



A Guide to a Day of Fasting

The intentional decision to make extra room in our lives for God and to seek Him more fervently is called fasting.

On (or near) the first day of each month, we're encouraging and challenging everyone at newHope to make extra room for cultivating and expressing a greater hunger and dependence upon God.

On this day, God may lead you to go without something to allow you to focus, feast and devote your time and attention on Him.

Some examples might be:

- Going a day without TV, internet or social media
- Going without food from sunrise to sunset
- Sacrificing one meal time

However God's Spirit leads you to make that extra room for Him, go with that.

newhope

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This guide is to help you interact with God on your Day of Fasting.

THANKYOU How can you thank and praise God for who He is today?

Where have you seen God's Hand or fingerprints over the past month?



In what ways has God spoken, comforted, encouraged, challenged or directed me?

What battles, challenges or trials do I need to hand over to Him?



What sins, idols, driftings and distractions do I need to confess to God, repent of and receive forgiveness?

What people/needs can I hold before God in prayer today - my church, neighbours, family, colleagues, friends, government, DNA group, ministries, leaders etc?



How can I REPLY well this month - read, eat with, bless, listen, yield?

Who are 8-10 people that I can pray for to move into the saving grace of Jesus?



What decisions or circumstances do I need to ask God for strength, wisdom, guidance or courage in? Take time to receive these things from him.

How is my physical health? Mental health & thought-life? Relationships? Financial stewardship? Sleep & rest? Intimacy? These things matter to God.



What is coming up this month that I can entrust and commit to God?

Who can I share with, open up to or be accountable to, coming out of today?

