

# **Guideline for the Day of Fasting and Prayer**

Sticking with our Pray 4:06 initiative, on April 6<sup>th</sup> we are joining together through prayer and fasting to seek God during these uncertain times. We want to virtually and corporately meet with God and seek His presence.

The following is a guide as you prepare for and participate in our day of fasting and prayer on Monday, April 6<sup>th</sup>.

Throughout this day, we are recommending a minimum of three focused prayer times around your meal times. Though the breakfast and lunch times are not dedicated times (depending on your rhythms) the dinner time will be at 6:30pm and will be accompanied by a live-streamed guided prayer time with Pastor Kevin Thiessen.

Before you begin, may this verse be your meditation throughout the day: ***“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*** (Isaiah 41:10).

One final reminder – we enter into and remain in the presence of God:

- With belief — the prerequisite for calling on God (Romans 10:14)
- With humility — in weakness, confessing our need of God and sins that separates us (Isaiah 59:1-2)
- With desperation — earnest prayer is powerful in its effects (James 5:16)
- With expectation — that God will hear and rescue (Micah 7:7; Zechariah 10:6)
- With confidence — that God will hear and respond positively (1 John 5:14)
- With awareness — that we are not alone, but part of “all the saints” (Ephesians 6:18 for example)
- With gratitude — alert and thankful for the goodness of the Lord (Colossians 4:2)
- With peace — not anxious for anything, but trusting God in all things (Philippians 4:6-7)

## **BREAKFAST FOCUS | THANKSGIVING**

- Begin with Praise | Let's start our day by anchoring ourselves using Psalm 28:6-9.
- Bless His name – declare out loud the many names of God and what they mean to you.
- Thanksgiving = Thanking Him for who He is and what He has done.
- Take turns thanking God for anything and everything you want to.
- Remind yourself of His faithfulness throughout your life. We root ourselves more deeply in faith because God has, is and will be faithful. How have you experienced His faithfulness in your life?
- Song: How Great Thou Art

## **LUNCH FOCUS | WORSHIP**

- Worship: Agreeing with who He is.
- Declare and honour God's character and his ongoing activity in our world, community and personal lives.
- Encountering, Magnifying, and Adoring Who He is.
  - Encounter: How have you encountered God at work in your life recently?
  - Magnify: Which of His characteristics do you want to magnify?
  - Adoring: Psalms 9:1 “I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.”
- Song: Here I Am to Worship

## **DINNER FOCUS | INTERCESSION (\*6:30pm - This will be a live stream with Pastor Kevin)**

- Intercession = Agreeing with what He wants to do.
- Prayer for our protection
- Prayer for our families, friends and neighbours
- Prayer for Covid-19 (for containment, for those infected and afflicted, mourning those lost, for a cure)
- Prayer for the isolated and lonely, for the poor and vulnerable
- Prayer for our health professionals, for our political and spiritual leaders and public authorities, for our economy
- Prayer for God's mission and The Lord's will (Conclude with the Lord's Prayer)

## **Prayer and Fasting Description and Additional Resources**

*If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

2 Chronicles 7:14

**A WORD ABOUT FASTING |** If you are able, we encourage you to fast from food throughout the day so you can focus fully on your time with God. However, we are aware that this can be difficult of some who may not be used to the discipline. The Scottish Minister Andrew Bonar defined fasting as “abstaining from anything that hinders prayer”. In this sense then, giving up our technology for a day can be a considerable feat! Ultimately, we would like you to take whatever time you have and focus it entirely on God in the context of the situation at hand: COVID19. Any discomfort we might feel from giving up that which we rely on is minor compared to the agony being suffered by the hundreds of thousands afflicted with this latest corona virus. We encourage you to do what you can.

With our spirit, heart, mind, and body full of faith and hope — Let the day begin!

The Scriptures recount many stories of the heroes of the faith who give themselves to fasting and praying. Moses, Elijah, Esther, Nehemiah, Daniel and Paul, fasted at crucial points in their nation’s history and their own ministry. Jesus himself both modeled and taught on the subjects of prayer and fasting (Matt 6:5-18; Luke 11:1-13). After being anointed by the Holy Spirit, Jesus is led into the desert to pray and fast (Matt 4).

### Before Fasting:

Pray about and consider what you will fast from. Seek the Lord and His wisdom (Prov 2:1-7). He might lead you to only drink water or juice, give up one meal a day or maybe He’ll encourage you to also give up technology or something else that steals your attention from Him. Let God reveal to you what He wants you to fast from, and then respond in obedience.

### While Fasting:

- Use the guideline to give some direction to your prayer times.
- Every time you grow hungry, acknowledge God’s presence around you. Ask Him how He is moving and how you can respond.
- Find Scriptures to meditate on throughout the day, letting the Word of God renew your mind and refresh your spirit (Ps 1:1-2). We’ve given you some Scriptures to start with, but feel free to go beyond that.
- Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability. Bring these to Jesus as they arise, inquiring of Him what they reveal about your heart and invite the Holy Spirit to strengthen you.

### Breaking Fast:

For those fasting from food: Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Don’t stop praying! Trust God’s faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers. (1 Thess 5:16-18)

Share with other members of the body what God taught you during your time fasting and praying. Seek to build one another up with words of encouragement and exaltation of Jesus.

Additional Resources to aid your prayer and fasting:

- Sample prayer - <https://antiochhwaco.com/wp-content/uploads/2020/03/2-Chronicles-714-Crafted-Prayer.x15430.pdf>
- Why we fast and pray - <https://antiochhwaco.com/why-we-fast-and-pray-3/>
- Fasting and Prayer for Spiritual Growth - <https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/prayer-and-fasting.html>