

A person with long dark hair, wearing a grey hoodie, is seen from behind, looking out a window. The window shows a blurred city skyline with a prominent skyscraper. A large, semi-transparent white circle is overlaid on the image, containing the event title and dates.

FALL FASTING & PRAYER

SEPTEMBER 7 - 9, 2016



EVERY NATION
CHURCH · NYC

CONTENTS

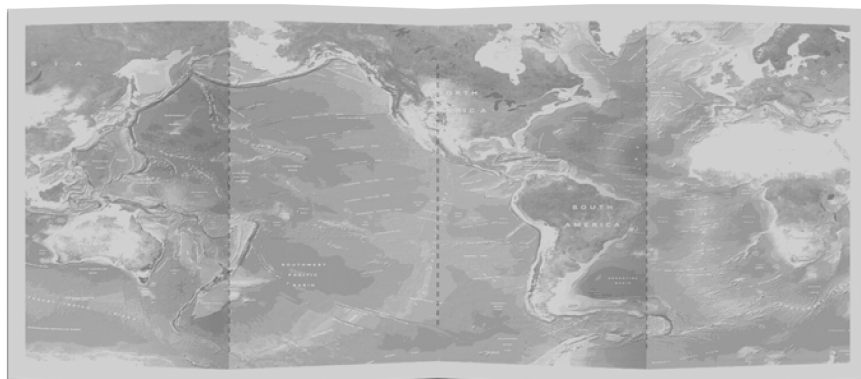
Why Fast?	2
A Practical Guide to Prayer and Fasting	5
Answered Prayers	7
Day 0: Preparation for the Fast	8
Day 1: Prevailing Personal Prayer	10
Day 2: Prevailing Professional Prayer	12
Day 3: Prevailing Political Prayer	15
Faith Goals	17
Prayer Partner's Faith Goals	18

WHY FAST?

We are calling on every church member to join our time of prayer and fasting. As we begin another season, we take time to pray and fast to:

- Consecrate ourselves, families, and ministries to God
- Thank God for His faithfulness, mercy, and grace
- Believe God for victories and breakthroughs in every area of our lives

Together, let's dare to believe God for greater things!



Consecrate a fast; call a solemn assembly.

Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord.

JOEL 1:14

We fast because:

- Jesus fasted.
- Fasting is an act of humility and consecration.
- Fasting helps us become sensitive to the Holy Spirit.
- Fasting brings revival.
- Fasting is healthy.

⁶“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? ⁷Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?”

ISAIAH 58:6,7

FASTING IS SPIRITUAL PREPARATION

¹And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness ²for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

LUKE 4:1,2

When Jesus was about to begin His ministry, He was led by the Holy Spirit into the wilderness to be tested. The Spirit led Him to fast to prepare Him for His new assignment. During that time, He was tempted by the devil, but He overcame each temptation that was sent His way (Luke 4:3-13). In fact, He came out of the desert empowered by the Spirit and ready to begin His ministry.

¹⁴And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. ¹⁵And he taught in their synagogues, being glorified by all.

LUKE 4:14,15

Whenever God wants to do something new in our lives, He prepares us for it. He calls us into a place like the wilderness and allows us to be tested. We learn here that God usually tests before He invests. The purpose of a test is to promote us for something greater in our lives.

Fasting—which is only possible by God’s grace and with His strength—makes us spiritually open to the Holy Spirit. It is a time to allow God to deal with what is really going on in our hearts and souls.

In this time of prayer and fasting, allow God to lead you, strengthen you, and prepare you for what is up ahead. Declare your allegiance and dependence upon Him today. Ask Him for breakthrough upon breakthrough, miracle after miracle, and deliverance upon deliverance for you, your family, your church, and the nation. Dare to believe Him.



A PRACTICAL GUIDE TO PRAYER AND FASTING

PREPARING FOR THE FAST

- **Pray.** Be in faith as you prayerfully and thoughtfully fill out the following pages in this devotional. Write your answered prayers from the Spring and Summer, and dare to believe God for greater things in the upcoming Fall and Winter. Ask the Holy Spirit for guidance.
- **Commit** to a type of fast. Do not decide on a day-to-day basis. Commit before the fast, and be determined. Fasting options include:
 - water only
 - liquid only
 - one meal only
 - other kinds of fasts (e.g. Daniel; a combination; no TV or social media)
- **Prepare** your body gradually for the fast. Start eating smaller portions and meals made of raw fruits or vegetables two days before Day 1. Avoid food that is high in sugar and fat.
- **Plan** your calendar. Limit physical and social activities during the fast, conserve energy, and spend more time in prayer and reading the Bible.
- **Consult** a physician, if you need to. If your situation does not allow you to fast, determine what will work best for you. Such circumstances include pregnancy, a physically demanding profession, and medical conditions.
- **Ask** a family member or friend to be your prayer partner throughout the fast, and list his/her prayer points in this devotional as well.

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you."

