

# Half-Day Fast and Devotional

## Praying for Our Church & Discerning Our Next Step

On Monday, February 2, 2025, we are inviting every member of John Wesley to join a half-day fast and prayer. This is a moment to seek God for our church, our families, our unity, and our future as we strive to achieve our new church theme - The Year to Organize: Order, Ownership, and Overflow. We are also praying specifically for wisdom and clarity about how each of us should participate in Grow Forward, through giving, serving, or both.

**We are fasting and praying beyond ourselves, but for our church!**

# When and How to Fast



## When to Fast

Choose one half-day window that works for you:

- **Morning Fast:** Wake-up to 12:00 noon
- **Afternoon Fast:** 12:00 noon to 6:00 pm



## How to Fast

Choose the option that fits your health and season.

- **Food Fast:** No food during your half-day, water encouraged.
- **Simple Fast:** One simple meal only, no snacks, sweets, or extras.
- **Media or Spending Fast:** Step away from social media, streaming, and unnecessary spending during your half-day, use that time to pray and reflect.

*Health note: If you have medical needs, please adjust your fast accordingly.*

## Devotional for Your Fast

"A Pause That Positions Us"

### Scripture (choose one):

- Proverbs 3:5–6
- 1 Peter 4:10
- 1 Corinthians 14:40

### Reflection

Sometimes the most faithful thing we can do is pause. A pause is not a setback, it is positioning. When we fast, we create space to hear God more clearly, to check our hearts, and to realign our lives with what matters most.

As you fast today, pray for our church with gratitude and hope. Thank God for what He has already done, and ask Him to guide us into what's next. Pray for strength, unity, spiritual health, and impact. Pray that we would be a church that worships faithfully, serves consistently, loves deeply, and moves with wisdom.

During your fast, also ask the Lord to show you your next step in Grow Forward. This is not about pressure or comparison. It is about obedience. Ask God what role you should play, whether through a financial commitment, a one-time gift, serving through time and talent, or a combination. Then ask for peace and courage to follow through.

### Prayer prompts (choose a few):

- Lord, strengthen our church family and deepen our unity.
- Lord, help us worship consistently and serve faithfully.
- Lord, show me my next step and give me courage to obey.
- Lord, help us prepare wisely for the future You have for us.

# Closing Prayer and Social Media Post

## Closing Prayer (to end your fast)

Lord, we submit ourselves to You. Strengthen our church, unite our hearts, and guide our steps. Thank You for how You've kept us, grown us, and carried us. Now lead us into what's next with wisdom, faith, and courage. Speak clearly to each of us about our role, our service, and what You are calling us to give, and then give us the grace to follow through with joy. Bless our families, our leaders, and every member connected to this church. Let Your presence be strong among us, and let our lives be a witness of Your goodness. We trust You with our future, and we commit ourselves to move forward together. In Jesus' name, Amen.

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## Social Media Post

(Copy and Post These Exact Words on your personal social media)

- 📄 *Taking time today to pray for my church. Grateful for where we've been, hopeful about where God is leading us next, and believing God is doing something good among us.*