Day of Prayer and Fasting

Theme: World Changing Prayer Warriors
*Prayers that Change Us*

Materials for 4th Quarter
Sabbath, October 5, 2019
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Why a Day of Prayer and Fasting?

Imagine you are a parent about to leave your children, knowing you will not see them again until the Kingdom of Heaven. What is the most important thing you could say to them?

Jesus had that dilemma as He prepared to return to heaven after His crucifixion. What was the burden of His last words to His disciples? As we read through His last prayers and counsel in John 15-17, we discover repeating themes: Unity, love, and seeking God through prayer. Jesus longed for His fledgling church to come together in purpose, harmony, and mission. Today, amid perhaps unprecedented polarization in the world, our nations, and our church, we too need to heed Jesus’ counsel to seek His Spirit and come together for mission. The task seems daunting and impossible in our humanity. That’s why we need to pray as never before for the miracle of reconciliation that only God can bring.

We invite you to pray “in your closet.” We invite you to pray with your local church family. And we invite you to the global Revival and Reformation initiative of prayer and fasting. Perhaps you will not choose to fast totally from food. Perhaps you will fast from desserts or social media, or eat sparingly of plant-based food for a time.

“Now and onward till the close of time the people of God should be more earnest, more wideawake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer” (Ellen G. White, Review and Herald, Feb. 11, 1904).

As you choose to focus more deeply on prayer, God will bless you and strengthen your heart for the challenging days ahead.

Cindy Tutsch
For Revival and Reformation Committee
Suggested Planning Guide

Program for the day:
- A devotional/sermon, “Prayers that Change Us,” is included in this resource. It can be used for the morning worship program or as a devotional before the prayer time.
- If it is used for the morning worship service, a scripture reading and children’s story is suggested below.
- A suggested afternoon prayer time is provided. We recommend scheduling 1-2 hours for this, allowing the Holy Spirit to lead.
- Invite church members to join in prayer and fasting. Copy and share the information on fasting at least a week before so that members have the opportunity to understand fasting and pray and choose how they want to be involved in fasting during the day.

Scripture Reading: Psalm 139:23-24

Suggested Children’s Story: Daniel and the lions’ den (Daniel 6)
Points to make:
- Prayer was very important to Daniel.
- When the decree went out that made praying to anyone other than the king against the law, Daniel still chose to pray—even though he knew he could be thrown into the lions’ den.
- Daniel didn’t hide when he prayed; he opened his window and prayed just like he always had done.
- Daniel wasn’t afraid because he trusted God. Praying every day helped Daniel trust God.
- God protected Daniel in the lions’ den and showed the king and everyone just how powerful He is.
- The king was so impressed by God that he made a new law saying everyone needed to respect Daniel’s God.
- When we pray, we learn to trust God more and not be afraid.
- People will see God answer our prayers and it will help them to believe in God, too.

Ask the children who they would like to pray for and have a short prayer time with them.
Sermon/Devotional

Prayers that Change Us

Ask for prayer requests at any typical prayer meeting or during a church service and you may notice they have common themes. Prayers for people’s health. Their jobs. Finances. Sometimes their relationships.

You may also notice something missing.

Prayer requests for ourselves.

Occasionally people will ask for prayers for their own health or job, but it’s rare that we ask for prayers for internal battles, spiritual struggles, or our own doubts, fears and discouragements. Are we praying about our own needs in moments alone with God? Wrestling through battles, fears, and doubts in prayer? Asking for guidance and wisdom? Talking to Him like a friend about the things on our hearts?

Prayer doesn’t only change the world around us. It changes us. Prayer is meant to be a conversation with God that grows our trust and deepens our relationship. It’s through prayer that the Holy Spirit can convict us of sin and righteousness. (John 16:8) It’s where we wrestle to surrender our will and trust God’s plan. Prayer can be the source of courage and strength when we get past the surface and get real with God about our fears, hopes, challenges, doubts, and dreams.

David understood this. A “man after God’s own heart” (Acts 13:22), David prayed real, honest and sometimes messy prayers—many captured for us in the book of Psalms. He was a warrior who defeated giants, but who was a prayer warrior, fighting battles within his own heart. His prayers often began with David discouraged, doubting, fearful, but by the time He finished his prayer, finding courage, hope and even joy. In Psalm 13, David cries out to God, “How long, O Lord? Will you forget me forever?” But by the time he finishes praying, he declares, “But I have trusted in Your mercy; my heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me.”

