



# *new self*

A GUIDE TO 7 DAYS OF PRAYER + FASTING

OKC COMMUNITY CHURCH



## intro

*"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:21-24*

You know those experiences in life we go through that change us? Even as we are experiencing it we know that we will never be the same again? Maybe it's the birth of a child or the loss of a loved one, the beginning of a new relationship, or marking something off our bucket list. The apostle Paul says, the reality of knowing Jesus and believing in Him changes everything. Because of what God has done in our lives we will never be the same. Our whole eternity has changed. The bible calls this your NEW SELF.

No living organism is intended to stay the way it is when it's conceived. We feed our animals and plants so they will remain healthy and grow. If there is no growth we should question the health of that organism. Everything/everyone is intended to grow. Regarding spiritual development, when a person is born again and becomes a child of God it marks the beginning of the growth process. What does that look like? Well, it really looks different for different people but one thing is consistent - healthy Christians grow. We grow in our faith. We grow in our dependence on God. We grow in our ability to fight temptation. This growth is a process of taking off the aspect of our lives that don't look like Jesus and putting on those characteristics that are modeled in the life of Jesus. Take off the old self and put on the new self, given to you through Jesus Christ. Characteristics like kindness, love, generosity, hospitality and humility among others. This is available as we learn to depend upon God, hear from him, and obey. We all want to experience these Christ-like attributes in a consistent way in our lives. Over the next seven days we want to corporately unify our hearts around praying for this growth not only in our own lives but in our church family. We are encouraging you to take time everyday to read through this guide and use it as a way to focus your heart on how God is leading you to dive even deeper in the growth that God wants to produce in your life.

## FASTING

As part of these days we are encouraging you to experience a food fast. That could be as little as a day or as long as all week. Biblical fasting is a spiritual discipline which was encouraged by Jesus, Himself, while He was on earth. When questioned as to why the Pharisees and the disciples of John the Baptist fasted while Jesus disciples did not, Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast". (Matt. 9:15) Jesus was indicating that fasting would be necessary once Jesus was not with them in bodily form. When we fast, we willingly deprive the body of nourishment and the pleasurable taste of food. The body requires food for sustenance; therefore our hearts and minds must be totally focused and directed towards God so that He may be the full source of our strength during our period of fasting. Fasting serves as a reminder of our dependence upon God for all things.

*A couple suggestions for fasting:*

- Arrange your schedule to make sure you create space for dedicated prayer time
- Incorporate scripture reading in your fast
- Prayer walks - a good way to allow God to speak and show you things in your environment
- Times of solitude and silence - in your prayer time don't do all the talking, listen to see what God may be saying to you
- Drink juices and take vitamins
- Drink lots of water
- As much as possible don't talk about your fast. This is not done so others will look at you but that you may look to God

(Matt. 6:16-18)













