



# Pray First

## All Church 3 Day Fast

### JANUARY 19-21, 2021

Part of our **21 days of Prayer and Fasting** as a church is to focus together for 3 days in the middle of our journey. From January 19-21, we are calling our church family to unite together for 3 days of prayer and fasting. Our hope is for the people within the Main Street Church community, to lean into our great God for everything we need. He is the fullness of everything good we long for in our lives and in our world. Our world is full of turmoil and pain, and our hearts are as well. We need God to move.

Let's start by asking God to make us more like Him, in whom there is no darkness, shadow, or sin. We need our God to change this world; may He begin by changing our willing hearts.

For the next three days as we fast and pray, we are going to ask the Lord to for three things:

- **A Greater Hunger for Him.**
- **A Fresh Filling of His Holy Spirit.**
- **A Desire to Obey.**

We will fast and pray asking God to dispense these desires to us and through us as well as to those in our city and our world. Please join us the next three days as we seek God, together.

***Seek the LORD and his strength; seek his presence continually!*** — Psalm 105:41

Below you will find some useful suggestions and a **daily guide** to help you in our 3 Day Fast.

## **WHY and HOW SHOULD I FAST?**

- Fasting is a powerful spiritual tool! The Bible shows many examples of how people fasted before experiencing major victory, a miracle, or answered prayer. Fasting releases God's supernatural power.
- Fasting is a spiritual discipline that Jesus practiced and God rewards (Matthew 6:18).
- Fasting demonstrates the depth of your need, your humility, and your dependence on God. It's an indication that you are serious enough about your prayer request to pay a personal price. It is not about "earning" an answer to prayer. God honors deep desire and faith and will answer out of grace; He cannot be blackmailed by human effort.
- In the Bible, fasting is always connected with prayer. Fasting provides opportunity for focused prayer.
- Drink water often and limit physical exercise.
- Try to seek God's face continually, even when you're tempted to focus on physical discomforts that come with fasting

- If you have any health issues or are pregnant or nursing, seek a doctor's advice before beginning any fast. In these cases, you should fast only if your health practitioner recommends it
- Think and pray about your reason to fast. What are you seeking God for: Guidance? Physical or spiritual health? Relationship healing? Repentance? Salvation for someone specific? Revival? Another reason?
- Pray about the type and length of your fast, and then commit to doing it.
- Think through normal activities you will restrict during your fast.
- Plan out the times you will read Scripture and pray during your fast. Make sure you create opportunities for worship and prayer with a family member or a friend.
- Decrease or refrain from social media, if possible.
- Start your fast expecting God to work and answer your prayers

## **FOUR KINDS OF FASTING (choose one for the next 3 days)**

There are probably as many ways to fast as there are ways to pray, but these four ideas are a starting point.

### **1. NORMAL FAST**

In a normal fast, a person goes without food for a predetermined amount of time -1 day, 3 days, 1 week, or longer. Water is allowed and necessary, of course. Extreme care should be taken with long fasts, especially if there are any underlying medical conditions. It is wise to consult your physician if you are planning on embarking on a long fast.

### **2. PARTIAL FAST**

In a partial fast, a person just eats certain food in a period of time or has one or two meals a day. Daniel and John the Baptist maintained a certain diet during their fasts. John Wesley ate only bread and water for many days as his fast.

### **3. JUICE FAST**

This is a partial fast specifically restricted to only juices.

### **4. OBJECT FAST**

It is possible to fast on something other than food. Some decide to fast on TV or computer time. But for the rest of this guide, we will address food fasts. The key is to replace the time spent on that activity with time devoted to the Lord.

***For more information on fasting read APPENDIX A in the  
2021 PRAY FIRST DEVOTIONAL (pgs. 321-327)***

# A Hunger for God

## DAY 1 – January 19

Hunger and thirst are natural expressions of the basic human desire and need for food and water. One of the clear indicators that something is wrong physically is when we lose our appetite. It is the same spiritually. To hunger and thirst for God is at the very root of our being. It's the way God made us. When there is no hunger for the presence of God, it is an indicator that something is wrong spiritually. Because that hunger is so basic to human nature, it often finds fulfillment in other areas rather than in seeking God.