David’s prayers can serve as an example of praying that change us.

Start with praise and thanksgiving. Enter into His gates with thanksgiving, and into His courts with praise. (Psalm 100:4) David didn’t begin every prayer with thanksgiving and praise, but he often started his Psalms this way. He believed in the power of praise and music. When he was older, he not only made his son Solomon king over Israel, he directed the Levites to assign 4,000 to praise “the Lord with musical instruments, ‘which I made,’ said David, ‘for giving praise.’”

An attitude of praise and thanksgiving changes us because it changes our focus. Thanksgiving and praise causes us to look to God and not at our problems and challenges. When we seek to give Him thanks in everything (1 Thessalonians 5:18) as Paul directs, it causes us to look for those things for which we can be grateful even when circumstances are hard. Praising Him when life is not turning out the way you hoped or expected challenges you to remind yourself of who God is and what God has promised.

Remember. Thanksgiving and praise begins the process of not only remembering who God is and what He’s promised, but also how He has also led so far. David often recounted God’s faithfulness—what He had already done (Psalm 66). He remembered God as Creator (Psalm 8), Deliverer (Psalm 18 and 34), and Refuge (Psalm 28). Spending time remembering what God has already done and who you’ve already experienced Him to be in your life can reignite hope, trust and put fears and doubts to rest.
Remembering brings courage for what you’re currently facing, reminding you that God will take care of you just like He has in the past.

**Search me.** In one of David’s most beautiful prayers—recounting who God is and what He’s done, David begins by acknowledging, “O Lord, You have searched me and known me...” and closing by inviting God, “Search me, O God, and know my heart. Try me and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.” (Psalm 139) In between, David recounts God’s thoughts about him. God thinks about him no matter where he goes. God thought about David before he existed—putting thought into creating David and writing his story. David exclaims, “I am fearfully and wonderfully made.” It’s this reminder that God so loves David that gives David the courage to invite God to search him and reveal anything of which David needs to repent or confront in himself. He can trust God’s thoughts toward him—God isn’t going to just beat him up. God loves him. Intentionally created him. And will reveal what needs to be changed.

It can sound a little scary to ask God to search us and reveal our sins. Most of us don’t really enjoy looking at the messy weak places in our hearts and minds, But, we, too, can and should invite God to search us and reveal anything that stands between us and God and His will for us, trusting and believing that God convicts with love and kindness, inviting us to allow Him to change us and continue the work that He has begun in us. God isn’t going to accuse or beat us up or make us feel shame or guilt. Those are tactics of the enemy. God gently speaks truth and invites us into something better.

**Confession.** When confronted by his sin, David didn’t deny it. Didn’t excuse it. He also didn’t let the magnitude of his sin destroy him or cause him to feel “unforgiveable.” He didn’t try to appease God or make it better himself. He knew that’s not what God wanted. “…You do not desire sacrifice, or I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart…” (Psalm 51) The prophet’s words convicted him and brought him to repentance. He turned to God in confession, asking God to not only forgive, but to create “a clean heart” and to “renew a steadfast spirit.” David so trusted God’s love for Him, that he knew God would forgive him and not give up on him. God’s love and reality of his sinfulness brought David to a place of repentance.

We, too, need to confess our sins as God convicts. Not excusing. Not trying to fix ourselves. But confessing to God and admitting our weakness and often our helplessness to change. Then invite God to do the changing. We must cooperate with Him, but it is God that works in us “giving you the desire and the power to do what pleases Him.” (Philippians 2:13 NLT)

**Help.** “Give ear to my words, O Lord, consider my meditation. Give heed to the voice of my cry, my King and my God, for to You I pray. My voice You shall hear in the morning, O Lord, in the morning I will direct it to You, and I will look up.” (Psalm 5:1-3) David looked to God for help and guidance. He asked, “Show me Your ways, O Lord, teach me Your paths. Lead me in Your truth and teach me. For you are the God of my salvation; on You I wait all the day.” (Psalm 25:4-5) David believed God would answer when he asked. “Because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him, and I am helped.” (Psalm 28:6-7)

James also knew that when we need help or wisdom, God is very willing to answer. “If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach (without disappointment or disapproval), and it will be given to him.” (James 1:5) But James continues with a warning, “But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.
For let not that man suppose that he will receive anything from the Lord.” (James 6:7) God invites us to ask, but also to believe that He will answer. Too often we believe that God either says yes, no, wait or maybe. If we instead began recognizing that God always says, “yes, here’s more of Me” in every situation, it might change our perspective. Instead of thinking, “God must not be answering or is saying no because this didn’t turn out the way I wanted,” look for how God is revealing Himself in or through the situation. David experienced God’s mercy, help, rebuke, care, and even silence, always believing God was hearing him.

