



Prayer with Fasting

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

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

What might NOT happen if we don't?

Theme scripture for the week of prayer with fasting: **Jeremiah 29:13 (ESV)**

You will seek me and find me,
when you seek me with all your heart.

Fasting is not about ritual or earning points; it's about love for God and people. Fasting expresses love for God by looking to Him instead of food, cooperating with Him in His work to make a difference in peoples' lives.

Fasting ...

- giving up food to focus on God MORE than normal
- accepting God's invitation 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 ...

- † PRIORITIZE 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 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

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Prayer Focus as you fast

Start your time with God by **asking God** what He wants you to pray for, talk with Him about, surrender to Him, then follow His lead

Pastor Herb believes God identified these:

- † Pay attention! Notice nudges and alerts from God.
- † Pray for “more workers into the harvest.”
²And he said to them, “The harvest is plentiful, but the laborers are few. Therefore *pray earnestly* to the Lord of the harvest to send out laborers into his harvest. **Luke 10:2 (ESV)**
- † Pray for the lost and the lonely.
- † Mission – ask God for His next steps to make more and better.
- † Pray for Pastor Herb and one another as God leads.

Record significant “stuff”

Moments during your fast may be “spiritual markers” to hold on to.

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.

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.

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