 **Prayer with Fasting**

Info for Week of Prayer with Fasting, **April 2022**

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

**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,

**Fasting** **…**

 • giving up food to focus on God MORE than normal

 • an invitation from God for deeper relationship, not a religious ritual

 • about intimacy and alignment with God, not earning points with God

 • a spiritual experience using physical food that allows God to work in ways not otherwise possible.

 • bigger than us - about God working through us to benefit others

**Prepare for the Week of Prayer with Fasting**

 🠞 ASK God HOW and WHEN He wants you to fast, then listen and obey

 🠞 PLAN: schedule unhurried, uninterrupted time with God

 🠞 COMMIT to participate in the all-church Prayer Gathering, Wednesday



**During the Week of Prayer with Fasting** **…**

 🕇 PRIORITZE your daily appointment with God – start with **surrender** and **praise**, then focus on **conversation** with God

 🕇 Live in conversation throughout the day – KNEES and NUDGES

 🕇 PRAY the Fasting Prayer (revised) each time you want food: “Lord, I love You more than food. What do You want to say?” Then listen.

 🕇 REDUCE noise – pull back from things that pull in the wrong direction

 🕇 DOUBLE DOWN when it gets hard – call a friend, refocus, remember

**Matthew 18:20 (ESV)** For where two or three are gathered in my name, there am I among them.”

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**🠞 Prayer Requests as you fast**

1. For yourself - Ask God what He wants you to specifically pray for.

2. Pray for “us” – your church family and beyond…

 🕇 To lead us - tell us WHAT He wants us to do next

 🕇 To make us “salt and light” that lost people be found – more disciples

 🕇 To mold us more and more like Christ – becoming better disciples

 🕇 To guide us – tell us HOW to do what He wants

 🕇 Others as God leads you to pray beyond yourself…

**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.

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