

The Power of Prayer & Fasting

WHY FASTING?

Jesus said, “when you fast”, not “if you fast” (Matthew 6:17). Fasting is a discipline that Christians are to practice (Mark 2:18-20). Fasting is giving up a physical need or desire to focus on the spiritual. We take the time that we would normally devote to that activity and instead seek God in *extra* prayer, usually with a specific focus. There are different types of fasts you can do. You can select one of the following or combine various types over the 21 days. For example, alternate between a three-day liquid only fast and a three-day Daniel fast.

- Liquids only—giving up all solid food. (Drink plenty of water & juices, avoid coffee and carbonated beverages. Lower your activity level during an extended time of this as you will have less energy.)
- Water only—usually done for a short period of time.
- Daniel fast—eat only vegetables or fruits and vegetables.
- Give up certain types of food—like no sweets, chips, coffee, etc.
- Give up certain meals—such as fast lunch each day and pray.
- Media fast—abstain from TV, movies, video games, unnecessary texting, Facebook, internet (except necessary emails).
- For married couples—fast from physical relations for a brief, set period of time (1 Corinthians 7:5).

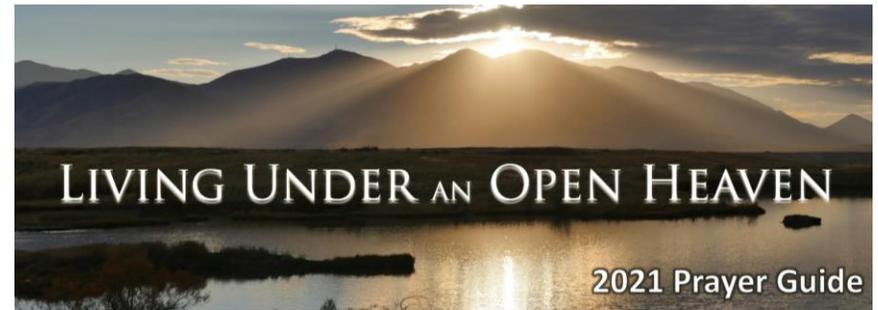
Cautions: *those with medical conditions or taking certain medications should consult a doctor before going on a fast. Those going on an extended liquid only fast need to continue drinking plenty of liquids and slowly reintroduce small amounts of fruits and vegetables when ending the fast as their stomachs will have shrunk.*

RESULT OF FASTING IN SCRIPTURE

The Bible records powerful things taking place when people pray & fast:

- Nehemiah rebuilt Jerusalem’s walls (Nehemiah 1 & 2)
- Hannah was healed of barrenness (1 Samuel 1:7, 10-12)
- Esther led a fast that saved the Jewish nation (Esther 4:16)
- Barnabas & Saul launched as Gentile missionaries (Acts 13:1-3)
- Ezra & the people fasted for guidance & protection (Ezra 8:21-23)
- Jesus delivered a boy from demon possession (Matthew 17:15-21)

Be sure to up your prayer life above your normal devotions or it is only a diet. Prayer is the key!



God is omni-present, meaning that He is everywhere at all times (Psalm 139:7-10). But there are times when the wall of separation between heaven and earth is parted. Heaven comes to earth. We experience not just God’s omnipresence, but His manifest presence. Now more than ever, we need an open heaven.

What happens when heaven opens?

- ◆ There is a greater revelation of Jesus – Mark 1:11
- ◆ The Holy Spirit descends – Mark 1:10
- ◆ We see visions from God – Ezekiel 1:1
- ◆ God comes down and does awesome things – Isaiah 64:1-3
- ◆ Miracles take place, dire needs are met – Psalm 78:23-25

Praying for an Open Heaven

- ◆ Ask God to give you a greater revelation of Jesus—who He is, His love, His compassion, His holiness, His mission—and that you become more like Him.
- ◆ Ask for the Lord to give you a vision for your life.
- ◆ Ask Jesus to baptize you with the Spirit, that His Spirit rests on your life and empowers you.
- ◆ Ask God to do awesome things, that we see Him do miracles and meet needs in the lives of those around us.

*“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”
(1 John 5:14)*

Daily Prayer Focuses

Sunday – From LOST to FOUND

Pray unbelieving family and friends will come to faith in Jesus. Specifically name the names of people you want to receive eternal life.

Monday – From HATE to HOPE

Pray that God will drive away prejudices in our own hearts and transform us into agents of hope to all around us.

Tuesday – From SICKNESS to HEALTH

Pray for the Lord's provision of healing for those in need — spiritually, physically, or emotionally. Pray for Covid to desist.

Wednesday – From BROKENNESS to RESTORATION

Pray that hurting people will experience God's grace and presence even in the most difficult circumstances.

Thursday – From APATHY to ACTION

Pray that our hearts will be turned to heaven to discern God's direction and to submit to His calling.

Friday – From EMPTY to FILLED

Pray for a fresh empowerment of the Holy Spirit for holy living and boldness to share God's love with the hurting and lost.

Saturday – From DOUBT to FAITH

Pray for boldness to approach God with persistence in prayer.

"If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?... in all these things we are more than conquerors through Him who loved us.

(Romans 8:31-32, 37)

Prayer Items For Radius Church

- Pray for us to extend our radius: Pastor is meeting with community leaders about how a church can help our community during this time. Pray for wisdom and guidance as we seek to influence our city for Christ.
- Pray for those in our congregation who are limited to watching us online, that the Lord makes up the difference for connectedness and fellowship.
- Pray our livestream impacts more and more people, that people in our church use it as a tool and invite not-yet Christians to watch.
- Ken, our bookkeeper of 11 years is retiring. Pray for God to supply us a bookkeeper who is full of integrity, trustworthy, detail-oriented, easy to work with, and highly knowledgeable about accounting.
- Pray for laborers in the following areas:
 - ✓ 6 adults to assist Pastor Zach in the youth ministry.
 - ✓ 3 adults for young adults ministry.
 - ✓ 4 adults to assist Pastor Daniel in elementary kid's church, including children's worship leaders.
 - ✓ A Small Group Coordinator & more small group leaders.
 - ✓ Leaders for a young couple's ministry.
 - ✓ 6 more Camera Crew to produce online services.
 - ✓ Guitar players, drummers, musicians, singers, sound & media operators for worship team.
 - ✓ 14 more adult nursery workers.
 - ✓ 3 more Preschool Pond teachers.
 - ✓ 3 more Royal Ranger commanders.
 - ✓ 3 more MPact Girls Leaders.
 - ✓ Facility Team manager to oversee building, grounds, and vehicles.
 - ✓ Men to unload food for food pantry.
- Pray for missions giving to increase so we can add new missionaries to monthly support.