At times God helps us by changing our circumstances, healing illness, providing for a need. Other times, He helps by giving us patience or strength, courage to continue walking in difficult places. In these moments when God may not change the circumstances, but offers His strength, peace and courage, our walk with Him and faith in Him, grows and is strengthened in a way that helps us with the next challenge we face.

**Honest.** David was honest with God. He poured out his heart. Sometimes his words are beautiful. And sometimes it may make us want to ask, “Really? Is God okay with someone questioning like that or ask God to destroy your enemy?” As Christian, we sometimes sugar coat our prayers with polite language and generalities—like asking for “traveling mercies” or for God to “bless the hands” that prepared the food. It is important to be respectful of God and recognize that He is King, Lord of the Universe. But we must also realize that He invites us to come boldly before His throne. He doesn’t want us to hide from Him. When we keep our prayers polite and “churchy,” even though we are struggling or angry or wrestling with doubt or fear, we are not inviting God into these places. And the crazy thing is that God KNOWS what we’re thinking and feeling. Yet He waits for us to honestly and completely surrender even these tough places of our hearts and minds, and invite Him to speak into them.

God is big enough to handle your doubts and fears. He can handle your anger, too. When you’re struggling, even with Him, tell Him honestly. This opens the door for Him to respond and bring courage and healing. When we hold onto it and pretend like we’re fine, it festers and grows in our thinking and will damage our relationship with God.

**Wrestling Through.** Many times the Psalmist begins his prayers doubting, afraid, questioning, or even angry. Calling out to God to answer. Sometimes it even sounds like he was being a bit dramatic. “Hear my prayer, O Lord, and let my cry come to You. Do not hide Your face from me in the day of my trouble...for my days are consumed like smoke, and my bones are burned like a hearth. My heart is stricken and withered like grass, so that I forget to eat my bread. Because of the sound of my groaning my bones cling to my skin.” (Psalm 102:1-5)

David persevered through his thoughts and feelings and battles. He wrestled with God through prayer until he got to the place of trust and hope. “How long, O Lord? How long will you hide Your face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? How long will my enemy be exalted over me? Consider and hear me, O Lord my God; enlighten my eyes, lest I sleep the sleep of death; lest my enemy say, ‘I have prevailed against him’; lest those who trouble me rejoice when I am moved. But I have trusted in Your mercy; My heart shall rejoice in Your salvation. I will sing to the Lord, because He has dealt bountifully with me.” (Psalm 13)

Prayer is more than a few minutes spent thanking God for blessings and asking Him for needs each day. It’s an opportunity to deepen our relationship with Him. To come to Him honestly with the things that
challenge us, our questions and fears, our hopes and dreams. It is a time to wrestle through each of these, telling Him honestly, looking for Him in each, and refocusing our thoughts and hearts on Him instead of the challenge, doubt, fear, struggle, battle or even hope or dream. David consistently reminded himself that he did trust God, that he could trust God, that he would hope again.

**God Focus.** This ability to wrestle with tough stuff and find his way through to hope and peace in God again, came because of David’s focus. He chose to focus on God and not the problem or enemy. Yes, he sometimes did look away from God for a bit, but as he wrestled with God in prayer, he consistently chose to push through to a God-focus again. He acknowledged his need and dependence on God. (Psalm 66:18, 51:1-2, 55:22) He recounted God’s promises, mercies and faithfulness. (Psalm 86:15, 2 Samuel 7:21-29) He praised God and reminded himself of his trust in God. (Psalm 6, 7, 11, 13, 16, 17) He constantly reminded himself of what God had done and who God is. More than 30 Psalms refer to God as a refuge. David knew that God was where he could go and hide, be protected, find peace, and discover hope and joy again, even when the enemy relentlessly pursued him. We may not have a physical enemy who pursues us like David did, but we, too, have a relentless enemy out to devour us. (1 Peter 5:8) Our enemy wants to steal, kill and destroy us, our hope, how we see God, how we see ourselves and our purpose, our peace, and our impact on the world. But John 10:10 also tells us that Jesus came to give us abundant life. Hope. Peace. Joy. Purpose. We can only live there as we turn to and focus on God.

