



# Fasting and Prayer

Info for Week of Fasting & Prayer, **July 2020**

## **"This Fasting and Prayer Week is Important" -- God**

Pastor Herb and others believe that God has indicated that the upcoming week of fasting and prayer is important, and that it is vital that all New Songers participate. If the designated week does not work for you, choose another to fast as God indicates and pray as directed below.

Prayer with fasting is about joining God in what He wants to do. It is a way of "power-seeking" the intimate Presence of God. Prayer with fasting uniquely causes us to unite with God as His children, servants and soldiers.

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."  
John 15:5 (ESV)

"You will seek me and find me, when you seek me with all your heart."  
Jeremiah 29:13 (ESV)

What might happen if we actually **join** God this way? If we, mere human beings, truly unite with Almighty, All-Powerful, All-Loving, All-Knowing God to fast and pray His agenda? What might happen in our families, our church, our communities, our country?

What might we and others miss if we don't?

### **1. Talk with God as you fast**

† CONSTANTLY. Each time you want food pray the fasting prayer:

**"Lord, I love you more than food. Do whatever You want to do"**

† DAILY EXTENDED TIME WITH GOD.

1. 5 praises.
2. SLO pray: "Lord, I surrender... I'm listening... I will obey."
3. Pray for the requests in the next section.

† ALL CHURCH PRAYER GATHERING.

Participate in person if possible. If not, carve out at least an hour to be with God to seek God for New Song and beyond.

### **2. Prayer Requests as you fast**

† Ask God to turn **you** more Right-side Up, then listen for specific ways He wants you to pray in this regard.

† Ask God to turn **New Song Family** more Right-side Up, then listen for specific ways He wants you to pray in this regard.

† Ask God to turn **family, friends, acquaintances and enemies** more Right-side Up, then listen for specific ways to pray.

† Ask God to bring more people, especially young families, into the New Song family.

† Ask God to guide us into the unknown future and use us for His purposes in profound ways.

† Ask, "Lord, what else do you want me to pray or hear?"

### **Fasting ...**

the incredible opportunity to get closer to and more aligned with Christ by willingly giving up food that is legitimately ours.

allowing God to work in ways not otherwise possible.

a sacrificial way to obey God that reaps great rewards.

### **Fasting is...**

about focusing on God more than about giving up food.

✓ Set Aside Time: a firm daily time to listen by reading the Bible and devotionals and to speak with God every time you think of food. **Pray for the specific requests listed.**

✓ Reduce the "Noise": abstain from things and distractions that pull your mind in the wrong direction.

✓ Pray Throughout the Day: When your stomach rumbles pray, "Lord, I love you more than food. Please work through this fast." When you reach to turn on "noise" pray, "Lord, I love you more than \_\_\_\_\_. Please work through this fast."

### **Types of Fasting**

▪ Normal/Juice Fast - abstaining from all food and consuming only water and some juices.

▪ Daniel Fast - a biblically based partial fast from all foods except fruits, vegetables and nuts, drinking only water.

▪ Partial Fast - any type of a) giving up some specific foods or b) giving up all foods at designated times.

▪ Combination/Rotational - using a variety of any of the above.

### **Times of Fasting**

▪ Week-long Fast - all day, all seven days

▪ Several Days Fast - all day on certain days

▪ Partial Day Fast - specific meals every day or certain days

### **Prepare for Your Fast**

Prepare Your Spirit: refuse to view it with dread. Choose to expectantly anticipate that Jesus will work. Giving up food is HARD, but the rewards far, far, far outweigh the sacrifice.

Prepare Your Body: ease off foods that cause you to crave such as sugar, caffeine, man-made foods and additives. Do not binge before your fast begins or when it ends.

### **Keep the Gems of Your Fast**

Expect Jesus to give you significant insights, lessons, instructions, assurances, etc. during a fasting and prayer. OBEY whatever He says. Then hold on to what you gained by writing them down and, more importantly, putting them into practice. **JUST DO THEM!**