf, pleading to God with emotional sighs too deep for words.

God, the searcher of the heart, knows fully our longings, yet he also understands the desires of the Spirit, because the Holy Spirit passionately pleads before God for us, his holy ones, in perfect harmony with God's plan and our destiny.

MY CIRCLE

People in my life I am believing God wants to see saved this year (list 3-5 to pray for). These are people I will also reach out to with the gospel this year.

1. _____
2. _____
3. _____
4. _____
5. _____



FASTING GUIDELINES

Food Fasting

Fasting is a wonderful opportunity to focus yourself on the Lord and bring healing to your body. Fasting occurs all through out the Old and New Testament. Esther, Daniel, Ezra, Jesus, the Apostles, and many others fasted in the Bible. Their fasts were done as an act of obedience to God, to pursue a particular breakthrough/answer to prayer, or for cleansing and repentance before the Lord. Regardless which one of these options you feel best describes your fast there are some things you should do to prepare for your fast to make it most beneficial.

Since people's diets have changed so drastically in the last 75 years, our bodies do not respond as well to simply beginning a fast without first doing a bit of cleansing. For all of man's existence our foods were primarily what is now called whole or clean foods. These are foods that you prepare from their natural state such as eggs, fruit, vegetables, unprocessed meats, etc. In times past, people ground their own wheat or corn to make their bread. All foods were very natural. Today, we eat many highly processed foods full of chemicals and synthetic agents. If we begin a fast without some cleansing, these toxins in our system can cause us to feel very ill.

Additionally, after fasting our digestive tract may need a little time to get back up to speed or you can cause damage to yourself. Please read the following guidelines to help you better prepare yourself and achieve the maximum benefits God desires for your fast. **Drinking lots of water is critical** in every type of fast as water naturally flushes out any unhealthy things from our bodies.

The Daniel fast

This fast is modeled after the prophet Daniel in the Old Testament. He describes a diet of vegetables, fruits, and legumes. Foods to avoid are all dairy, meats, sugar, caffeine, alcohol, or anything processed (containing chemicals or preservatives of any sort.) If you look for vegan foods there are many options available. The benefits of diets such as this are great. Cancer patients will often turn to juicing and eating large quantities of vegetables and fruits which are proven to speed cleansing and healing in our bodies.

Prep: It is recommended to wean yourself off of caffeine, rich foods, and meats for up to a week before beginning your fast. Also, increasing your water intake will help lessen any symptoms of caffeine withdrawal etc.

Juice/Liquid Fast

A juice or liquid fast is highly beneficial as well to your body. This type of fast consists of all natural liquids such as 100% juices, and natural soups. It is best to avoid caffeinated beverages during this time for maximum cleansing/health benefits.

Prep: It is recommended to wean yourself off of caffeine, rich foods, and meats for up to a week before beginning your fast. Also, increasing your water intake will help lessen any symptoms of caffeine withdrawal etc.

Water Fast

Water fasting is simple; no food, only water. Preparation and post-fast steps are most important in this type of fast. The potential for cleansing, rest, and healing of your digestive system and body are very high in this fast but so are the possibilities for damage if proper steps are not followed.

Prep: A juice/liquid diet is recommended for up to a week before beginning a long water fast. This enables your body to flush out meats (which take a minimum of 72 hours to pass through the intestinal tract), and general waste products that have gathered in your gut. Once the water fast is started your digestive tract goes to sleep essentially, as the actions of chewing, swallowing, and your stomach's digestive enzymes are what cause the intestinal tract to go into action (that's why babies poop during or directly after eating). It is important to take the step of emptying the contents for this reason, otherwise foods can essentially rot in your bowels.

Post-fast:

Depending on the length of your fast (more than a few days will do it), your healthy bacteria in the intestines that are essential to breaking down the food you eat will die off along with the unhealthy bacteria. It is vital that you break your fast with simple foods such as veggies and fruits, as well as a good probiotic (pills are best and can be found in most grocery stores, but you can also have yogurt, kefir, and kombucha to help aid the recolonization of your healthy intestinal flora). Eating meats or other rich foods directly after a water fast can cause your digestive tract great distress, even damaging it long term. Take 4-7 days to slowly reintroduce foods while taking the probiotics.

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. But Jesus told him (the devil), No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'

Matthew 4:1-2 , 4

ALTERNATIVE FASTS OR FAST BOOSTERS

Alternative Fasts

If you have specific dietary needs or a medical condition that may keep you from participating in a “food fast”, you can try simply cutting out something like sugary foods, or junk food, or you can fast from Negativity or Media (described below). Replace that time usually spent watching TV, on your computer or on your cell phone with reading the Word and spending time alone with your Heavenly Father!

If you would like to “boost” your food fast, you can add these type of fasts listed below as well!

Negativity fasting

This type of fast is a period of time dedicated to not speaking out anything negative (this includes complaints, criticisms, angry words, hopeless words etc.). Negativity fasting is a powerful tool to shift your inner world by not allowing yourself down familiar negative paths.

Media Fasting

Fasting Media is another option to help give you more time for God and clear your mind from many ungodly influences in the world for a period of time. Most TV, movies, news, and even social media platforms are full of ways of acting and words that are contradictory to God's ways. It's an additional way to help renew the spirit of your mind.

For some verses about renewing your mind see Eph. 4:17-24, Rom.8:5-8, Rom.12:2, Phil. 4:8, Col 3:2

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

JAN 8

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YOUR JOURNEY JAN 12

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YOUR JOURNEY JAN 18

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YOUR JOURNEY

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VANGUARD CHURCH
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