

Fasting and Prayer

January 2023

Fasting means to voluntarily eliminate or reduce eating food for a specific amount of time in order to enhance our relationship with God.

KEYS TO FASTING AND PRAYING!

GRATITUDE

Psalms 100:4

Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

REMEMBER

Psalms 143:5

I remember the days of old. I ponder all your great works and think about what you have done.

REQUEST

Philippians 4:6b

...in every situation, by prayer and petition, with thanksgiving, present your requests to God.

EXPECTATION

Matthew 6:10

...your kingdom come, your will be done, on earth as it is in heaven.

SOME PRAYER TOPICS

- Spiritual awakening across Texas and our nation
- Outpouring of the Holy Spirit
- Senior Minister search
- Spiritual sensitivity
- Salvations and homecomings
- Increased connections among believers
- Boldness in our faith
- Our schools, students, parents, teachers, and administrators
- Marriages and families strengthened
- Prepare the graduating seniors for their next step into adulthood
- Wisdom and direction for where God wants us to serve in His kingdom
- Thankfulness for God's goodness, for all He has done and will do
- Peace in our nation and in the world
- Unity in the church
- As followers of Jesus, to be filled with the fruit of the Spirit in 2023

- Wisdom, discernment, and living our lives under the authority of God's word
- Those struggling with chronic illness and pain
- Healing for all those who are afflicted by physical or emotional illness
- Those experiencing grief and loss
- Missionaries around the world, and specifically for our 5 mission partners: Uganda, Haiti, Honduras, Columbia and Nepal

WAYS TO FAST

- Fast 1, 2, or 3 Meals a Day (do this one day or one day a week)
- 21-Day Daniel Fast
- Liquids Only Fast
- Sunrise to Sunset Fast
- In addition to Food Fasting: Consider a Media Fast (*TV, Movies, Social Media*)

Who Should Not Fast

- *Those underweight, anorexic or bulimic.*
- *Those who are weak or anemic.*
- *Pregnant or nursing women.*
- *Those with chronic problems of the heart, liver, kidneys or other vital organs.*
- *Diabetics or anyone with blood-sugar problems.*

HELPFUL RESOURCES

The Ultimate Guide To The Daniel Fast *Kristen Feola*

The Circle Maker *Mark Batterson*

Fasting For Spiritual Breakthrough *Elmer L. Towns*

Praying The Bible *Donald S. Whitney*

Prayer: Experiencing Awe and Intimacy With God *Timothy Keller*

[Daniel Fast website](#)

Mark Batterson [sermon about fasting](#)

Dr. Whitney [teaching on praying](#)