

Prayer, Fasting and Worship Overview

Goals

- Spiritual: deepen the roots of prayer and connection to God
- Personal: learn about fasting and prayer; integrate this spiritual practice more fully
- Community: engage in a shared experience around a spiritual discipline

Expectations and Structure

- Fasting one day a week
- Suggested time frame: Wednesday dinner to Thursday dinner (choose your own day if needed)
- Follow the once a week reading and prayer plan provided
- Break the fast with communion at special “Just Worship” events (Oct 19 and Nov 16)
- Runs from October – December 2017

Benefits

- More fervent prayer life and enhanced spiritual connection to God
- Serves as a talking point for outreach (ex. share the reasons for skipping meals)
- Develop a spiritual discipline so it is easier to re-engage this practice in the future or to continue on now
- Numerous health benefits including detoxifying body, weight loss, mental clarity, increased self-control

Fasting Scripture Passages

- Nehemiah 1, 9:1-3 | Crisis and confession
- Psalms 35:13, Ezra 8:21-23 | Humility and prayer
- Joel 2:12-15 | Heart condition
- Matthew 6:16-18 | Discretion and reward
- Acts 13:2-3, 14:23 | Leadership

Fasting Key

Instructions and recommendations

Building Up to Fasting

- 1st week – skip one meal and consume fruit juice or sports drinks
- 2nd week – skip two meals and replace with fruit juices and/or sports drinks
- 3rd week – go from dinner to dinner with no snacks or meals; consume only water

General Notes

- Drink plenty of water to stay hydrated and for extra energy
- If you feel light-headed or dizzy, eat fresh fruit or a small meal
- Headaches are normal when beginning fasting; your body will adjust and this could be caused by a sudden absence of a chemical your body is used to getting (i.e. caffeine)
- Your last meal before the fasting period and first meal afterward should be lighter than normal; we suggest that you have non-processed food and fresh fruit as a part of these meals
- Any time you are skipping a meal, replace it with a prayer and devotion time (spiritual nourishment in place of physical nourishment)
- It is not advisable to fast for people with diabetes, advanced stages of cancer, cardiac arrhythmia, irregular heart beat or pregnant/nursing women; You can still engage with the prayer and devotional component

