


# go beyond 2024/25

## Week of Prayer & Fasting



**WEEK OF PRAYER & FASTING**

**go beyond 2024/25**

DAY	PRAYER FOCUS
MONDAY	GO BEYOND LOVE
TUESDAY	GO BEYOND HUMILITY
WEDNESDAY	GO BEYOND LOCAL
THURSDAY	GO BEYOND REGIONAL
FRIDAY	GO BEYOND GLOBAL
SATURDAY	GO BEYOND GIVE, PRAV, GO

**GLOBAL**

10TH - 15TH JUNE

**LOCAL**

**REGIONAL**

## **What is Fasting?**

Fasting is a time of drawing close to God by demonstrating our commitment to him, usually through a sacrifice (giving up to God) of something valuable in our world that costs us something (eg: has a time component, denies our flesh).

## **What does the bible say about fasting?**

It is associated with humility - Psalm 35:13 + Psalm 109:23-25

It is connected with prayer - Daniel 9:3, Luke 2:37, Acts 14:23

It can bring clarity to hear from God - Acts 13:2

Jesus did it as a way to demonstrate His dependence on his Father - Matthew 4:1-4

It is considered a regular habit - Matthew 6:16-18

There is an appropriate time for it - Matthew 9:14-17

## **What are the benefits of fasting?**

It can help us focus to hear more clearly from God

It can lead to greater humility, and a great trust and dependence on God

It can simplify our time in our days and for space to be silent, to wait and seek God

Fasting and Prayer can lead to a shift in circumstances in our own lives, and the lives of others

## **What can I fast?**

**“Deny the flesh” FAST** (Galatians 5:24)

**Fast entertainment/treats/social media/sport**

Anything that costs you pleasure and takes up time and headspace inside your weekly rhythms is a good starting point.

**Daniel FAST** - a partial fast based on the practices of Daniel (Daniel 10:3)

Limit food and drink to fruits, vegetables, nuts, wholegrains and legumes

Limit drink to water and natural fruit or vegetable drinks

**Liquid FAST** – Liquids only including soups and drinks

**Full Food FAST** – (2 Chronicles 20:3; Luke 4:2)

All food limiting intake to only water

## **Helpful Tips:**

- Pick something stretching but achievable
- Plan ahead (e.g.: book meals with friends at a time other than the designated fasting time, decide not to exercise strenuously during this time).
- Daily engage with the devotional and prayer material on Instagram to anchor your prayers
- Spend the time you would usually eat/scroll/watch in prayer/worship/reading the Bible.
- Be kind to yourself – this isn't a competition.
- With food fasts, acknowledge and respond to your body. If your body doesn't adjust or there is an adverse effect to fasting; eat something and seek medical assistance.
- If you're struggling allow the discomfort to lead you to stop and pray, receive strength to keep going, before busting the fridge door open!
- Be accountable and encouraged with others
- Re-enter foodland gently and with wisdom

## **Further resources:**

BOOK: Fasting – Jentezen Franklin

BOOK: The Power of Prayer and Fasting - Ronnie W. Floyd

SERMON: Jon Tyson - Hunger must be stronger than apathy

PODCAST: Feasting and Fasting -

<https://bibleproject.com/podcast/practicing-faith-part-2-feasting-fasting/>