

SPIRITUAL PRACTICE OF FASTING

Wednesday, October 5, 2022

Morning (Breakfast):

Fasting is a way for us to engage our entire person in prayer, not just our minds and hearts.

Open your time of prayer and fasting this morning with Psalm 103:1-5, rejoicing in God's presence with you today, joining with the words of David's praise.

Take a moment to recognize your personal reason for fasting today (your personal needs, desires, sin, grievances, concerns, a crisis you are in, a breakthrough, etc.). Open your heart to the Lord and bring your request to him in prayer. Share exactly what is on your heart.

Next, pay attention to what is coming up in you. What feelings and thoughts are coming up as you pray? Share them with the Lord.

When you are finished sharing with the Lord, take time to listen. What is the Lord saying in response to your prayers? How is he coming to you in this time?

Lastly, sit silently and restfully in the Lord's presence for about five minutes.

Noontime (Lunch):

Open your time of prayer and fasting this afternoon with opening to the Lord's Prayer found in Matthew 6:9-13.

This famous prayer is part of Jesus' "Sermon on the Mount" found in the Gospel of Matthew, Chapters 5-7. Jesus gave this sermon on a hillside overlooking the Sea of Galilee to a crowd of onlookers and to his disciples.

Read over this teaching from Jesus' on prayer 3 times (read it out loud if possible), then prayerfully respond to these questions:

- Lord, what is standing out to me about the way Jesus taught his disciples to pray?
- This prayer both teaches us to praise (vs 9-10) and petition (vs 11-13).
Lord, what is the connection between praise (worshiping You) and petition (requesting something of You)?
- This prayer asks the Lord to give us our "daily bread."
Lord, how have you been my "bread" in life recently and as I am fasting?
- Jesus taught the "Lord's Prayer" to the group listening. He speaks in the plural.
It is a prayer meant to be prayed in community, not just individually.

Take some time now and use the Lord's Prayer to pray for our church family here at Calvary.

Lastly, we would love for you to join us as we pray and fast collectively as a church body.

Tune in to our Facebook live at NOON to join our group prayer time! [Facebook.com/calvarylife](https://www.facebook.com/calvarylife)