

# PRAYER & FASTING

— MAY 6TH-24TH —

## *Church Wide Prayer & Fasting Guide Monday through Friday, May 6th - 24th, 2024*

*“Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.” Romans 12:1-2 CSB*

It has been said that fasting is praying with your whole body. During this three week fast, we are asking you to enter into prayer with your whole body. In the first week, we will focus on consecrating ourselves to God. During the second week we'll be asking God to awaken His call in our life. Then, in week three, we'll ask God to show us how we can put it all into practice. Also, please join us for guided prayer nights on Wednesdays, May 8th, 15th, & 22nd from 6:30pm to 8:00pm.

### *Guide to Fasting*

**WHAT?** Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, you spend time reading the Bible and praying, as well as listening to God.

**WHY?** Our objective is to be with God, to grow in our relationship with Him, as well as to seek His direction.

**HOW?** A fast can look different for each person depending on the type of fast you choose. We would encourage you to fast from lunch M-F, but if that isn't possible for you, there are other options for you to be able to participate in this church wide fast.

- *Partial Fast*- This involves abstaining from eating any type of food in the morning and/or afternoon.
- *Selective Fast*- This type of fast involves removing certain elements from your diet. One way is to not eat your favorite food or drink for the duration of the fast.
- *Soul Fast*- This fast is a great option for people who cannot fast for health reasons but want to participate. The idea is that you are giving up something that you normally enjoy and you are using that time to seek God in prayer, praise, and reading the scriptures. For example, you might choose to stop using social media or watching television for the duration of the fast.

Some considerations for fasting from food- Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation. If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that “last big feast” before the fast. Cutting down on your meals a few days before you begin the fast will signal to your mind, stomach, and appetite that less food is acceptable. It

is also recommended to wean yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast. Lastly, consult your medical provider if you have health issues.

### ***Prayer Theme for Week 1 (May 6-10): "Consecrate"***

This week we will focus on the idea of consecrating ourselves. Joshua told the people of Israel, "Consecrate yourselves, because the Lord will do wonders among you tomorrow." Joshua 3:5

Presenting ourselves as a living, holy sacrifice. Consecration means to dedicate, make or declare holy. This week let's focus on our personal holiness - asking God to point out in us anything that is keeping us from growing spiritually (known sin, addiction, forgiveness). Also, pray for the spiritual climate of RI to radically change one person, one community at a time. It's our prayer this week that each day you will take time to consecrate yourself.

#### **Monday - Read 1 Peter 1:13-16**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

#### **Tuesday - Read 1 Peter 2:4-9**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

#### **Wednesday - Read 1 Peter 2:10-12**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

#### **Thursday - Read 1 Peter 2:21-25**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

#### **Friday - Read 1 Peter 3:13-16**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

### ***Prayer Theme for Week 2 (May 13-17): "Awaken"***

Awaken to His call on my life, Awaken my apathetic heart, Awaken the hearts of my unbelieving friends.

Ask GOD to awaken His call in your life. We know His call for us all is to be holy and live a holy life. God wants you to be aware of or awaken the specific calling in your life. Is HE calling you to speak to someone specific? Is He calling you to serve in a specific way? Is He calling you to start or join a specific

group? As you read this week about the specific people and their calling, ask GOD what you are to be awakened to in this season of your life. Also, pray for specific people in your life who don't know Jesus. Pray that God will show you one person each day this week whom you could hand a You Matter card to.

**Monday - Read 1 Samuel 3:1-21**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Tuesday - Read Esther 4**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Wednesday - Read Genesis 6:9-22**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Thursday - Read Jonah 3**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Friday - Read 1 Kings 19**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

***Prayer Theme for Week 3 (May 20-24): "Go"***

This week, pray about putting into practice what God has been showing you. What is it that you need to do? - then go do it. We need to go and personally practice the way of Jesus. Plan a time to go serve.

Also, this week, pray for our shortfall in paying for the expansion of the lobby and elevator so that we can better serve and disciple ALL people.

**Monday - Read Matthew 4:1-11**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Tuesday - Read Acts 13**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Wednesday - Read Nehemiah 1:4-2:8**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Thursday - Read Deuteronomy 9:15-29; 10:1-5**

What word, phrase, or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.

**Friday - Ezra 8:21-31**

What word, phrase or sentence stands out to you and why?

Does this passage speak to a change I need to make or a need that seeks to be met?

Spend time in prayer incorporating that word, phrase, or sentence.