

Why is Prayer and Fasting important?

We're so happy that you are taking part in this special time with us. The practice of fasting and praying is a way that we tell God that we are desperate for more of Him in our lives. Fasting and praying go well together because Jesus modeled them for us, the apostles did it and it's a way of expressing our faith and taking promises of Scripture seriously.

Two of the promises that stand out are:

- God opposes the proud and gives grace to the humble.
- Also, the Father, who sees in secret, will reward you.

We can't control God, but we can obey Him. We control ourselves with certain practices to which the Lord calls us. Prayer and fasting are two of those practices. We do what we can do so that God can do what only He can do.

Praying and fasting are important practices for each of us as individuals. They are also good for us a group of people – the church. Our church is made up of many kinds of small groups. Life is done best together. That's why we set aside a corporate time of prayer and fasting. We are telling God that we are desperate to hear from Him. We are telling God that we are desperate for His leadership. We are telling God that we want *HIS* will to be done and not our will to be done. We are telling God that we will humble ourselves and ask for His grace to pour into all the people who are part of Heartland and beyond.

Fasting from food is the ideal way to fast. We suggest you set a three-day food fast as a goal for your group. Try and challenge yourself. If fasting is new to you or you have health needs, consider a modified fast and/or consult your doctor.