

April 1-5

JOIN US ON THE FOLLOWING DAYS FOR A FOCUSED TIME WHERE YOU AND YOUR FAMILY CAN CELEBRATE THE WEEK OF EASTER

**APRIL 1<sup>st</sup> // 6:30<sup>pm</sup>**

EVENING OF WORSHIP & CONCERT OF PRAYER

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**APRIL 2<sup>nd</sup>**

DAY OF PRAYER & FASTING

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**APRIL 3<sup>rd</sup> // 9<sup>am</sup> - 1<sup>pm</sup>**

STATIONS OF THE CROSS (B114)

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**APRIL 5<sup>th</sup>**

**9:30<sup>am</sup> / 11:00<sup>am</sup>**

EASTER CELEBRATION SERVICES

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EASTER@PEACE  
**RESTORE**

[www.peacechurchwilson.com](http://www.peacechurchwilson.com)

# Pray and Fast

## PRAY

### PERSONAL & CORPORATE WORSHIP FOR THE WEEK

- **Prayer Walking** – Personal time walking and praying through your neighborhood
- **Evening of Worship and Prayer** – Corporate time to worship & pray in the main sanctuary
- **Day of Prayer and Fasting** – Personal time to build a deeper relationship with God
- **Stations of the Cross** – Personal time to reflect on Jesus' pathway to the Cross
- **Sunday Worship Celebration** – Corporate celebration of our resurrected Savior

### PRAYER WALKING

**Definition:** What is prayer-walking? One simple definition: "Praying on-site with insight." The purpose of prayer-walking is to seek God's guidance, mercy, and transforming power – both for the community and for ourselves as God's servants in the community.

**Method:** Walk through your neighborhood praying silently. As you pray, look for opportunities to speak to others. If anyone asks you what you are doing say, "I'm praying God's blessing on this neighborhood. Is there any special way I can pray for you?"

## FAST

*Biblical fasting is refraining from food for a spiritual purpose. We let go of something in the physical realm to take hold of new things in the spiritual realm. Fasting is not about us getting God's attention. Instead, fasting is about God getting all of our attention.*

### BENEFITS OF FASTING

- **A deeper friendship with God:** Obstacles to knowing Him more deeply are removed.
- **Renewed hunger for heavenly things**
- **Soul training for self-denial:** By saying no to the cravings of our body, we train our souls to say yes to the ways of the Kingdom of God.
- **Humility for revival:** Fasting raises our awareness of sin and our desperate need for God, then brings powerful motivation for repentance.

### WAYS TO FAST

- **Major fast:** Abstaining from food or drink for 24 consecutive hours or more.
- **Minor fast:** Abstaining from food for a certain period of time. (For instance, from 6:00am until 3:00pm)
- **Partial fast:** Abstaining from certain foods for a specific period of time.
- **Soul fast:** Abstaining from television, social media, etc., to focus yourself on prayer.