

Guide to Prayer and Fasting

Dear Friends,

I am so happy that you could set aside time to seek God's face and humble ourselves together before HIM. Let me give you some direction for some helpful ways to make the most of praying and fasting. You are free to seek God as He directs, so feel free to seek Him as He leads you. What follows are friendly suggestions not authoritarian orders.

I want to suggest that you think in terms of personal time (alone) with God, family time with God, and the church family gathered together. First, take time alone with God to prepare and shape your heart for meeting the Father, the Son, and the Holy Spirit. Then gather your family for a time together to explain prayer and fasting and then lead them through a family time of prayer. Take some time to explain what fasting is and why God blesses His people when they fast and pray.

Below, I am suggesting a plan for time alone and then family time together.

Time Alone with God

To aid in the time of prayer you may find the following outline helpful but feel free to seek God differently if your heart so leads.

Praise and Worship:

Begin by praising and worshipping God. You might find the following Scriptures helpful in doing this:

Isaiah 40

Daniel 4:34-37

Romans 11:33-36

Revelation 5

Searching Your Own Heart:

Ask God to search your heart as David expressed in Psalm 139:23-24.

For Slander: Jas 4:11-12

For Judgmentalism: 1 Corinthians 4:1-7

For Unforgiveness: Luke 17:3-4

For Selfish Vengeance: Rom 12:14-21

For a Critical Spirit: Rom 14:1-4

Confess your Own Sin:

David confesses his sin and so gives to us a pattern for confession. Read Psalm 32 & 51

Thank God for His Blessings to You:

It is good to pause and recognize God's goodness. Don't stop with thinking about it but express it directly to God. Psalm 100 is a good place to start; you might also want to look at Psalm 105.

Pray for Peace and Revival:

You might want to read Ephesians 4:1-6 or Philippians 2:1-11 to give you a clearer picture of what life could be like in fellowship.

Are you willing to "Bury the Hatchet?" Please ask God what he wants you to address and for grace to remove any issue that will hurt our fellowship or wound your own spirit.

"I am jealous for you with a Godly jealousy. I promised you to one husband, to Christ, so that I might present you as a pure virgin to him. But I am afraid that...your minds may somehow be lead astray from your sincere and pure devotion to Christ." 2 Corinthians 11:2-3

**Family Time with God**

Gather your family together; turn off the TV, put away the phones and iPads and ask your family to give their full attention to the Father, the Son, and the Holy Spirit.

Praise and Worship:

Listen together to what God is saying to your family in Deuteronomy chapter 6.
Talk about why Children need to be involved.
Explain what it means to fear the LORD (Verse 13).
Encourage your children to ask questions about the Gospel (Verse 20)
and be prepared to tell about them.

Confess your Own Sin:

Read the first 12 verses of Psalm 51 and together ask God to bring any cleansing that might be needed in your family.

Thank God for His Blessings to You:

Ask one of your children to read Psalm 100 and then take some time as a family to thank God for all he has done for your family. Help your children see specific

things—God healed our aunt, God supplied the money for the refrigerator repair—and not just general things.

Pray for Peace and Revival:

Read together 1 Corinthians 1:10 and explain to your family how important unity and love is for the church and family. Pray for God to revive our love for each other.

Conclude with a reminder of how important prayer is and how dependent we are on God's provisions.