

INTRODUCTION

There are two important spiritual disciplines that we have the privilege of participating in: prayer and fasting. Both take time, sacrifice, and focus. We encourage you to seek God on a deeper level. Through prayer and fasting, we can also impact the people in our community. Are you ready? Will you join us?

WHAT IS PRAYER?

Prayer is considered as a lifestyle for those who know Christ. However, there are times when we, as Christ followers, need to set aside a time of prayer and fasting for a specific purpose. A very simple approach to prayer is to use the A.C.T.S. method.

A - Adoration (*Psalm 148*)

C - Confession (*1 John 1:9*)

T - Thankfulness (*1 Thessalonians 5:18*)

S - Supplication (*Philippians 4:6*)

WHAT IS BIBLICAL FASTING?

It is denying yourself food for the purpose of prayer and to focus on Christ.

IT IS TO BE DONE:

IN HUMILITY

So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. (*Daniel 9:3*)

IN SECRET

So that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.
(*Matthew 6:18*)

WHEN MAKING IMPORTANT DECISIONS

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." (*Acts 13:2*)

IN RESPONSE TO A SPECIFIC NEED

Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD. (*Joel 1:14*)

GUIDE TO A 24-HOUR FAST

- Consult a doctor if you have any medical issues before starting your fast.
- A 24-hour fast is a time of denying yourself food for 24 hours. The purpose is to devote time to God in prayer and have a prayerful attitude throughout the day.
- Be sure that you know why you are fasting. It's not to lose weight.
- Drink plenty of fluids. Water is best.
- Have a specific prayer list to guide you (see our suggested list).
- Journal what you prayed for. You will be amazed!

SUGGESTED PRAYER LIST

PRAY FOR:

- The salvation of family, friends, employees, acquaintances, and neighbors. Mention them by name.
- The Spirit of God to work in our lives.
- The opportunity to invite a guest and bring them to service with you.
- The pastors and leaders of Christ Fellowship and for God's favor and protection.
- People to get connected to a Small Group.
- The worship teams and the music selected.
- Our volunteers.
- Special projects our church will promote.
- Our mission opportunities (locally and globally).

HERE IS A SAMPLE/ POTENTIAL SCHEDULE FOR YOU:

EVENING BEFORE YOU BEGIN

- Eat a normal, but not excessive, dinner at your regular dinnertime.
- Before bed, spend time reading Scripture. (Suggested Scriptures to read: *Psalms 1, Psalm 63, Luke 4*).
- Spend some time praying asking God to increase your passion for Him. Confess any sins you know are hindering your relationship with God.
- Once you get in bed, pray until you fall asleep.

MORNING OF YOUR FAST

- Wake up at your normal time.
- Instead of eating breakfast, spend time with God. Read *Philippians 2:1-11*.
- Reflect on Christ's sacrifice for you. Pray that God will enable you to have His attitude today.

During the hours when you are hungry, view those hunger pains as God nudging you to pray. Pray quietly throughout the morning, even during your regular routine. Engage your normal responsibilities, but do so with an awareness of His grace.

LUNCH TIME

During your lunch hour, remove yourself from the day-to-day rush and spend 20 or 30 minutes in prayer. Walk around outside of your office or home. Shut off the noise and spend some time listening to God. If there is a decision or a struggle in your life, ask God to give you clarity.

AFTERNOON

This will be the time when you are most hungry and weak. Each time you are hungry, thank Him for filling you spiritually. Each time you feel weak, thank Him for being the One who truly satisfies (*Psalms 63:8*).

EVENING

- The last few hours of the 24-hour fast are often the most intimate with God and the most clarifying.
- Devote time praying for your personal spiritual health.
- Spend time declaring God's greatness and thanking Him for all He has done.
- Confess any ongoing struggles or sins you wrestle with.
- Yield to Him. Submit to Him.
- Devote time praying for Christ Fellowship, your church.
- Do not rush to eat. Eat at your normal dinnertime.
- Conclude your fast. While you eat, reflect on God's provision for all your needs.

NOTES: