

Prayer and Fasting for Our Church and Our Nation!

Place a checkmark where you are making a commitment

- During the next 30 days – I will practice an “Information Fast” – by reducing the amount of information I take in through email, internet, television, newspaper – and filling that time with prayer, Bible reading and reflection.
- During the next 30 day period (Aug. 3 – Sept. 1) I will select one day to pray and fast alone. I will mark it on the calendar and guard it. If health issues are a concern, be sure to see your physician before beginning to fast. Also – contact me if you need help knowing how to spend a day in prayer. Resources are available.
- During the next 30 days – I will fast one day / week – Which day?
- During the next 30 days – I will fast one meal / week – Which meal?
- During the next 30 days – I will pray daily and specifically for our church family and for the glory of God to be revealed by Him doing “exceedingly, abundantly beyond all that we could ask or think” (Eph. 3:20).

Mark 9:29 “Some things only come about by prayer and fasting”

2 Chronicles 20:1-12 – Read it on your knees!
v. 3 “And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.”

By the grace of God, I am committing to follow through with this commitment

Signed _____

Date _____, 2020

Suggestion for Bible Reading and Prayer During Our 30-Day Fast

- Choose to meet with the Lord each day for Bible reading and prayer (preferably early morning or evening).
- Choose to read either one chapter/day in the book of Psalms (see and worship God) or one chapter/day in the book of Luke (see how your Savior interacted with sinners in a broken world).
- After reading the Scripture, slow down and ask God two questions about the text:
 1. What are You telling or showing me about You, O God?
 2. What are You telling or showing me about me?

Skim back over the passage, asking those two questions, and then praying to Him in light of the answers – either a prayer of praise (for who He is) or a confession as to who you are and where you might need to grow/change spiritually.

- Do this every day for 30 days as you are either fasting social media or fasting a meal or some form of food.
- Let’s see what God can do IN and THROUGH us by His Spirit and His Word at work in us!