Our focus for today is to invite the Holy Spirit to develop a greater hunger in our life for God. Take some time to read and meditate on the following Scriptures that speak of hungering for God. As you read them ask the Lord to point out areas of your life that rob you of growing closer to Jesus.

- ***“. . . whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life”*** (John 4:14).
- ***“Then Jesus declared, “I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty”*** (John 6:35).
- ***“On the last and greatest day of the Feast, Jesus stood and said in a loud voice, ‘If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him’”*** (John 7:37-38).
- ***“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy?”*** (Isaiah 55:1-2).
- ***“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water”*** (Psalm 63:1).
- ***“The Spirit and the bride say, ‘Come!’ And let him who hears say, ‘Come!’ Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life”*** (Revelation 22:17).

## Pray:

- Ask God to surface any appetites in your life that are being supplied by the world rather than God.
  - Confess any sin that He shows you.
- Ask God to give you a strong desire for His presence and power in your life.
- Ask God to lead you to a greater daily dependence on the Holy Spirit.
- Ask God to grow your desire to spend time and learn from His Word, the Bible.
- Ask God to satisfy you as you hunger and thirst for Him.
- Invite God to show you specific ways that a hunger for Him will look like. Make a list.
- Use this list to form a prayer list. What has God shown you that will lead you to pray. Pray through this list throughout the day.
  - Here are a few things you can add to your list to pray for.
    - Pray for a greater hunger for God in the hearts of those who call Main Street Church their home.
    - Pray for a greater work of the Holy Spirit in our church.
      - Pray for victory over sin.
      - Pray for boldness to proclaim the Love of God.
      - Pray for people to encounter Jesus in a personal and powerful way.

# A Fresh Filling of the Holy Spirit

## DAY 2 – January 20

It is easy to get enough of something quickly. A favorite restaurant can quickly grow old. A favorite TV show can easily lose our attention. A favorite meal can lead us to not want more. What about the Holy Spirit? Is it possible to get enough of Him? Can you get filled to the point where you don't need any more of his presence and work in your life? It is certainly possible to refuse to grow as a disciple, and to desire less and less the instruction and revelations of the Holy Spirit in your life. But if we believe that the Holy Spirit is God and that things would be better when the Holy Spirit would come – then can we really say, “I have enough of the Holy Spirit?”

The truth is – you can never have enough of the Holy Spirit. But the reality is, many of us have just enough of Him to be saved but not enough of Him to live a victorious life. Paul tells us in Ephesians 5:18 to “*continually be filled with the Holy Spirit.*” This filling is a command, it is for everyone and it is a continuous action.

But to be filled with the Holy Spirit means we must make room for Him. We cannot expect to stay filled with the Holy Spirit with a “*one time*” filling. Life tends to drain our spiritual reservoir. Challenges of daily living require fresh fillings. We must learn how to keep our hearts thirsty for more of the Spirit and our hands open to receive.

**That is what we are going to focus on as we fast and pray today.** We are inviting the Holy Spirit to fill us in a fresh new way and to make it a point to be continually filled with Him everyday. Take some time to read and meditate on the following Scriptures that speak of the filling of the Holy Spirit. As you read them ask the Lord to point out areas of your life where you need to make room for the Holy Spirit.

- ***And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.*** -Acts 4:31
- ***“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”*** – Acts 1:8
- ***“If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”*** – Luke 11:13
- ***Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.*** – 2 Corinthians 3:17
- ***“And I will ask the Father, and he will give you another Helper, to be with you forever.”*** – John 14:6
- ***Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit... -*** Ephesians 5:18

## Pray:

- Father, how thankful I am for the seal of the Holy Spirit on my life, His deposit in my heart that testifies that I am truly Yours. But today Father I come asking for more. Fill me afresh, I pray, with the presence and power of the Holy Spirit. (Bring your heart before the Lord. Ask for a fresh infilling of the Holy Spirit.)
- -I ask for myself and my brothers and sisters at Main Street Church, that we would be increasingly radical in putting to death our sinful natures that the Lordship of Jesus might be firmly established in our living, and there be greater room for the work of the Holy Spirit in our hearts. O God, may we be clothed with power from on high! Make us ready to receive all that You have for us, I pray.

