

Prayer & Fasting

Preparing to fast during the 40 Days of Prayer - Prayer Sheet

As apprentices of Jesus, fasting is a discipline we use throughout the year, however, throughout the first 40 Days of 2021, we are inviting everyone to commit to fasting at least one meal during at least one day as we ***“set ourselves determinedly as our vital need to seek the LORD”*** (2 Chronicles 20:3).

Working through this preparation sheet is a way to help us orient ourselves spiritually and physically to participate.

Follow a similar time of preparation for a *media fast* or *partial fast* (ie. one meal a day) by cutting out media gradually a few days prior to your fast and cutting back on the amount you eat a few days prior to fasting if you are doing a partial fast.

Invitation:

Spend time in prayer inviting Jesus to work in the hidden areas of your heart (1 Corinthians 4:5).

Listening Prayer:

Read Isaiah 58; write down the key things that stand out to you about the kind of fast the Lord was asking of Israel. As repentance is a significant key to fasting, ask Jesus to reveal any possible unconfessed sin that could hinder you in your prayer time (Psalm 66:18; 1 Peter 3:7; 1 John 1:9).

Listening Prayer:

Ask Him if you are harbouring any unforgiveness towards another (Luke 6:37; Luke 17:3-5; John 20:23; Colossians 3:13). Ask yourself if you are sincerely willing to forgive then spend time in confession. Pray a prayer with a specific blessing for the one you have forgiven.

Prayer:

In prayer surrender yourself fully to Jesus as functional Lord of your life (Philippians 2:11). Ask Jesus to fill you with the Holy Spirit (Ephesians 5:18; Luke 11:13). Then pray for an expectant heart (Hebrews 11:6) by asking Him to reveal a word of affirmation to you about the commitment you have made to Him.

Commitment Prayer:

In prayer, tell Jesus of your commitment to allow Him to lead and guide your prayer and fasting, including continuing throughout the year if He asks you to. Tell Him of your willingness to go through a process of continually re-aligning with Him as you pray, making adjustments to your request and prayers as He shows you.

Listening Prayer:

Ask Jesus to reveal to you what kindness He wants you to show to others, starting with those in your own family.

Thanksgiving:

Write down all the things that come to mind that you should be thankful for (1 Chronicles 16:34; 1 Chronicles 16:7-9; Matthew 15:36; Romans 1:20-22; 2 Corinthians 9:10-12; Ephesians 5:4; 1 Thessalonians 5:18; Revelation 11:17).

Especially thank Jesus for becoming poor so that you can experience the richness of His presence in your life.

Corinthians 8:9 ESV

For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich.

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Remember that there may be spiritual opposition to discourage you. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16-17). Commit to praying through anything that arises and have others pray for you as well.