



# Fasting and Prayer

Info for Week of Fasting & Prayer, **November 2021**

New Song  
Community Church

## 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.

**Acts 13:1–3 (ESV)** <sup>1</sup>Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. <sup>2</sup>While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” <sup>3</sup>Then after fasting and praying they laid their hands on them and sent them off.

The **theme** for this week of prayer and fasting is:

***Surrendering and Sending***

**Three Daily Prayers** for Week of Prayer and Fasting

### 1. Knees and Nudges Prayer Conversation

Start each day on your KNEES in Surrender.

Listen for and follow God’s NUDGES throughout the day.



### 2. The Fasting Prayer

Each time you want food pray the fasting prayer:

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

### 3. S & L Prayers

At least once each day pray the following:

**Send** us to the Lost = **Mission**

**Lead** us into the future = **Direction**

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

What might happen if we seek God through Prayer and Fasting with all our hearts, souls, minds and strength?

The big picture template for praying as you fast:

- ➔ **Determine HOW** you will fast and **WHEN** you will spend time with God
- ➔ **Pray** the three prayers above as well as personal prayers.
- ➔ **Participate** in Wednesday ALL CHURCH PRAYER GATHERING.

## ➔ Prayer Requests as you fast

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

2. Pray the S & L Prayers – Sending and Leading.

- Sending... ➔ God to send you personally to lost people.  
 ➔ God to “send” us as New Song army to lost people.  
 ➔ God to send lost people to us.

- Leading... ➔ God to lead you personally into the future.  
 ➔ God to lead us into the future through clear direction for worship, children’s ministry, discipleship, fellowship and effective ministry.

**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.