



New Song
Community Church

Fasting and Prayer

Info for Week of Fasting & Prayer, July 2021

Fasting ...

- ➔ the incredible opportunity to experience Christ in closer relationship and greater alignment by willingly giving up food that is legitimately ours
- ➔ a practical, sacrificial, spiritual discipline that allows God to work in ways not otherwise possible and reaps significant rewards.

The theme for this week of prayer and fasting is:

Look to, Lean on, Listen for, Live alongside: Accepting Jesus' invitations

Pastor Herb's challenge for prayer and fasting during July 11- 2021 is to focus on Jesus and align with His agenda rather than asking Him for what we want.... to make it a week of surrendering, repenting... asking Him to speak and show us what He is up to and then accept His invitations to join Him.

Here are a few of God's invitations.

Psalm 66:5 (ESV) Come and see what God has done: he is awesome in his deeds toward the children of man.

Jeremiah 33:3 (ESV) Call to me and I will answer you, and will tell you great and hidden things that you have not known.

Jeremiah 29:13-14a (ESV) ¹³You will seek me and find me, when you seek me with all your heart. ¹⁴I will be found by you, declares the Lord,

What might happen if we ***look, lean, listen, and live*** with everything we've got? What might happen individually, in our families, jobs, neighborhoods, relationships? What might happen in and through New Song Church? What might happen in ever widening ripples? What might we and others miss if we don't?

The big picture template for praying as you fast:

➔ **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. Praise God – start with honoring God with praise.
 2. Pray, "Lord, I'm listening. What do you want to say to me right now?" Then PAUSE, LISTEN and WRITE what you hear.
 3. Pray for the requests in the next section.
- † ALL CHURCH PRAYER GATHERING. Participate in person or via Pastor Herb's Facebook page or via replay.

1. Ask God what He wants you to specifically pray for & write them here.

2. Pray for the following joint church family requests. Pray for...

- ➔ God's perspective – that we see everything as He sees.
- ➔ God's direction – that we hear His instructions and walk in step.
- ➔ God's mission – that we follow His lead to reach the lost and lonely.
- ➔ God's transformation – that we Surrender, Listen & Obey passionately and purposefully to become more and more and more like Jesus.

Fasting is... about focusing on God more than 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 above.***
- ✓ Reduce the "Noise": abstain from things and distractions that pull your mind in the wrong direction.
- ✓ Pray Throughout the Day: When your stomach rumbles or you start to reach for "noise," pray the fasting prayer above.

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 dread, choose to expect Jesus will work. The rewards far, far, far outweigh the sacrifice.

Prepare Your Body: ease off foods that cause cravings such as sugar, caffeine, junk food and Do not binge before or after.

Keep the Gems of Your Fast

Expect insights, lessons, instructions, assurances, and more during 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.