

Fasting

Fasting is a spiritual practice, where we intentionally choose to place ourselves in a space to experience God. We open ourselves up to discomfort and make God our focus. This brings us into a more intimate relationship with our Creator and Provider as we are more aware of God's presence and power in our lives. You may choose to fast from food, technology, social media, etc. Choose something that you can disconnect from for an extended time period, while intentionally focusing and connecting to God during that time.

"Christian fasting, at its root, is the hunger of a homesickness for God."

- Unknown Author

Let's settle into our hunger of a homesickness for God and begin by humbling our spirit, confessing our sins and weaknesses and inviting God into this time with us.

Prayer:

Lord,
I feel as though I have forgotten who I am and whose I am. I've opened myself up to believe Satan's lies about who I am. You feel so far away at moments when I need you most and this is because I have drifted away from You. My focus has shifted from Christ and I find it hard to see your goodness and mercy at times. My prayers have become dull and simply an item on my to-do list. Forgive me for allowing anything to be more of a priority in my life than You.

Open my heart up during this time of fasting. Renew my belief and faith in your power and presence in my life. Replace Satan's lies with your truth. Make me very aware of your Spirit that you have poured into me, so that I know whose I am. Draw close to me so that I feel your Spirit with me. Let my mind focus on your goodness, blessings and mercy so that my joy expands. Remind me of the times that you have been faithful in answering my prayers.

I want to sit in your presence and renew my focus on You. I want to have honest and true conversations, prayers that come from my heart that are open to You stepping into the conversation with me. I want to be still enough to know you are here and to experience your response.

Thank you for loving me right where I am, providing the things that I need physically and emotionally, for picking me up when I fall and for walking beside me always through good and bad times. No one can rescue me the way that you do. I willingly acknowledge Christ as my savior and graciously accept this outpouring of love and salvation from You.

I'm excited about this time together. I open my mind and heart to the things that you are going to share with me, the ways that you may challenge my faith, and the power that you are going to provide during this journey.

Amen

Fasting is a focus on communication with God. Open your heart and speak honestly with God when you pray. Spend time in God's word and be open to Him speaking to you. The following scriptures, meditation and prayer ideas are provided for your convenience if you aren't sure where to start or what to do when it becomes very hard to refrain from eating, social media, technology, etc. This is your time with God, so put yourself into a space where God can meet you.

Repentance and Fasting:

Daniel 9:2-19
1 Samuel 7:5-6
Joel 2:12-13
Jonah 3:4-10
Nehemiah 9
Jeremiah 36:1-10

Meditation:

Think about times you have sinned or failed and how God has rescued you. Focus on how the Spirit has guided you, even if you ignored the guidance. Allow God's depth of love to wash over you.

Prayer:

Talk to God openly about your struggles, He loves and accepts us where we are in these struggles. Ask for the things you need to overcome these struggles. Praise God for the grace and mercy he has provided and will continue to provide during battles with sin, times of struggles.

Humility

Psalm 35:9-14
Matthew 6:16-18
Luke 18:9-14

Meditation:

Humbleness is a state of not being proud or arrogant. It is an attitude of respect that is bestowed upon others. Spend time thinking about times you may or may not have displayed a humble attitude toward others or God. As a verb, humbling is the act of softening your heart, letting go of the need to have power.

Prayer:

Acknowledge times God has humbled you, allowing you to reflect his love and mercy to others. Acknowledge times when you may have failed to display a humble attitude, seek forgiveness and strength to take a humble attitude in the future.

Guidance

Esther 4:15-17
Esther 9:30-32
Acts 13:1-4
Acts 14:22-24

Meditation:

God, am I allowing You to have control in _____ area of my life?
Am I open to You using me as a disciple to show and express your love to others?
Is there someone that I need to be discipling?
As a church, are we unified in a purpose that you have set for us? And am I actively serving you for this purpose?

Prayer:

Ask God specifically about an area you are unsure about. Be specific with the thoughts you have negative and positive about the situation, then ask God to provide answers and bring peace to you regarding the matter.

Ask that God guide us as we select a new minister and guide us in ways that we can help this family feel welcome and settle in at Central.

Worship & Praise

Isaiah 25:1

Psalm 63:1
Psalm 71:8
Psalm 150:6
Luke 2:36-38
Matthew 6:16-18
1 Thessalonians 5:16-18

Meditation:

Worship is the feeling or expression of reverence and adoration for a deity. Fasting is one form of worship. Spend time worshipping and praising God fully and freely, in your own way to reflect your love, respect and adoration for Him. Your personal worship will look different from other people's and God loves this about you. Let your heart and mind connect deeply with your heavenly Father as you rejoice in His goodness. He will meet you there.

Prayer:

Tell God why you adore him. Settle into the joy that this relationship brings to your life and offer this up in a prayer filled with gratitude.

Fasting- Strength from God

(side note – you may want to write these down or keep them handy for times when those hunger pains hit!)

Deuteronomy 31:8
Ezra 8:20-23
Isaiah 54:10
Matthew 17:20-21
Matthew 19:26
Matthew 4:1-3 – Read the entire chapter for an amazing display of God's deliverance of strength after Christ's 40-day fast!
2 Corinthians 6:4-6
Philippians 4:6-7, 13
Colossians 1:9-11
II Corinthians 4:16-18
James 1:12
Luke 18:1 Jesus told his disciples a parable to show them that [they should always pray and not give up](#). (Just in case you are thinking of giving up!)

Meditation:

Be real with God. We ALL need strength when times of weakness hit and the struggle gets real.

Prayer:

Be honest about the hunger you feel, the strength you need. Lean into God and let him provide what you need to push through the hard moments that don't seem to end.

Mourning/Grief

2 Samuel 1:12
1Chronicles 10:11-13
2 Samuel 12:15-22
Esther 4:1-4
Nehemiah 1:3-5
Psalm 69:10
Zechariah 7:4-6
Ecclesiastes 3:1
Philippians 4:6-7

Meditation:

You may be in a season of life that is heavy with grief or sadness. God sees you and his heart feels your hurt. Think about where you have been, where you are now and where you want to be in the future regarding the grief you are experiencing. Let the Spirit comfort you right where you are.

Prayer:

Pour out your heart, God is big enough to take whatever you are feeling and wrap his love around you and all these feelings. Your sadness, hurt, anger, disappointment, fear, etc are not too much for God. Speak your truth and then be open to God's comfort and peace weaving its way into your heart and mind.

Want to know a little more about when God's people fasted? Here are some additional scriptures recording times of fasting.

Daniel 6:17-19;
1 Kings 21:11-13
1 Kings 21: 26-28
Psalm 35:13
Psalm 69:9-11
Psalm 109:23-25
Isaiah 58:3-7
Joel 1:13-15
Joel 2:11-16
Zechariah 8:18-20 – celebration
Matthew 15:31-33/Mark 8:2-4
Matthew 17:20-22

Many of the Scriptures were pulled from these resources:

<https://biblereasons.com/fasting-and-prayer/>

<https://biblereasons.com/what-is-spiritual-discipline/>

<https://fasting4breakthrough.blogspot.com/p/fasting-scriptures.html>