As you read through the Psalms, the theme that is consistent is God. David prayed with a focus on God and not on the problem, himself, the needs or even the things for which he was thankful.

**Conclusion**

Do you desire to be a person after God’s own heart, like David?

It begins by seeking God with all your heart. Praying honestly, wrestling through the hard things with a focus on God—who He is, what He’s promised, how He’s led already, and reminding yourself that He is a God who can be trusted, that His heart and plans for you are good.
**Afternoon Prayer Program**

**Place:** Gather together in the sanctuary or if your group is small, a comfortable room that offers privacy and no distractions.

**Opening:** Music always helps invite people into worship and sets the mood, so begin with a few songs of worship your congregation enjoys that will set a mood of reverence and seeking God. Start the music on time even if there aren’t many in the room. The music will draw others in and alert them that the time of prayer is beginning.

**Welcome:** The leader should welcome people and share a few words of instruction:

- This is a time of prayer and seeking God.
- Anything shared is confidential and should not be shared outside the room.
- As we pray, prayer is more than just our words. Claim scripture, praying God’s promises back to Him. Sing a verse or two of a song—with others joining in.
- Don’t take prayer requests ahead of time. Explain that this is a time to pray and not talk, so prayer needs will be prayed about during the prayer time, not talked about first.
- As people pray for specific people, others are invited to join them in praying, also lifting up that person in prayer aloud—there is power in hearing others pray for those on your heart.
- Since we’ll be praying for people specifically this afternoon, remind people that this is a time to pray—not gossip. There’s no need to share specific details of what a person is experiencing and not a place to share confidential things or information the person for whom we’re praying would want others to know.
- The theme of the afternoon is “Prayers that Change People.” Using Paul’s example, we will pray for family, friends, each other, and our community.

**Notes for the leader:**

- Remember that silence in prayer time is okay. Don’t feel the need to fill every silence or end the prayer time prematurely. While some people jump in and pray quickly, there are always others who take longer to feel comfortable jumping in and praying aloud. When a silence happens, let it linger. Even just letting it linger and counting a few seconds—even just 30 seconds if you’re uncomfortable with silence, will give the Holy Spirit opportunity to nudge people.
- If your congregation isn’t used to praying together in groups and including scripture and singing during the prayer time, you may need to lead by example and/or ahead of time, ask others to lead by example of intentionally praying scripture or starting a song during the prayer time. Remember that while the priority of the time is to pray together, it is also an opportunity to teach people how to pray.

**Prayer time:** An outline, “Prayers that Changes Us,” is provided for the prayer time. The leader should walk participants through prayer, using the outline as a guide.

**Closing:** The outline closes the prayer time with praise and thanksgiving. Choose a song or two that focus on praising God to sing at the end to close out the afternoon.
Some churches may choose to have a meal together at the end of the prayer time to break the fast. Keep the meal simple, but make the tables pretty, thus creating a special time together.
Prayers that Change Us Prayer Time Outline

Open with commitment: Leader can welcome everyone and open the prayer time by praying and committing this prayer time to God. Invite God to have all power and authority, to move on hearts—convict, encourage, challenge and affirm. Invite others to pray prayers of commitment and surrender, completely giving this time to God and asking Him to lead the prayer time and help us truly worship Him and learn to trust Him with every battle we face.

Remind of the battle. Take time to remind those praying that they are fighting a battle with an enemy out to destroy each of us. That we are prayer WARRIORS, partnering with God to not only fight for the hearts and lives and souls of others, but for our own hearts as well. That while the enemy wants to steal, kill and destroy, God promises abundant life, a peace that passes understanding, and a joy that is full.

Sing. Because much of this afternoon’s prayer time is spent in silent personal prayer, you may want to sing between each section. Choose one or two hymns that reflect well the next section.

Start with praise and thanksgiving. Enter into His gates with thanksgiving, and into His courts with praise. (Psalm 100:4) Don’t rush through this time. Linger here, recognizing that this refocuses our thoughts to God.