JOSHUA 3:5

WHILE FASTING

- **Thank** God for what He is doing. Be ready to hear and receive direction from Him.
- **Believe** God for a fresh encounter with Him.
- **Invite** the Holy Spirit to put His finger on specific areas in your life that need to change. Be completely open to God and ready to repent.
- **Seek** God. During mealtime, read the Bible and pray instead.
- **Join** prayer meetings at the church.
- **Pray** throughout the day. Intercede for your family, church, pastors, nation, campuses, missions . . . Dare to believe God!
- **Drink** plenty of water.
- **Rest** as much as you can. As your body adjusts to the fast, be ready for temporary bouts of physical weakness and mental annoyances, such as impatience, irritability, and anxiety.

¹⁷“But when you fast, anoint your head and wash your face, ¹⁸that your fasting may not be seen by others but by your Father who is unseen. And your Father who sees in secret will reward you.”

MATTHEW 6:17,18

BREAKING THE FAST

- **Eat** and reintroduce solid food gradually. Break your fast the same way you prepared for it, since your body needs time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.
- **Pray** and believe God for more. Build from the momentum you gained during the fast. Carry your newfound passion for God throughout the year. Believe God to answer your prayers and be in faith. Don't give up!

⁸“Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard. ⁹Then you shall call, and the Lord will answer; you shall cry out, and he will say, ‘Here I am.’ . . .”

ISAIAH 58:8,9

ANSWERED PRAYERS

I THANK GOD FOR . . .

List some highlights, answered prayers, and lessons learned in the past six months. Thank God for His faithfulness, provision, and grace this year!



DAY 0

PREPARATION FOR THE FAST

AUDACIOUS FAITH

³³. . . who through faith conquered kingdoms, enforced justice, obtained promises, stopped the mouths of lions, ³⁴quenched the power of fire, escaped the edge of the sword, were made strong out of weakness, became mighty in war, put foreign armies to flight.

HEBREWS 11:33,34

READ

Isaiah 58:6-11 • Mark 9:23-29 • Hebrews 11

Hebrews 11 is often referred to as the “Hall of Faith”. The writer of Hebrews tells about the men and women who displayed audacious, daring, and brave faith in God. They put their hope in God, trusted Him, and believed that He would do what He had promised. We can have faith in God because He has revealed Himself in the Scriptures as a Promise-Making and Promise-Keeping God.

Audacious faith is believing God and acting on His Word—without fear or hesitation.

Faith, then, is a response to who God is and what He has promised us. It is He who makes the promise and He who fulfills it. Since He is the Almighty, all-knowing, all-powerful, and faithful God, we can trust Him and wholly put our faith in Him—just like those listed in Hebrews 11. When we have audacious

faith like theirs, we not only believe God and His Word, but also act on that faith fearlessly and without hesitation.

We pray and fast because it helps remove unbelief in our lives. Fasting increases our faith. By seeking God and His Word, we can have greater faith in God to do what He has planned and trust Him every day. We are declaring our complete dependence and hope in our faithful God, and we are believing that He will fulfill what He has promised.

REFLECT

1. Among the heroes of the faith listed in Hebrews 11, who would you like to emulate? Why?
2. The footnote of Mark 9:29 says that prayer and fasting are needed for miracles like these. How does prayer and fasting help us encounter God and make Him known in new ways?

RESPOND

1. With audacious faith, write one specific thing you are believing to accomplish this year, by God's grace. Share this with your discipleship group so you can stand with one another and agree in prayer.
2. Faith without deeds is dead (James 2:17). To begin acting on your faith for what you just wrote, list what you can do for this faith goal to become a reality. (For example: start leading a discipleship group; apply for a new job.) Ask God for wisdom and the grace to obey as He leads you.

DAY 1

PREVAILING PERSONAL PRAYER

READ

2 Peter 1:3-8

³ His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. ⁴ Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

Peter was a man who was very close friends with Jesus. For several years he spent nearly every day with him. The biographies of Jesus tell us that Peter was sometimes rash, impatient, arrogant, or unbelieving. But Jesus loved him.

If you are like Peter, you may see some personal character traits in your life that do not reflect your sincere desire to follow Jesus. Peter truly loved Jesus and he would learn that his ability to develop godly character was not dependent on his own love for Jesus, but was rooted in the love that God had for him. Peter's ability to become the man he was destined to be had its source in the power and promises of God.

God has promised that he loves us in spite of our shortcomings. He has also given us his powerful, loving Spirit to change us from the inside out.

As Peter writes in the above passage, we should put our trust in God's free gift of relationship with himself. He has given us the ability to participate in his own divine nature, with the hope of escaping every corrupt thing in this world.

Because we have the hope of knowing God intimately, we should make every effort to develop the attitudes and heart characteristics of God in our own lives.

Among these, Peter lists goodness, self-control, and love. If we keep increasing in these good character qualities, we, like Peter, will be effective and productive in this world.

REFLECT

1. Which attitudes or attributes do you need to make effort to develop?

RESPOND

1. Talk with other members of your connect group about your desire to change in this area. Ask for prayer, and pray for others that they may increase in these qualities too.

