

## A Day of Prayer and Fasting

As we approach Easter we are asking our church body to consider joining us for a day of prayer and fasting on Good Friday, March 29<sup>th</sup> to prepare us spiritually and to ask God to do something amazing among us. A call to fasting and prayer isn't something that we have done often so we felt it was important to prepare this resource so that you can not only participate, but experience God in a powerful way.

### **Fasting:**

Biblical fasting is typically defined as abstaining from food for spiritual purposes (\*but you'll see other things you might abstain from below). It is a way God's people have humbled themselves before Him, clearing distractions so that we might hear God more clearly and experience Him more fully. It stands in distinction to a hunger strike (political purposes), a medical fast (health purposes), or the popular trend of intermittent fasting (weight loss purposes). It's often a private matter between an individual and God, but there are several examples in Scripture where groups were called upon to join together in a corporate fast (Leviticus 23:37, Joel 2:15, 2 Chronicles 20:1-4, Jonah 3:5-9).

If you determine that you are called to fast then take some time to consider what you will be fasting from and how you should prepare. Some people will fast for one meal, while others will fast for the entire day. Some may choose to fast from something other than food (social media, screen time, coffee, etc). Regardless of what you are called to fast from, a great practice is to allow every hunger pang or every reflexive moment when you go to grab your phone be a reminder to you of why you are fasting, and choosing that moment to turn instead to a quick moment of prayer.

### **Here are some prayers that we can pray together as a congregation:**

- Pray first of all that the Lord would prepare your heart spiritually (Psalms 139:23-24)
- Pray that God would move in the hearts of those who have been invited to our Easter services in a way that would encourage them to join us. (John 12:32)
- Pray for provision of resources and volunteers so that we would receive new guests in a way that allows them to feel welcomed, loved and connected. (Galatians 5:13-14)
- Pray that those who join us for Easter services would have hearts that are tender to the Lord and would make the decision to accept and follow Jesus. (Ezekiel 36:26-28)
- Pray that the many 1st timers would feel led to come back to Coastal in the weeks that follow Easter. (Matt. 16:18)