



# Prayer with Fasting

Info for Week of Prayer with Fasting, March/April, 2025

*What might happen if we seek God through Prayer & Fasting with everything we've got? What might NOT happen if we don't? What if your prayer and fasting is fuel for God's work that we long for?*

*Fasting is NOT the point, but the means by which we seek God with intensity, allowing us to hear what He wants to say, show us what He wants to reveal and lead us to obey in ways we didn't even know. It's about accepting God's invitations rather than getting hit with demands.*

*THE KEY is the Fasting Prayer. Each time you desire the food you are fasting, pray the fasting prayer. By doing so, you will seek God more in a week than in a typical month or more.*

***The fasting prayer: "Lord, I love You more than food. Do whatever You want in my life and in others!"***

This week is about **ALIGNMENT with God through these prayers:**

- 1. Lord, give me Your heart and pray through me!***
- 2. Show me where I am compromising & lead me to alignment***
- 3. Send revival and spiritual awakening!***

***Choose how you will fast.*** Ask God to lead you, listen and obey. Don't flippantly choose, but seek God and cooperate. It's His deal, not yours.

***Shut out the noise.*** Carve out extra time to be with God to allow Him to access the depths of your soul. Do more listening than talking.

***Prayer Gathering!*** God is up to stuff individually but most powerfully when we seek Him together. You are needed and you need to be in the room to experience what God wants to do. Do ***whatever it takes*** to participate in person, via Zoom if necessary. ***What might you miss if you are not in the room when God works?***

***Challenge.*** Will you lock arms with your New Song army/family to...  
prepare in advance (see below)  
start each day in unhurried time with God (knees)  
pay attention to notice God stuff, then write them down  
follow God's nudges throughout the day  
put deliberate effort into fasting (sacrifice)  
pray the fasting prayer A LOT (seeking God)  
participate in Prayer Gathering? (seek God together)

## ***Prepare.***

- 1 **Daily surrender.** "Lord, I give myself to You, I entrust all of me to You"
- 2 **Confess.** Ask God to show you any and all sins, small and large, that you need to come clean on. **Admit** them and **ask** forgiveness. If there are stronghold sins, **confess** to another Christ-follower and ask them to pray.
- 3 **Repent.** Do a U-Turn. Confession is a mockery without repentance. This means to turn away from sin and turn to follow Jesus.
- 4 **Obey.** **Do whatever God says** to do next.
- 5 **Start praying the Alignment Prayers** (previous page).

## **Praying during the week of prayer with fasting**

Start your time with praise, gratitude, and surrender in a physical posture of submission.

Pray the Alignment Prayers. Be sure to write down the compromises He reveals – confess, repent and recommit to change.

Then **ask God** what He wants you to pray for, talk with Him about it, surrender to Him. Pay attention to what comes to mind next – that is often how God speaks. Then follow His lead in conversation with Him. Write those in your journal or below.

## **What God is showing me/ saying to me:**

### **Ask God to**

- † Bring the Lost & Lonely – God bring them and send us to them, use us to lead them to relationship with Him and a church family
- † Direct us to the next steps for New Song
- † Touch the Children - specifically for children of New Song for God to: be their shield and defender
- † Cover Pastor Herb and one another as God leads.
- † nudge you with other requests.

## ***Information about Fasting***

### **Fasting ...**

- giving up food to focus on God MORE than usual
- 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 by looking to God instead of food
- allowing 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 ...**

- † START each day on your KNEES
- † PRIORITIZE your daily appointment with God
- † Live in conversation throughout the day – NUDGES
- † PRAY the Fasting Prayer each time you want food: "***Lord, I love You more than food. Do whatever You want in my life and in others!***" 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  
Be ready and fight hard the ensuing spiritual battles

### **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 liquids - water, juices, protein drinks, teas, etc.
- 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 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.

Week of Fasting with Prayer

***April 13 - 20, 2025***

Information and Prayer Focus



***New Song***  
Community Church

***What if YOUR prayer and fasting is the fuel to lead others to Jesus?***

***What might happen if we seek God through Prayer & Fasting with everything we've got?***

***What might NOT happen if we don't?***