DAY 2

PREVAILING PROFESSIONAL PRAYER

Thus the heavens and the earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

GENESIS 2:1-3

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

GENESIS 2:15

READ

Genesis 2:1-15 • 1 Corinthians 1:9 • Ephesians 2:10 • Colossians 3:23-24

Work, in the Christian sense, could mean one's vocation, acts of service, ministry or calling.

In its simplest form, work is effort used to produce a result.

So, when we talk of work, we are not simply meaning someone's employment. This definition applies equally to the infant, the student, the soldier, the business person and the retiree. From the beginning, we see that both God and the first man, Adam, are not idle, but working. Note that Adam had work to do even in the paradise of the Garden of Eden before the fall. Adam is not idle, but accomplishing the work God had given him to do.

There is a popular notion that work in a secular field is distinct, and perhaps altogether different, from someone receiving a “calling” from God, particularly a calling to ministry. The implication is that one work is sacred while the other is secular, that one is God-directed and the other is not.

Paul teaches us in Ephesians that we are created for good works that God has designed specifically for us to perform. These ordained works encompass the grand as well as the mundane, the high as well as the low. We should endeavor to invite God into every task set before us, as we will enjoy His fellowship and perhaps even His partnership.

“The works of monks and priests, however holy and arduous they be, do not differ one whit in the sight of God from the works of the rustic laborer in the field or the woman going about her household tasks, but that all works are measured before God by faith alone”- Martin Luther

Whatever our work in life, every believer shares a common call - the call to Christ Jesus. We are called into a relationship with Him which transcends any particular work we do. While there are many works that will be accomplished along the way, this call to Christ never diminishes.

Ultimately, whether you are a student, business woman, lawyer, medical doctor, designer, technologist, engineer, or stay at home mom, your work is your worship to God.

Pray before you work, “Lord, please accept my worship!”

REFLECT

1. According to Ephesians 2:10, how would you describe our relationship with God as it pertains to work?

2. According to Colossians 3:23-24, what should be our attitude about our work?

RESPOND

1. How do you view work in your life? Do you see it as a necessary evil or as a righteous endeavor? Decide on at least one scripture to meditate on in order to help you develop or maintain your godly perspective.

2. Do you see your work as something God has ordained for you and is pleased by your efforts? Invite Him into any area of your daily work that you haven't invited Him into yet and ask Him for His partnership in it.



DAY 3

PREVAILING POLITICAL PRAYER

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth."

1 TIMOTHY 2:1-4

READ

Daniel 2:19-21 • Romans 13:1-7; 8:26-30

This election year has been filled with all types of tragic events and emotional moments in our country and around the world which have impacted us all. From partisan politics to major divisions within political parties as well as ethnic and economic tensions. There appears to be a lot of complexity and perplexity in our culture.

Despite the issues, we must not lose sight of who God is and his plan for us. According to Daniel 2:19-21 and Romans 13:1-7 God is the one who permits authorities to lead a nation. These authorities may or may not be godly men and women but God uses them to bring about his ultimate plan. These authorities have the power to punish those who do wrong but they do not have the power to make those who do wrong become righteous. The Good News of Jesus Christ has the power to make wrong doers righteous.

According to 1 Timothy 2:1-4 God's ultimate plan related to authorities and politics is for "people to be saved and to come to a knowledge of the truth." As

believers God calls us to put our trust in Him, pray, and live godly as He works things out for our good, according to his ultimate plan.

Trust God and pray for Him to work His good plan

REFLECT

1. According to 1 Timothy 2:1-4
 - What should we do?
 - How should we do it?
 - Who should we do it for?
 - Why should we do it?

2. Reflect on Romans 8:26-30. Write some of your observations and insights related to prayer.

RESPOND

1. 1 Timothy 2:1-4 talks about how believers should live a godly and holy life. Living this way makes room for the gospel to be received by lost people. Are there any areas of sin, wrong attitudes, or beliefs that may hinder others from receiving the gospel from you? If so, take a moment to repent and ask for God to give you strength to live godly and to be holy regarding those areas.

2. Based on 1 Timothy 2:1-4 how do you plan to make prayer in all its forms, for all people, a priority?

FAITH GOALS

I WILL DARE TO BELIEVE **GOD!**

FOR ME

Spiritual Revival • Physical Healing • Provision and Generosity

FOR MY FAMILY

Household Salvation • Restoration of Relationships • Physical Healing

FOR MY SCHOOL/CAREER

Excellence • Promotion • Wisdom

FOR MY MINISTRY

Discipleship Group Growth • Salvation of Friends,
Classmates, and Co-workers

*Now faith is the assurance of things hoped for, the conviction of things not
seen.*

HEBREWS 11:1

PRAYER PARTNER'S FAITH GOALS

MY PRAYER PARTNER, _____ ,

IS BELIEVING GOD FOR . . .

"Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven."

MATTHEW 18:19



© 2016 by Every Nation Churches and Ministries All rights reserved.

Scripture quotations are from THE HOLY BIBLE, ENGLISH STANDARD VERSION®, ESV® Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers® Used by permission. All rights reserved worldwide.