

## PRAYER & FASTING GUIDE

# ONE

ONE DAY OF FASTING  
ONCE A MONTH  
FOR ONE CHURCH  
TO HAVE ONE VISION

NOVEMBER  
2019  
EDITION

### What is Fasting?

Fasting is the intentional abstaining from food for spiritual purposes. When we refrain from food, we express to God that we long to be satisfied by Him more than food. Fasting and prayer are often paired together in scripture because they work hand-in-hand. Spend your mealtime praying instead of eating.

### Why fast?

Though it is never explicitly commanded in the New Testament (unlike prayer), Jesus assumed his disciples would fast (Mt. 6:16; 9:15) and fasted himself (Luke 2:37). Additionally, the Bible is full of examples of fasting (e.g., Ez. 8:21-23, Ps. 35:13, Dan. 9:3, Acts 14:23, etc.). Fasting is a beneficial spiritual discipline that intensifies our desire for God and our prayers. Together, we are fasting to deepen our hunger for God and our longing for his guidance for our church.

### How can I fast?

Choose one day a month to participate during this season (we recommend the first Sunday of each month). This fast can be done alone or with others, including family or friends. We will offer a corporate prayer gathering on the first Sunday of every month from 11am-noon, where we can fast and pray together. Here are a few ways to fast:

- One Meal Fast (choose one meal that day to fast and pray)
- Daniel Fast (only fruits and veggies for 24 hours)
- 24hr Fast (6pm to 6pm. No breakfast & lunch)
- Full Day Fast (no breakfast, lunch, or dinner)
- Screen Time Fast (24hrs without looking at a screen—No TV, social media, phone scrolling, etc)

### What if I can't fast from food?

Several health and medical factors may prevent some from participating in fasting from food. Some examples may include diabetes, heart disease, or pregnancy. Please consult your medical doctor if you have any questions about fasting. Other than fasting from food, you could fast from social media or “screen time.” This is another way to intentionally limit our access from something, in order to use that time to pursue God in prayer.

### What should I do during the mealtime that I am fasting?

- Read 2 Chronicles 7:14. Confess our great need for God as individuals and as a church.
- Read John 17:20-23. Pray for the unity of our church as we press into God together.
- Read Colossians 1:9-14. Ask for the outcome of our seeking God's direction; that we might be a healthy and fruitful church for His glory.