



FASTING

Fasting is a way to draw near to God and more clearly understand our need for Him. When we fast and we feel hungry it is a physical reminder that we are deeply hungry for God. Let your hunger pangs draw your mind to God in prayer.

As a church we are going to fast from after breakfast to dinner each day this week (skipping lunch and snacks during the day). Each day we're going to have a focus of our fast. Throughout the day and during the time you normally eat lunch, you can spend time praying and seeking God for each of the topics.

Day 1: Your Personal Relationship with God

Take time to seek God and worship Him for his daily provision for you. Ask God to reveal areas of your life that you haven't confessed. Think through the obvious and less obvious areas where you aren't following Jesus. Pray for boldness to live out who God has called you to be. (James 4:8, Psalm 27:4, Psalm 66:16-20)

Day 2: The Sick

Today's focus is for those who are suffering both physically and mentally. This year has taken its toll on all of us. Pray for those you know suffering from COVID and those who have other health concerns that are complicated because of COVID. Ask God for healing for those who are battling cancer. Pray for strength for our frontline workers who are working long hours and facing increased stress. Pray for people struggling with anxiety, depression, or mental illness. (Isaiah 41:10, Phil 4:6-7, James 5:14-15)

Day 3: Justice and Reconciliation

Lament (feel sorrow about) injustice that has taken place in our country and our world. Pray that our churches will reflect the heart of God in a diverse and unified church. Cry out to God for reconciliation in our relationships, our city, and our country. Ask God to break your heart for what breaks His. Pray for justice in our government and laws. (Rom. 15:5-7, Micah 6:6-8, Gal. 3:26-28)

Day 4: Our Church

Pray for Pastor Chris, the elders, and our staff that they will draw close to God and lead with wisdom and vision. Pray that Jesus will be glorified in everything we do as a church body and that we would be led by the Holy Spirit. Pray that we will engage those who don't know Jesus and point them to Him. Pray for unity among believers. Pray that we will be equipped to love and follow Jesus. (2 Thess. 1:11-12, Eph. 3:16-19, Gal. 6:9, John 13:35)

Day 5: Our Country

Pray for our leaders on every level from local authorities to national. Pray that they will seek God's guidance in the decisions that are made. Ask God to give them wisdom. Pray that they will have listening ears and soft hearts and that they will work together for the good of our nation. Pray that we will see each other through Jesus' eyes and love one another boldly. (1 Tim. 2:1-5, Prov. 14:34, Prov. 9:10, Eph. 4:31-32)

NOTES