

PRAYER OPPORTUNITIES

Mon, Tue, Wed, Thur, Fri 6:00pm Prayer
GBF Sanctuary & Facebook Live

Mon, Wed & Fri 5:30am Prayer
Conference Call Dial (712) 775-8971 Access Code 542193

Music Ministry Monday 8:00pm Prayer
Conference Call Dial (848) 777-1212 Access Code 646992

Tuesday & Thursday 6:00am Prayer - GBF Sanctuary

Men's Tuesday 7:00am Prayer
Zoom Meeting ID 871 6900 6140 Passcode 769860

Ruth & Naomi Tuesday 10:30am Prayer
Conference Call Dial (425) 436-6363 Access Code 586112

Young Adults Wednesday 5:00pm Prayer
Zoom Meeting ID 997 9742 4371 Passcode 851793

1st, 2nd, 3rd & 4th Saturday 7:00am Prayer - GBF Sanctuary



3 DAY FAST

"PRAY WITHOUT CEASING"

1 Thessalonians 5:17

SEPT 5 THRU 7, 2024

THURSDAY - SATURDAY

**Saturday midnight concludes the Fast.
Sunday corporate breakthrough prayer at both services.**

**Grace Bible Fellowship of Antioch
3415 Oakley Rd.
Antioch, CA 94509
(925) 522-2017**

**Website: gbfofantioch.org
Facebook: [GBFofAntioch](https://www.facebook.com/GBFofAntioch)
Instagram: [gbfofantioch](https://www.instagram.com/gbfofantioch)**

Purpose: to draw God's people closer to Him thru intensified fasting and prayer.

Isaiah 58:6-7 (KJV)

"Is not this the Fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house?"

Pursuit: to encourage all believers at Grace Bible Fellowship of Antioch to join us for a week of consecration and prayer.

Plan: to engage every church member to participate in the Fast at their particular level of spiritual maturity.

The levels are Beginners, Intermediate, and Mature.

Beginners:

- You will be expected to fast from 6am to 6pm.
- One meal a day. No candy, cakes, or sugary items.
- No alcohol or cigarettes, and limit all unnecessary computer usage; only what's necessary. No video games or TV.
- Commit to at least 1 prayer opportunity a day.
- Read your Bible or other Christian materials at least 30 minutes a day.
- Attend a S.P.R.E.A.D. class.
- Commit to at least 1 hour of Christian music a day.

Intermediate:

- You will be expected to Fast from 6am to 6pm.
- Daniel Fast (fruits and vegetables only).
- No alcohol or cigarettes, and limit all unnecessary computer usage; only what's necessary. No video games or TV.
- Commit to at least 1 level of prayer a day and an evening session if possible.
- Read your Bible or other Christian materials at least 1 hour a day.
- Attend a S.P.R.E.A.D. class.
- Commit to at least 2 hours of Christian music a day.

Mature:

- You will be expected to Fast 3 Days water only.
- No alcohol or cigarettes, and limit all unnecessary computer usage; only what's necessary. No video games or TV.
- Be willing to sacrifice something of choice: traveling, shopping.
- Commit to at least 1 level of prayer in the morning and an evening session.
- Contact someone via the phone or in person and pray with them daily.
- Read your Bible or other Christian materials at least 2 hours a day.
- Attend a S.P.R.E.A.D. class.
- Commit to at least 4 hours of Christian music a day.

THE FAST WILL END SATURDAY, SEPTEMBER 7TH
AT MIDNIGHT. BUT SUNDAY, WE WILL HAVE A
CORPORATE BREAKTHROUGH PRAYER AT
BOTH SERVICES

FAMILY AND FRIENDS FELLOWSHIP
SUNDAY, SEPTEMBER 8TH
8:00 A.M. AND 11:00 A.M. SERVICES

Inviting Unchurch Folks, Family, Friends, & Love Ones! We're NOT doing Church as Normal. Make sure you're in the house. Seats available on a first come, 1st to sit in the best seats in the house basis. Come and experience the power of God's deliverance up close and personal.