- I pray for our pastor(s) and ask that they would lead us by the Holy Spirit into deeper waters. Pour out Your Holy Spirit on them I pray with a fresh anointing to live-out their calling. (***Pray for a Pastor or staff member that you know by name***).
- I ask for our Church Board members. Oh God, may all things be accomplished through the leading of, and submission to, the Holy Spirit. In all ways and in all things may selfish ambition be put to death and the life of the Spirit unleashed in the hearts of those who lead us!
- When we can physically gather to worship again, I ask that the Holy Spirit rain down on us that we might be changed and that our love for Jesus will burn within us. I ask that the Holy Spirit be present in power among us, from youngest to oldest. O God, fill us to overflowing with the Holy Spirit. (***Pause and pray for those in your church community that you know by name. Ask that the Holy Spirit be poured-out on their lives.***)
- May we learn to live by the Spirit in our everyday living, being attentive to His voice and obedient to His promptings.
- May we keep in step with the Holy Spirit, putting aside our own agendas, watching closely for where He is at work and eagerly entering in.
- May the fruit of the Spirit increase in our lives causing us to overflow with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. May it be evident to all that we belong to You.
- Through the continual filling of the Holy Spirit, change us O God, and in so doing, may Your church come alive and be revived.
- Add your own prayers asking the Holy Spirit to work and fill and move.

# A Desire to Obey

**DAY 3** – January 21

**Jesus replied, “But even more blessed are all who hear the word of God and put it into practice.”**

–Luke 11:28

Throughout our lives we are commanded to obey. Whether it be a parent telling us, “Pick that up,” or, “Don’t do that,” or a government laying down a law, we acknowledge obedience as a necessary part of life. And so often because we grow up with a certain understanding of obedience, we apply our worldly notions of obedience to our relationship with God. We see the commands of Scripture or feel a prompting from the Spirit and filter it through the commands we hear from the world around us.

The problem with carrying a worldly notion of obedience into our relationship with God is that it is easy to miss out on how much our heavenly Father loves us and that His commands are always for our good. Isaiah 1:19 promises us, **“If you are willing and obedient, you shall eat the good of the land.”** God asks for us to be obedient to him because his plan is always for our betterment. When we obey God our faith in Him is strengthened and a strong faith is one that manifests itself in obedience to God.

The fact is a willing, joyful obedience comes from a place of deep-rooted trust in the character and intentions of your God. When we learn to trust the heart of the Father, obedience is a natural response to whatever he asks.

Take some time to read and meditate on the following Scriptures that speak of the importance and power of obedience. As you read them ask the Lord to point out areas of your life where you need to make room for the Holy Spirit.

**“Why do you call me ‘Lord, Lord,’ and not do what I tell you?”** -Luke 6:46

**“If you are willing and obedient, you shall eat the good of the land.”** -Isaiah 1:19

**“Has the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifice, and to listen than the fat of rams.”** -1 Samuel 15:22

## Pray:

- Ask God to show you any areas of your life where you are not being obedient. Write it down.
  - Confess the sins of disobedience that you have written down and receive the Lord’s forgiveness.
- Throughout your day ask the Lord to show you small ways you can obey Him.
- Ask God to show you the benefits and blessings that come from being obedient. Write down what he shows you.
- Ask the Lord to continue to lead our church and that we would obey Him without hesitation.
- Pray that the leadership will continue to submit to Jesus as Head of the Church and obey all He says.
- Dear God, please give me a humble heart to yield to your instructions at all times, so that I can prosper. Help me to **obey** you and let me be flexible for Holy Spirit's guidance. Let me follow when you lead and let me be willing to receive your blessings whenever you are ready to hand them over.
- Ask the Lord to show you any other areas of things or people that He wants you to pray for.

Visit – [www.mainstreetchurch.ca/pray-first](http://www.mainstreetchurch.ca/pray-first) for more prayer resources.