

▶ PRAYER & FASTING *Guide* ◀

Why **FAST?**

The word 'fast' is derived from the Hebrew word *tsoom*, which refers to the practice of self-denial. In Greek, the word is *nesteia*, which has the same meaning.

Many scriptures show the strong connection between fasting and prayer. Physically, to fast is to go without food. Spiritually, fasting is an intensification of prayer, focusing on God, and dying to our fleshly desires as we desire and depend on Him more. We fast when we are greatly troubled about something; when we earnestly need a specific answer from God; when we sincerely want to conquer some sin; and when we strongly desire to grow closer to Him and remain in Him.

How To Enjoy **FASTING**

- ▶ Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.
- ▶ Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions..
- ▶ Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
- ▶ Be alert. Besides fasting from food, fast from things that distract, such as TV, social media, cybergames, or things that destroy such as coarse jesting or careless words.
- ▶ Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chilli or acidic foods as much as possible.

How To **FAST**

You are free to fast however the Spirit leads you. Here are some options:

Total Fast ▶ Abstain from solid foods and beverages for 24 hours. Take only water.

Partial Fast ▶ Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.

1-Meal Fast ▶ Sacrifice one full meal a day.

Beverage Fast ▶ Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk, milo or other health beverages.

Daniel Fast ▶ Abstain from meats and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. As Daniel 1:12 suggests, make this a 10-day fast.

Esther Fast ▶ Abstain from solid foods for 24 hours for 3 days. (*Esther 4:16*)

How To Use **THIS GUIDE**

- ▶ For each devotion, read aloud the Scripture passage and Ephesians Prayers.
- ▶ Reflect on it.
- ▶ Pray as suggested and as the Spirit leads. Stop, listen and wait for impressions from the Spirit. Record them in your personal journal. 
- ▶ Whatever He says to you, just do it!

DAY 1: Monday, June 24 @ 6:30 pm*

Prayer for Evangelism - Read 2 Chronicles 7:14

- Read Ephesians 6:19 - pray for friends, relatives, neighbors, coworkers, special opportunities.

DAY 2: Tuesday, June 25 @ 9:00 am*

Prayer for Missions

- Read Acts 17:30-31 - pray for local missions, national missions, global mission, the fulfillment of the Great Commission.

DAY 3: Wednesday, June 26 @ 6:30 pm*

Prayer for World Affairs

- Read Psalms 85:4-7 - pray for the poor and hungry; the oppressed and persecuted; those in authority; peace among nations; current events and concerns.

DAY 4: Thursday, June 27 @ 6:30 pm*

Prayer for Family & Ministry

- Read Colossians 3:22-24 - Pray for family, ministry, sharing Christ with others, helping others grow in Him.

DAY 5: Friday, June 28 @ 6:30 pm*

Prayer for Government

- Read Proverbs 14:34 - pray for a spiritual revival in our local, state and national government. Pray for the Mayor, Governor and President and their cabinet members and their relationship with Christ.

DAY 6: Saturday, June 29 @ 9:00 am*

Prayer for Spiritual Insight

- Read Psalm 25:3-5; pray for understanding and insight into the Word; understanding your identity in Christ; who you are; where you came from; where you are going; understanding God's purpose for your life.

DAY 7: Sunday, June 30 @ 6:30 pm*

Prayer of Adoration

- Read 1 Chronicles 29:10-13 - Express your thoughts of praise and worship.

DAY 8: Monday, July 1 @ 6:30 pm*

Prayers of Affirmation

- Read John 4:23-24; 1 John 3:24 - Reflect on these biblical affirmations.

DAY 9: Tuesday, July 2 @ 9:00 am*

Prayer of Thanksgiving

- Read Psalm 34:6-7 & 40:1-3 - Offer your expressions of thanksgiving to God.

DAY 10: Wednesday, July 3 @ 6:30 pm*

Prayer of Praise

- Read Psalm 34:1-3 - Offer your expressions of praise

*Location: 1501 Hadley Avenue - Old Hickory (Church doors will open 15 mins before prayer time).

EPHESIANS PRAYERS:

"I pray that the God of our Lord Jesus Christ, the Father of glory, may give to me a spirit of wisdom and of revelation in the knowledge of Him. I pray that the eyes of my heart may be enlightened, so that I will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come. And He put all things in subjection under His feet, and gave Him as head over all things to the church,"

Ephesians 1:17-22 NASB.

"For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant me, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in my heart through faith; and that I, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that I may be filled up to all the fullness of God. Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen."

Ephesians 3:14-21 NASB