- Invite people to share one word or sentence that shares a characteristic or promise of God for which they are grateful (allow silence as people think—there are people who need a bit of a break in order to jump into the conversation)
- Move into inviting people to share a sentence thanking God for specific things He’s done or given
- Close this section by inviting participants to share the word/name that describes aspects of God that they love, like Creator (Psalm 8), Deliverer (Psalm 18 and 34), and Refuge (Psalm 28).

Allowing God to search our hearts. Search me, O God, and know my heart. Try me and know my anxieties; and see if there is any wicked way in me and lead me in the way everlasting. (Psalm 139)

This will be a time of silent prayer. Allow several minutes. Again, don’t rush it. This may be new for participants who could feel uncomfortable at first asking for or listening to God’s conviction. Begin by reminding them that David could ask God to search Him because He knew who God was and trusted His love and purposes towards Him. He knew God wasn’t going to beat him up or shame him, but lead him to healing, wholeness, and holiness.

- Invite participants to spend the next few minutes silently asking God to search them and reveal anything that stands between them and God and His will
• Encourage them to pray a prayer of trust and belief that God will convict, but not shame, bring courage, not shame

**Confession.** *You do not desire sacrifice, or I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart...* (Psalm 51)

• After about 10-15 minutes, speak into the silence and invite people to confess the things God has convicted them of as sin. Remind them that this is not a time to make excuses or try to appease for sin, but just to confess.
• Also invite them to ask God to create “a clean heart” and to “renew a steadfast spirit”, believing that God wants to do more than just forgive, but to cleanse us and change our hearts so that we do not fall into these same sins again
• Encourage them to invite God to change them and give them “the desire and the power to do what pleases Him.” (Philippians 2:13 NLT)

> Spend time praying both the searching and confession times back-to-back before singing a couple of hymns of thanksgiving and reminders of God’s great love and faithfulness.

**Intercession for ourselves.** *Give ear to my words, O Lord, consider my meditation. Give heed to the voice of my cry, my King and my God, for to You I pray. My voice You shall hear in the morning, O Lord, in the morning I will direct it to You, and I will look up. (Psalm 5:1-3)*

Most people tend to be much better at praying for others than for themselves. Sometimes we just don’t want to face our own thoughts and hearts. So begin this section by reminding participants that today is about praying for them. Changing them through prayer.

• As God convicts and we confess, barriers are knocked down between us and God. Now is the time to ask, what next? David prayed, “Show me Your ways, O Lord, teach me Your paths. Lead me in Your truth and teach me. For you are the God of my salvation; on You I wait all the day.” (Psalm 25:4-5) Invite people to silently take time to pray and ask God to show them what He wants next for them. Encourage them to ask God to teach, lead and guide.
• Remind people to be honest with God. Maybe they are struggling with fear, doubt or anger about something. Silently confess these honestly to God. Encourage them to tell God what they’re thinking and feeling and then surrendering all of it to God. Remind them that it’s only when we give it to God that He can speak healing, hope, and peace into that area of our lives.
• As they spend time in silence prayer, after a few minutes, encourage them to pray prayers of trust—stating their trust in and commitment to God. If they battle here, encourage them to ask God to strengthen their trust and hope, like the father who prayed, “I believe, help my unbelief.”
• After a few more minutes, encourage them to consider things they have been praying for for a long time and may believe that God isn’t answering or doesn’t care. Invite them to talk to God about it. Tell Him their struggles to believe that He cares and is answering and invite Him to reveal Himself in these areas. The Holy Spirit may bring a scripture thought to mind. Claim that promise. These are areas where we wrestle through with God. Like Jacob, refusing to let go until God blesses.
• David believed God would answer when he asked. “Because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him, and I am helped.” (Psalm 28:6-7) Invite participants to close this section of prayer time with prayers thanking God for hearing and answering prayer aloud as a group. (We’re done with the silent parts of this prayer afternoon!) Give time for people to pray. Again, allowing moments of silence to pass as people listen and gain courage to pray out loud.

Sing a couple of hymns that remind of God’s faithfulness to be with us and to answer our prayers.

