

GUIDELINES FOR FASTING

WHY DO WE FAST?

We fast because we desire to draw near to God! Fasting is defined as “abstaining for a time from certain foods.” In Scripture, it is always associated with focusing on God Himself and on prayer; the hunger one feels when fasting is a physical reminder of our spiritual hunger and our need for the Bread of Life.

Fasting is a way for God’s people to make a sacrifice of themselves. It is not natural to us, so it reminds us of our need for God. Fasting allows us to give more time and attention to prayer and time with God.

Fasting in Scripture is found when God’s people were:

- asking God for help
- seeking to draw closer to God
- humbling themselves before God because of their sin
- in mourning

HOW DO WE FAST?

Fasting can be from food or from something that is meaningful for you, has become an obstacle for you, or something that has a grip on your daily life (like television, radio, technology, news, reading, etc.).

There are several options for fasting. It is important to note that if you are fasting from food, it is recommended that you drink water, juices, etc. and abstain from food on the day(s) that you fast. You may choose to fast from one or two meals during the 24 hour period. Or, you may choose to fast from all food for the 24 hour period.

The parameters of your fast are between you and God. Fast as He is leading you. It is a private matter between you and the Lord.

If you have certain health or nutrition requirements, please take those into consideration before fasting and adjust your plan for that day accordingly.

GUIDELINES FOR PRAYER

Begin with **Praise for God** - who He is and all that He has done.

Come with a **Grateful Heart** - thanking Him for His faithfulness.

Come in **Humility** - confess your sins and allow Him to cleanse you.

Bring your **Requests** to Him - *“Let us therefore draw near to the throne of grace with confidence, so that we might receive mercy and find grace to help us in our time of need.” Hebrews 4:16*

PRAYER FOR OURSELVES: *“Create in me a clean heart, O God, and renew a right spirit within me.” Psalm 51:10*

“...live a life worthy of the calling you have received.” Ephesians 4:1

PRAYER FOR FAMILY MEMBERS / FRIENDS: *“To walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work, and increasing in the knowledge of God.” Colossians 1:9*

PRAYER FOR OUR CHURCH: *“May the God who gives endurance and encouragement give us a spirit of unity among ourselves as we follow Christ Jesus, so that with one heart and mouth, we may glorify the God and Father of our Lord Jesus Christ.” Colossians 1:9*

“Love one another as I have loved you.” John 15:12

PRAYER FOR OUR NATION: *“If my people, who are called by my name will humble themselves and pray and seek my face, and turn from their wicked ways, then I will hear from heaven and forgive their sin and will heal their land.” II Chronicles 7:14*

“Now to Him who is able to do exceedingly abundantly above all that we ask or imagine, according to His power that is at work within us, to Him be glory in the church, and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:20-21