



TIME OF
SEEKING
SEEKING
SEEKING

FASTING & PRAYING GUIDE



HELLO

As we set aside the next 7 days to seek God as a Church, consider fasting. Fasting isn't a way to gain favor with God, but it's a way of experiencing and expressing our great need for Him.

The purpose of fasting is to abstain from things like food, drinks, or certain routine actions in order to remind us that only God can truly satisfy our soul-level hunger. We fast from things that bring us comfort in order to feast on God's presence. We love what John Mark Comer says, "Fasting is praying with your body." In fasting, we declare that God is more necessary and more desirable than anything this world can offer and that we need him for everything.

We live in a culture not only of food, but of excess, luxury, and addiction. For so many of us, the desires of our body have come to hold power over us. In the battle with our "flesh," we have become its slave, not its master, therefore fasting is a statement to our body and an opportunity to rewire our brain and be reminded that we are more than flesh and our filled Spirit is able to sustain everything we are (Spirit, soul and body)

Often in the Bible it is described how God's people fasted before a great victory, miracle, or seeking guidance and wisdom.

Moses fasted before receiving the Ten Commandments. Moses was there with the Lord for forty days and forty nights without eating bread or drinking water. And he wrote the commandments on the tablets. (Exodus 34:28)

Jesus fasted during His victory over temptation. For forty days and forty nights in the desert he was tempted by the devil. He ate nothing during those days. (Luke 4:2)

The early Christians fasted during times of decision making. While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." After they had prayed and fasted, they laid hands on them and sent them away. (Acts 13:2-3)



How to Start?

Before choosing to fast and what to fast , we want to invite you to a time of solitude. Take some time to process or journal through the following questions.

And Pay attention to any invitation you sense from the Spirit as you read and answer, than more of a “To-do” is a beautiful place to start as you ask the HolySpirit:

1

- 1-Have I become dependent on something other than God to attend to the deeper aches of my soul?
- 2-What do I use to find pleasure, comfort, or emotional regulation?
- 3-What conveniences am I conditioned to automatically use? (e.g. elevators or escalators instead of stairs, close parking spaces, music/podcasts in the background, etc.)
- 4-What could I abstain from that might help draw my attention to my deeper need for Jesus?
- 5-What disciplines do I need to incorporate that will help me towards my fasting and can potentially become healthy habits that will sustain me through the year?

2

After answering these questions consider the following list which are some frequent things people fast from in a season of fasting and praying. Pay attention to any invitation you sense from the Holy Spirit.

- Foods that are generally associated with feasting: chocolate, all desserts, coffee, caffeine, alcohol, meat, bread, etc.
- Media or Entertainment: cell phone apps, television, a streaming service, movies, radio or music in the car, computer at home, video games, social media, etc.
- Habits and Comforts: shopping (online and/or in stores), using elevators instead of stairs, parking in a spot close to the store, finding the shortest checkout line, surfing the internet when bored, etc.

Spend some time in prayer. Deciding what to fast from doesn't have to be or feel incredibly ascetic or heavy; it's not meant to be a way of punishing yourself.

21 days of prayer and fasting is about a fuller experience of our union with God.

Ask Jesus and yourself

What am I being
invited into?

3

Finally, commit it to God and use our daily devotional as a companion that will hopefully guide you and inspire you to look more in depth to God and hear His voice. We suggest you choose a special place and time to meet with God daily to read His word and seek Him.

*1 You, God, are my God, earnestly I seek you;
I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. 2 I have seen you in the sanctuary and beheld your power and your glory. 3 Because your love is better than life, my lips will glorify you. 4 I will praise you as long as I live, and in your name I will lift up my hands. 5 I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you. 6 On my bed I remember you; I think of you through the watches of the night. 7 Because you are my help, I sing in the shadow of your wings. 8 I cling to you; your right hand upholds me. 9 Those who want to kill me will be destroyed; they will go down to the depths of the earth. 10 They will be given over to the sword and become food for jackals. 11 But the king will rejoice in God; all who swear by God will glory in him, while the mouths of liars will be silenced.*



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TAKE NOTE ↙

Once you've committed it to God, share it with your community, family, spouse and/or a close friend who is also participating with you.

Remember: We do not share as a form of accountability, to gain points or "to seem more spiritual" but as a way to celebrate God's invitations to us.

Continue to celebrate and share with them throughout the season what you sense the Holy Spirit is doing in and through you.

Fasting will always be uncomfortable, here are some scriptures you can “feed on” when your stomach grumbles.

But he said to them, “I have food to eat that you do not know about.”
(John 4:32 ESV)

1 O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. 2 So I have looked upon you in the sanctuary, beholding your power and glory. 3 Because your steadfast love is better than life, my lips will praise you. 4 So I will bless you as long as I live; in your name I will lift up my hands.
(Psalm 63:1-4 ESV)

We invite you to read them through daily and ask the Holy Spirit to lead you as you pray. Don't try to move quickly through your devotional and time of prayer. Take time to listen and interact with God. Trust that God wants to meet and share his heart with you as you share your heart with him.

Remember

Fasting is not to “earn” an answer to prayer. God cannot be blackmailed by human effort. God desires to answer your prayers and answers by His love and Grace. Fasting prepares us for God's response. Fast only if your health allows it. If you can, only do a partial fast, whatever you choose do it in faith and God will honor your prayers.

FASTING

is an attitude of the heart that sincerely seeks God.