

Saturday Feb 23rd - Monday Mar 4th

10 Days of Prayer and Fasting

"I humbled my soul with fasting." - King David/Psalm 35:13

We, as a church, are going to set aside 10 days to humble ourselves before God and pray. During this time we are asking each of you to fast and remove yourselves from the distractions of life so as to draw near to God in anticipation that He will draw near to you (James 4:8).

Prayer and fasting is a time for spiritual and physical purifying and renewal. Through confession and repentance we seek the Lord and His grace. We confess our need of Him and long to see Him work more in our lives and transform the world around us. We need this time simply because life is busy and we focus mostly on the temporal world, thinking less and less of the eternal.

"The weakness of our hunger for God is not because He is unsavory, but because we keep ourselves stuffed with 'other things'". -John Piper

"Deep prayer leads to repentance and a heart that is singularly focused on pleasing and serving God. Extended fasting humbles our flesh and reveals the things we are enslaved to and distracted by." - Pastor Bryon, Kingsway Church

While there are many verses dealing with this area, James sums up our goal.

James 4.7-10 (NLT): So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and He will lift you up in honor.

Ways we can have a successful 10 days with God:

1. Fasting Food

Deny yourself of food for a period of time. It could be a meal, a day, or certain foods. There are two websites that have extensive guides to prayer and fasting: www.daniel-fast.com and www.cru.org/train-and-grow/devotional-life/personal-guide-to-fasting.1.html ; or simply Google "prayer and fasting guide Campus Crusade." Those with health issues should be cautious or consult their doctor about their plan.

2. Turn Electronics Off and Open the Bible

The TV, computer, etc. need to remain off as much as possible. Surfing the internet and social media should be put on hold during this time. Begin reading and studying your Bible. Set a goal for your reading, for example, 10 chapters for 10 days, or 10 books for ten days. It's not about how many pages, but rather how much we are experiencing God through His Word. Make a journal of what the Lord is showing you each day.

3. Prayer and Repentance

Give ample time to pray and seek the Lord. Listen to His Spirit. Ask Him to search your life, and confess anything He reveals to you. Make prayer lists, or simply keep some paper and a pen near to write down what you feel led to pray about or answers to prayer. God is honored in your sacrifice and you will be richer because of your time with Him.

Lastly, things to remember:

1. Fasting is voluntary and there are no set rules. It is up to each person to do what they feel is best for them during this time. It is "my" sacrifice to God.
2. Although children are not encouraged to fast food, they can deny themselves of other things (i.e. video games or TV) and pray, read the Bible, or journal. This can be a great family time each evening as well.
3. When you humble yourself the Lord will lift you up! Great things happen when God's people pray! Trust God for breakthroughs in your life, your family, our church, or for whatever is on your heart.

"I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world." -Bill Bright

Suggested Devotional Scriptures for Morning and Evening:

	Morning	Evening
1. Confession	1 Kings 8:22-40	1 John 1:9
2. Repentance	Ezekiel 14:6-8	Revelation 2:1-7
3. Submission	James 4:7-10	Psalm 147:1-6
4. Cleansing	Psalm 51:1-13	Hebrews 9:11-14
5. Consecration	Leviticus 20:7	Romans 12:1-2
6. Trust	Psalm 5:11-12	Proverbs 3:5-6; 19-26
7. Strength	Deuteronomy 6:4-9	Ephesians 6:10-20
8. Grace	Ezra 9:5-9	Ephesians 2:4-10
9. Blessing	Psalm 1:1-6	Matthew 5:1-12
10. Victory	1 Samuel 17	Revelation 19:11-16; 20:-7-10; 21:1-7

