

# Annual February Fast Ground Rules

These are the original ground rules given for the “Esther Fast,” which is the basis of the official February Fast as given by the Lord.

- Each participant chooses the day of his or her choice.
- Each participant will fast for a 24-hour period starting at midnight and ending at midnight the following day.
- No food nor water is to be taken during this 24-hour period – *Medical prescriptions ordered by the personal physician may be taken as prescribed by your physician.*
- Each participant will fast the same day of his or her choice, each week during the month of February. This amounts to only four days of fasting for each participant for the entire month.
- **Corporate prayer times are set at 9:00 am, 12 noon and 6:00 pm daily.** (see below)
- Each participant is encouraged to participate in prayer for each day regardless of whether it is his or her day to fast. You may post your prayer requests at [www.prayerandfaithcenter.com](http://www.prayerandfaithcenter.com).
- It is encouraged to pay attention to the local participant’s list for those fasting on each particular day and include them in your prayer petitions to the Lord.
- During each prayer, focus should be paid to the corporate prayer list as well as the individual or local church or organization specific prayer list. Daily prayer points may be found below.
- Don’t forget to record, and share, your testimonies online at [www.prayerandfaithcenter.com](http://www.prayerandfaithcenter.com).

## Daily Prayer Points

Monday	Pray for Political Leadership: local, county, state, national and world leaders
Tuesday	Pray for Church Leadership: pastors, elders, ministers, etc.
Wednesday	Pray for Family Unity: marriages, children, parents, youths, relationships, etc.
Thursday	Pray for Souls: outreach, evangelism, community, discipleship, missions, etc.
Friday	Pray for Our Godly Walk: revival, sanctification, holiness, fear of the Lord
Saturday	Pray for Divine Health: deliverance and healing
Sunday	Pray for Material Needs: finances and material blessings, jobs and the economy