What is Fasting and Prayer?

A generally accepted definition of fasting among Christians: A temporary renunciation of something that is in itself good, like food, in order to intensify our expression of need for something greater—God and His work in our lives.

- Fasting is a way of saying with our stomach and our whole body how much we need and trust Jesus.
  - We are not going to be enslaved by food (or anything else you decide to fast from such as social media, a certain activity, etc.) as the source of our satisfaction.

A basic definition of prayer is "talking to God". It is the primary way for the believer in Jesus Christ to communicate his emotions and desires with God and to fellowship with Him.

- Prayer is a ready weapon in the spiritual battle (Eph 6:18) and fasting helps to focus prayer.
  - Military analogy—prayer is the supply line as we engage the enemy on the front. In prayer the truth is made personal as we do not merely talk about God; we talk to Him.

- Fasting helps to focus prayer.
  - It helps to take off the things of this world to focus more on the things of God.
  - You get a new perspective and new reliance upon God.
  - It's about changing yourself, not God.
**Connection Between Praying and Fasting**

- In the Old Testament, praying and fasting appears with a sense of need and dependance, helpless in the face of actual or anticipated calamity (Nehemiah 1; Daniel 9:3; 2 Samuel 12:16,21-22). The combination of praying and fasting is in times of mourning, repentance and/or deep spiritual need.

- In the New Testament, prayer and fasting is not connected with repentance or confession, and more as components of worshipping the Lord (Luke 2:37; Acts 13)

**Christian fasting is a heartfelt, body-felt exclamation point at the end of the sentence "I love you God. I need you more than I need __________ - more than I need life."**
Annual Fasting

Women come together to fast and pray in the month of February!

How it works:

1). Pick one day during the week to fast in prayer (breakfast and lunch).
2). I will send you a scripture each weekend to meditate on.
3) Each week you will pray for:
   - Week of February 7th - our community (church, neighbors, extended family and coworkers)
   - Week of February 14th - children/future
   - Week of February 21st - spouse/future
   - Week of February 28th - ourselves.

Prayer should focus on personal growth in all areas for 2022.

The purpose of fasting & prayer is to take eyes off the things of this world to focus more on the things of God.

Pray using acronym ACTS: adoration, confession, thanksgiving, supplication.

First, adore God with praise for the truth revealed in your reading of and meditation on the Scriptures, then confess your own sins and failings, then give thanks for his grace and mercy, and finally supplicate — petition him, ask him — for requests for yourself, your family, your church, and more.