God Focus. I will extol You, my God, O King: and I will bless Your name forever and ever. Every day I will bless You and I will praise Your name forever and ever. Great is the Lord, and greatly to be praised; and His greatness is unsearchable. Psalm 145:1-3

Bless the Lord, O my soul; and all that is within me bless His holy name! Bless the Lord, O my soul, and forget not His benefits:

Who forgives all your iniquities
Who heals all your diseases
Who redeems your life from destruction
Who crowns you with loving-kindness and tender mercies
Who satisfies your mouth with good things so that your youth is renewed like the eagle’s.

Psalm 103:1-5

As David lived, prayed, and wrestled through life, his focus was God. He consistently and persistently reminded himself of who God is and all He does for us. Maintaining a God-focus will help us to live courageously with hope, peace and joy. We can keep this focus through our own words and by sharing scripture that recounts who God is, what He has done, how He has led, and all He has promised. Let’s end this prayer time with a few minutes of just again focusing on God. Invite participants to share favorite scripture that reveals who God is, personal testimonies of how God has blessed, and favorite scripture promises. Let this be a time of sharing not with eyes closed and on our knees, but rejoicing and reflecting together on God.

Close with several hymns that reflect our hope in God’s return and heaven, like “We Have This Hope,” “When We All Get to Heaven,” etc.
An Invitation to Fast and Pray

“Now and onward until the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food.” *Counsels on Diets and Foods*, p. 188-189

“In the Bible, fasting is not an option. It’s a given. Matthew 6:17 doesn’t say, “If you fast,” but rather, “When you fast.” Fasting has always been part of the lifestyle of believers, just like praying and studying the Bible. In fact, every major character in the Bible fasted…If you study out all the fasts in the Bible, you will find that every time God’s people prayed and fasted, God worked mightily on their behalf. From deliverance from their enemies in battle to supernatural deliverance from prison, to the outpouring of the Holy Spirit at Pentecost, and on and on, we see a pattern. And this pattern repeats itself all down through Christian history.” Melody Mason, United in Prayer Coordinator, General Conference

We’re inviting members to join us for a day of prayer and fasting for our church and specifically for those we long to see come to know Christ in a real relationship that leads to salvation and a life of commitment to God. Our children. Friends. Family. Neighbors. Co-workers. Community.

What is fasting?

Fasting is more than not eating. In fact, the real emphasis of fasting is not skipping meals, but increasing prayer. Fasting is choosing to do without something in order to pray more intentionally and focused. While it is true that many choose to skip meals, not everyone can do without food completely, and not everyone chooses that type of fast. You can choose to eat more simple and light meals. Fast from an item or two—like dessert or processed foods. But fasting can also include doing without social media, television, or other habits that are time consuming.

The focus of fasting is not what you give up, but intentionally praying instead. Should you choose to fast completely from food (making sure to continue to drink enough water and/or juices), use the time you would typically prepare or eat food to pray. If you fast from an item or two, every time you’re tempted to eat that or think about it, pray instead. Every time you’re tempted to check out social media, pray.

Remember that fasting does not guarantee that your prayers will be answered in the way you desire. Fasting doesn’t mean God’s going to hear us better or reward us more. Fasting is about what it does in our own hearts and minds. Making us more aware of our weaknesses. Making us more dependent on God. Creating an intentionality about prayer—a reminder to pray and pray more focused prayers for those things that are deepest on our heart.

We’re inviting you to first pray and ask God how you should fast—what is He inviting you to give up in order to spend more time with Him in prayer?

Then we’re inviting you to join us for a day of prayer and fasting together as a church. Even if you choose not to fast at all, join us for a day of praying together as a church. Spend time before our Sabbath services, praying and inviting God to prepare your heart and mind. Invite Him to convict you of any sins that stand between Him and you. Confess those. Ask forgiveness and for cleansing. Healing.
Invite Him to show you for whom He wants you to pray. Bring those names with you for our afternoon prayer time and we will join you in praying for them.

Some are uncomfortable praying aloud and so avoid times of corporate prayer. We invite you to come and join us anyway. You can pray silently with us, lifting up the prayer requests prayed aloud and praying for the people and things God brings to your own heart. And should for those afraid that their prayers aren’t “good enough” or aren’t sure they have the right words, know that God hears not only our words but our hearts. He’s not looking for “good enough” prayers but for sincere worshippers seeking Him. He welcomes even faltering prayers where we stumble over our words and may not “say it right” or even know what to really pray. He knows. He hears. And He invites us to pray together.

“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.” Matthew 18:19

We’re looking forward to praying together with you.